

TIME	LECTURE	SPEAKER
8:30-9:00	Conference Opening - Community and Social Genomics	
9:00-10:15	How Immune and Gut Dysregulation Impacts on the Brain	Dr Nancy O'Hara
10:15-11:00	Treating Anxiety with Nutrition	Trudy Scott*
11:15-11:45	Tea & View Exhibitors	
11:45-12:35	Bio Individual Nutrition-Which Foods Are Right for You	Julie Matthews*
12:35-1:05	Discovery not Deprivation: Navigating Restricted Diets!	Alexx Stuart
1:15-2:15	Lunch & View Exhibitors	
2:15-3:15	Quirky Cooking for Family Gut Health	Jo & Issac Whitton
3:15-3:55	Pantry Essentials - Fermenting, Culturing, Activating & Sprouting	Helen Padarin & Charlotte Carr
3:55-4:35	Foods That Switch On Good Genes	Nicole Azzopardi
4:35-5:15	Mindful Cooking for the Whole Family	Fouad Kassab
5:15-5:30	Q&A	
5:30-6:30	View Exhibitors & Stretch	
6:30-8:30	Join Us in Welcoming All of Our Distinguished Speakers (Tickets at Mindd Expo Table)	Speakers Reception

*Exclusive Pre-recording with Live Q&A