



# Schedule

<b>10:30 AM</b> OPENING REMARKS	<b>MAIN STAGE</b> Kristyn Green—Host
<b>11:00 AM</b> THE PLASTIC PROBLEM AND WHAT YOU CAN DO ABOUT IT	<b>MAIN STAGE</b> Kate Pepler—The Tare Shop
<b>12:00 PM</b> SPROUTING 101: HOW TO GROW FRESH ORGANIC PRODUCE IN YOUR HOME	<b>WORKSHOP ROOM</b> Paulina Halstead—Sprouting World
<b>1:00 PM</b> ANIMAL SANCTUARIES IN ATLANTIC CANADA: PANEL DISCUSSION	<b>MAIN STAGE</b> Animal Sanctuaries: Marissa Bolibruck—Wallflower Jen Lussing—Lailo Tim Clancy—Lily's Place
<b>2:00 PM</b> NEW START: FOR YOU & YOUR BODY	<b>WORKSHOP ROOM</b> Natalie Frederick-Wilson
<b>3:00 PM</b> COOKING DEMO: EASY INDIAN AND WEST AFRICAN RECIPES	<b>MAIN STAGE</b> Shivani's Kitchen & Mary's African Cuisine
<b>4:00 PM</b> VEG TRIVIA	<b>WORKSHOP ROOM</b> Lightning Trivia
<b>4:45 PM</b> CLOSING REMARKS	<b>MAIN STAGE</b> Kristyn Green—Host