

PRESENTED BY DR. ANTHONY BALDUZZI

BREAKTHROUGH

in the Desert

A three-day gathering of world-class doctors, healers, and teachers — designed to help you step into your most fit, alive, clear, and connected years ahead.

August 7–9, 2026

ARIZONA GRAND RESORT · PHOENIX, AZ

EVENT SCHEDULE & LOGISTICS

KNOW BEFORE YOU GO

What to expect, *how to prepare.*

A quick guide to the daily rhythm, your meals, and what to pack — so you can arrive relaxed and get the most out of your three days in the desert.

| YOUR DAILY RHYTHM

7:00–7:50 AM	Optional Morning Movement Friday: resort walk · Saturday: Qigong with Troy Casey · Sunday: strength circuit with Paige Kelly (weighted vests provided). Time to shower before doors.
8:30 AM	Doors & Vendor Hall Open Coffee, mingling, and vendor experiences to explore — cold plunge, red-light therapy, and more.
9:00 AM	Main Stage Begins — the day's keynotes and workshops.
1:00–2:30 PM	Lunch — served daily (see Meals below).
6:00 PM	Main Stage Wraps Then ~1 hour of connection: Fri — Kava Happy Hour (zero alcohol) · Sat — VIP Book Signing. Sunday closes earlier, around 3:45 PM.

Midday movement sessions (stretching & breathwork) are gentle and won't leave you sweaty — your real workouts are the optional morning sessions on Fri, Sat & Sun.

| WHAT TO PACK

- **Exercise clothes & shoes** — one set per day (3 total) for morning movement
- **A light layer or sweater** — session rooms are strongly air-conditioned and run cool
- **Casual, comfortable daytime clothes** — no dress code, just wear what keeps you comfy
- **Swimsuit** (optional) — for the cold plunge, red-light lounge & the resort water park
- **Notebook & pen**, reusable water bottle (water stations throughout the venue)
- **Healthy snacks** — your swag bag has some, but bring your own favorites for between meals
- **Sunscreen, hat & sunglasses**, plus any daily medications

| MEALS

LUNCH · DAILY 1:00–2:30 PM

VIP	Private lunch with Dr. Balduzzi
GA+	Healthy buffet lunch (protein & veggies) with fellow GA+ guests
GA	Lunch not included

Breakfast & dinner are on your own — see the **Where to Eat** guide on the last page of this PDF. Your suite has a mini-fridge & water.

Every guest gets a **swag bag** with snacks & vendor gifts — but plan to bring your own healthy snacks too. VIPs also get special gifts and **priority front-row seating**.

GETTING HERE & YOUR ROOM

From **Phoenix Sky Harbor (PHX)** it's a simple ~10-minute Uber, Lyft, or taxi to the Arizona Grand Resort. Staying on property means you can pop back to your room — or the water park — anytime after sessions.

Book your discounted room at the Breakthrough group rate: **reserve at the Arizona Grand** → The room block closes **July 31, 2026**. Need a room after that? Contact our event coordinator **Lauren Davis** at la@platinumeventslive.com.

DAY ONE • FRIDAY, AUGUST 7

Awareness

Get clear on the patterns running your life. Open up to new possibilities and friendships.

7 AM

Morning Movement • Resort Walk

Optional. Start the day with an easy group walk around the Arizona Grand before doors open.

9 AM

Welcome & Opening Keynote

Dr. Balduzzi and Dr. Jamil Sayegh on waking up to the rest of your life.

LATE MORNING

Movement Breakouts

Stretching, breathwork, workouts. Pick what feels right.

LUNCH

Connection Lunch

Real healthy food, real conversations, no compromises.

AFTERNOON

Intentional Living Workshop

Dr. Balduzzi on evaluating your life, breaking bad habits, and creating your next vision.

LATE AFTERNOON

Health Experts Panel

Dr. Philip Ovadia, Dylan Gemelli, and Troy Casey each share a short presentation on what's actually working, then join Dr. Balduzzi on stage for an open Q&A.

CLOSING

Thriving at 90 Keynote

Jim Flaherty on how he's thriving at 90.

NIGHT

Kava Happy Hour

Optional. Zero alcohol, deep conversations, where new friendships start.

DAY TWO · SATURDAY, AUGUST 8

Vitality

Reclaim your energy. Learn the science of hormones, heart health, and lifelong vitality.

7 AM

Cold Plunge & Morning Qigong

Troy Casey leads qigong as part of the morning movement. Optional, for those who want to start the day cracked open.

9 AM

Inner Transformation & Healing Workshop

Dr. Jamil helps you release the blockages creating physical and emotional pain, so you can step into your strongest, most alive self.

LATE MORNING

Somatic Breathwork

A group session reconnecting with your body and finding true relaxation.

LUNCH

Connection Lunch

Real food and real conversations with the people walking this with you.

EARLY AFTERNOON

Hormones, Thyroid & Midlife Energy

Dr. Amie Hornaman on why you feel tired but wired, and what actually works.

LATE AFTERNOON

Intimacy, Relationships & Vibrancy

Maraya Brown leads an experiential session on falling back in love with your life. For men and women who want passion and zest back.

CLOSING

Keynote Part I: Life Force & Longevity

Dr. Balduzzi shares his most advanced strategies for cultivating energy and healthspan for life.

