

A Healthy Cuba, Healthy World: Linking Culture, Community & Cooperation
MEDICC's 20th Anniversary Conference
December 3-9, 2017



PROGRAM AT-A-GLANCE

TIME	Sunday December 3	Monday December 4	Tuesday December 5	Wednesday December 6	Thursday December 7	Friday December 8
8:30am-9:30am		Participatory Tai chi: The gentle way to fight stress and exercise. "Meditation in Motion" with community residents	Participatory Tai chi: The gentle way to fight stress and exercise. "Meditation in Motion" with community residents	Participatory Tai chi: The gentle way to fight stress and exercise. "Meditation in Motion" with community residents	Participatory Tai chi: The gentle way to fight stress and exercise. "Meditation in Motion" with community residents	Participatory Tai chi: The gentle way to fight stress and exercise. "Meditation in Motion" with community residents
10:00am-12:00n	REGISTRATION	A Doctor and His Patients Talk about AIDS in Cuba Book launch and signing by author Dr. Jorge Pérez	Public Health Pioneers: Founders of Cuba's Rural Medical Service, Family Doctor Program and Biotech share personal experiences	Society's Challenges to Urban Landscapes & Community Development in Cuba By Architect Miguel Coyula	Women: Changing Cultural Patterns in Cuba A conversation with Marta Núñez PhD	Health Care for the World: Cuban health workers who have volunteered abroad share their personal stories
		Nature's Way: Making Healthy Cuban Refreshments (workshop)	Mixing Tradition & Health: The flavors of Cuban cuisine. A repertoire of healthy Cuban dishes taken from the country's culinary heritage (hands-on, recipes included)	Nature's Way: Making Healthy Cuban Refreshments (workshop)	Mixing Tradition & Health: The flavors of Cuban cuisine. A repertoire of healthy Cuban dishes taken from the country's culinary heritage (hands-on, recipes included)	Nature's Way: Making Healthy Cuban Refreshments (workshop)
BUFFET LUNCH						
2:00pm-6:00pm	REGISTRATION	Creativity & Health: Award-winning young Cuban sand sculpture artist (conversation & demonstration)	Cuban Medical Education Cooperation: Conversations with founders & students of the Latin American School of Medicine	Creativity & Health: Ceramics with a Cuban community artist (conversation & demonstration)	Creativity & Health: Award-winning young Cuban sand sculpture artist (conversation & demonstration)	Health, Community & Culture: Synergy for the Future Special performance by La Colmenita National Children's Theater UNICEF Goodwill Ambassadors
		Creativity & Health: Drawing and Painting with young Cuban artists (conversation & demonstration)		Creativity & Health: Textiles & crafts with young Cuban artist (conversation & demonstration)	Creativity & Health: Drawing and Painting with young Cuban artists (conversation & demonstration)	
		Following the Steps of Cuban History: Visit Matanzas City cultural scene and monument to slave rebellion leader Carlota	Following the Steps of Cuban History: Visit Matanzas City cultural scene and monument to slave rebellion leader Carlota	Following the Steps of Cuban History: Visit Matanzas City cultural scene and monument to slave rebellion leader Carlota	Creativity & Health: Ceramics with a Cuban community artist (conversation & demonstration)	
		Cárdenas: City of Traditions The Rumba, UNESCO Intangible Cultural Heritage of Humanity, by Columbia del Puerto (music & dance workshop)	Cárdenas: City of Traditions The Rumba, UNESCO Intangible Cultural Heritage of Humanity, by Columbia del Puerto (music & dance workshop)	Cárdenas: City of Traditions The Rumba, UNESCO Intangible Cultural Heritage of Humanity, by Columbia del Puerto (music & dance workshop)	Creativity & Health: Textiles & crafts with young Cuban artist (conversation & demonstration)	
		The Entrepreneurial Spirit: Exhibit by young Cuban artists & sculptors				
7:00pm-8:00pm	Opening Session with Special Guests (followed by dinner)	DINNER (7pm to 10pm)	DINNER (7pm to 10pm)	MEDICC's 20th Anniversary Dinner & Gala Concert by Tony Avila's Group (6:30pm to 10pm)	DINNER (7pm to 10pm)	
9:00pm-11:00pm			Mixing it Up! A Night of Cuban Music "Armonía" Traditional Cuban Music Group and "Mestizaje" Jazz Quartet			