

# Learn, Eat, & Be Well

## Southwest France *September 2025*



### Includes:

- Transportation to/from local train station and field trips.
- Accommodation.
- Breakfast, lunch, dinner.
- 4 days instruction with materials.
- 5 field trips.
- Maximum 4 participants per retreat.
- 2200 € per person depending on accommodation type (CANNP members receive a 150 € discount)
- Approved by CANNP for 36 hours of continuing ed credits.

### Your Host:

**Bianca Church, R.H.N.,**  
*MSc. Clinical Nutrition Candidate*  
*Qualified Adult Educator*

Please visit: [www.learneatbewell.com](http://www.learneatbewell.com)

Or email: [bianca@biancachurch.com](mailto:bianca@biancachurch.com)

### Nutrition Education Vacation

#### Monday - Welcome Day

Meet at Brive-la-Gaillard train station at 2 pm and transfer to Coly-Saint-Amand cottages to settle in to your room.  
Afternoon Tea: Le Petit Bijou with program orientation  
Dinner: Al fresco at Le Petit Bijou, Coly village tour and stone bridge walk

#### Tuesday - History of Medicine & Detoxification

Brunch: Classic French — riverside  
Lesson: The Four Humors & Detoxification  
Field trip: Musée de la Médecine & treasure hunt exercise  
Lunch: Chateau Hautefort Creperie with Chateau tour  
Dinner: Al fresco at Le Petit Bijou

#### Wednesday - Plant based Diets & Microbiome Building

Breakfast: Vegetarian/Vegan  
Morning Lesson: Plant Based Diets & the Microbiome  
Lunch: Vegan lunch in Saint Leon-sur-Vezere  
Field trip: Chateau de Losse tour, local potager tour  
Dinner: Al fresco at Le Petit Bijou

#### Thursday - Paleo / Ketogenic Diets & Cancer Metabolism

Breakfast: Fasting or Keto Breakfast  
Morning Lesson: Keto/Paleo & Cancer Metabolism  
Lunch: Riverside restaurant in Saint Leon-sur-Vezere  
Field trip: La Roque St. Christoph troglodyte village  
Dinner: Al fresco at Le Petit Bijou

#### Friday - The Mediterranean Diet & CVD

Breakfast: Mediterranean  
Morning Lesson: Mediterranean Diet French Paradox & CVD  
Lunch: Greek Restaurant in Montignac  
Afternoon Field trip: Organic bread making tour and tasting  
Dinner: Al fresco at Le Petit Bijou

#### Saturday - Sarlat Market Day

A trip to the Perigord would be incomplete without a day at the famous Sarlat Market and lunch at a French restaurant.  
Afternoon Tea: riverside with time to pack.  
Dinner: Farewell dinner al fresco at Le Petit Bijou.  
We will cook and eat what we buy at the market.

#### Sunday - Farewell

French Breakfast and transfer to train station

**\*Daily tea time creates space for group homework**