

Time	Speaker	Presentation
8:15 - 9:00 am	Registration	Registration
9:00 - 9:30 am	Costa Georgiadis	Soil Health for Human Health
9:30 - 11:00 am	Julie Matthews	Therapeutic Diets; GF/CF, GAPS, SCD, FodMaps, Weston Price, Genotype
11:00 - 11:30 am	Julie Matthews	Q & A For all Your Food Questions
11:30 - 12:00 pm	Tea – Exhibitors	Tea - Exhibitors
12:00 - 12:30 pm	Julie Matthews	Nourishing Hope (Cooking Demo)
12:30 - 12:50 pm	Holly Davis	Delicious and Healthy Fats; (Cooking Demo)
12:50 - 1:10 pm	Jillaine Wheeler	The Pantry Practitioner; (Cooking Demo)
1:10 - 1:30 pm	Maria Hunt	Foods for Digestive Health; (Cooking Demo)
1:30 - 1:50 pm	Carla Oates	Feeding the Skin; (Cooking Demo)
1:50 - 2:50 pm	Lunch - Exhibitors	Lunch - Exhibitors
2:50 - 3:10 pm	Helen & Heidi	Healthy & Fun!; (Cooking Demo)
3:10 - 3:30 pm	Simon Borg - Oliver	Yoga & Fitness for Kids (demo w. kids)
3:30 - 4:15 pm	Kris Barrett	Creating a Healthy Home
4:15 - 5:00 pm	Panel	Q & A
5:00 - 6:00 pm	Mindd Board	Closing Remarks - Awards