

Learn, Eat, & Be Well

Southwest France *May 2026*



Includes:

- Transportation to/from local train station and to and from field trips.
- 6 nights Accommodation (arrive Monday, depart Sunday).
- Breakfast, lunch, dinner.
- 4 days instruction & 5 field trips.
- Maximum 4 participants per retreat.
- 2150 € pp, CANNP members receive a 150 € discount).
- 30% deposit at time of reservation.
- 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
Or email: 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**