EVENING

VIP Book Signing

VIPs meet the speakers up close and get books signed.

NIGHT

Sunset Pool Party

Optional. Poolside at the Arizona Grand, where the room becomes family.

DAY THREE · SUNDAY, AUGUST 9

Integration

Distill the weekend into a clear plan you can live for the rest of your life, with an open heart.

7 AM

Morning Strength Circuit

Paige Kelly leads a fun, energizing strength circuit — body-weight movements and Pilates-inspired flow to challenge you in new ways. Weighted vests available.

OPENING

Cacao Ceremony

Makenzie Marzluff opens the heart for the integration work ahead, flowing into the morning's transformation session.

MORNING

Transformational Coaching

Natalie Hunter helps you get clear on the vision for your next self — and the inner resources to live it.

LATE MORNING

Keynote Part II: Life Force & Longevity

Dr. Balduzzi continues his keynote with his most advanced practices for lasting energy and healthspan.

LUNCH

Final Connection Lunch

With the people who are now your community.

EARLY AFTERNOON

Clarity & 90-Day Game Plan

Dr. Balduzzi walks you through distilling the weekend into a clear 90-day plan — and the inner resolve and safety to follow through.

AFTERNOON

Event Integration & Guided Meditation

Amber Mikesell & Austin Uhl lead more than a meditation — integrating the weekend's insights and bringing you into deeper connection before you head home.

3–4 PM

Closing Ceremony

Dr. Balduzzi closes the weekend and sends you off into the next chapter of your life.

LOGISTICS, HANDLED

Getting there is *easier than you think.*

Everything you need to know about the venue, travel, and lodging — so you can focus on the experience.

THE VENUE

Arizona Grand Resort & Spa

The venue for all three days. 10 minutes from Phoenix Sky Harbor Airport. Sunrise hiking trails just steps from your room. A couple hours from Sedona's red rocks. All-suite accommodations, a 7-acre water park, on-site restaurants, and full spa. Your wellness vacation, retreat, and breakthrough — all in one place.

FLIGHTS

Phoenix Sky Harbor (PHX)

One of the most-connected airports in the U.S. Direct flights from nearly every major city, low-cost carriers included. From the gate to the resort is a **15-minute drive**.

LODGING

\$150/night group rate

Discounted Breakthrough rate at the Arizona Grand:

~**\$150/night** in spacious suites with full kitchenettes.

Includes all-day access to the water park, pools, hiking trails, and on-site restaurants. Hotel not included in ticket price.

ARRIVAL & DEPARTURE

Arrive Thursday • Depart Sunday PM

The event runs **Friday, Aug 7 – Sunday, Aug 9**. We recommend arriving **Thursday, Aug 6** to settle in. The first session begins **Friday at 9:00am**. The final session wraps **Sunday afternoon by 4:00pm**.

THE ARIZONA HEAT

Dry heat, cool indoors

Most people find Arizona's dry heat dramatically more comfortable than the humidity they're used to. Every minute of the event happens **inside an air-conditioned venue**. The 7-acre water park makes 105° feel like a gift.

MAKE THE MORNINGS COUNT

Don't sleep through the **7 AM morning movement**. It's optional — but the Friday resort walk, Saturday qigong with Troy Casey, and Sunday strength circuit with Paige Kelly are where the weekend's energy starts. Roll out of bed, come as you are, and set the tone for your day. You'll have time to shower before doors open at 8:30.

Breakthrough in the Desert

Questions? Text Dr. Anthony directly: **602-999-0004** • Email support@fitfatherproject.com

Event page: fitfather.com/breakthrough

WHERE TO EAT

Fuel the weekend *well.*

Your GA+ and VIP lunches are handled on-site. For breakfast, dinner, and snacks, here's where to eat in and around the Arizona Grand — healthy options first.

ON-SITE AT THE ARIZONA GRAND

Lobby Grill	Breakfast daily 6:30–11 AM, Starbucks coffee from 6 AM, all-day dining and dinner until 10 PM.
In-Suite Dining	Breakfast 6:30–11 AM delivered to your room — avocado toast, eggs, huevos rancheros.
Aunt Chilada's	Neighborhood Mexican — street tacos, fajitas, and patios.
Oasis Bar & Grill	Poolside comfort fare at the water park.

Coffee is on us. We'll have coffee in the vendor hall each morning — grab a cup on your way in.

HEALTHY BREAKFAST NEARBY

- **First Watch** (Ahwatukee) — A.M. Superfoods Bowl, veggie-forward, GF/vegan options
- **Snooze, an A.M. Eatery** — creative brunch with lighter plates
- **Jewel's Bakery & Café** — gluten-free bakery & breakfast

HEALTHY LUNCH & DINNER NEARBY

- **True Food Kitchen** (Tempe) — clean, chef-crafted, seasonal
- **Pita Bistro** — Mediterranean bowls, wraps & salads
- **MAD Greens** — build-your-own bowls & salads
- **Salad and Go** — drive-thru salads, fast & affordable
- **Playa Bowls** — açai & smoothie bowls
- **Feta Cowboy** — build-your-own protein bowls

DELIVERY TO THE RESORT

Uber Eats, DoorDash, and **Postmates** all deliver to the Arizona Grand — handy for a late dinner or for stocking your suite fridge with snacks and breakfast.