

# 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 nutrition 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.N.T.**

*Registered Nutritional Therapist (CANNP)*

*MSc Clinical Nutrition Candidate*

*Qualified Adult Educator*

Visit: [www.learneatbewell.com](http://www.learneatbewell.com)

Reservations: [bianca@biancachurch.com](mailto:bianca@biancachurch.com)

### Continuing Education Nutrition Retreat

#### 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: Riverside 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**