<table>
<thead>
<tr>
<th>Time</th>
<th>Kale Room</th>
<th>Carrot Room</th>
<th>Pear Room</th>
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<tbody>
<tr>
<td>SATURDAY</td>
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<tr>
<td>11:00-12:00</td>
<td>&quot;How getting sick taught this Cardiologist truly how to heal herself and her patients&quot; w/ Dr. Monica Aggarwal</td>
<td>&quot;Healing Our World: A Deeper Look at Food&quot; w/ Dr. Will Tuttle</td>
<td>&quot;Quick and Easy Vegan Meals&quot; Cooking Demo w/ Ramses Bravo</td>
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<td>12:30-1:30</td>
<td>&quot;Reducing the Risk of Breast Cancer&quot; w/ Dr. Kristi Funk</td>
<td>&quot;How to Raise Happy, Healthy Eaters&quot; w/ Dr. Yami Cazorla-Lancaster</td>
<td>&quot;Amazing Anti-Inflammatory Foods&quot; Cooking Demo w/ Beverly Lynn Bennett</td>
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<td>2:00-3:00</td>
<td>&quot;Lifestyle Medicine: A Common Sense Solution to the Chronic Illness Epidemic&quot; w/ Dr. Saray Stancic</td>
<td>&quot;This Stinks! Industrial Animal Agriculture Victimize Animals and the Planet&quot; w/ Joyce Tischler</td>
<td>&quot;Making RAW easy - raw meal prep for the day, healthy, easy, affordable&quot; Cooking Demo w/ Daniela Lais &amp; Joel Rebik</td>
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<td>3:30-4:30</td>
<td>&quot;Improving Your Health with a Plantbased Diet&quot; w/ Dr. Pamela Ferguson</td>
<td>&quot;Global Change? Diet Change! The Environmental Impacts of Food&quot; w/ Dr. Julie Sinistore</td>
<td>&quot;Making Vegan Cheese with Traditional Methods&quot; Cooking Demo w/ Susana Romatz</td>
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<td>5:00-6:00</td>
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<td>SUNDAY</td>
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<td>12:00-1:00</td>
<td>&quot;Creating an inclusive movement: Honoring Body Diversity&quot; w/ Chelsea Lincoln, Andy Tabar, Callie Coker</td>
<td>&quot;The United in Heart Climate Solution&quot; w/ Arvin Paranjpe, Dr. Will Tuttle, Rev. Noel McInnis, Eric Montgomery</td>
<td>&quot;Vegan for One: Packing in Protein and Avoiding Mono-Eating&quot; Cooking Demo w/ Ellen Jaffe Jones</td>
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<td>1:15-2:15</td>
<td>&quot;Common Diseases from Food Poisoning - Cured with Beans, Corn, Potatoes and Rice&quot; w/ Dr. John McDougall</td>
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<td>&quot;Make it Today and Reinvent it Tomorrow&quot; Cooking Demo w/ Beverly Lynn Bennett</td>
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<td>2:30-3:30</td>
<td>&quot;Blue Zones Project- Lessons for Living Longer from the People who live the Longest&quot; w/ John Dimof &amp; Juliette Palenshus</td>
<td>&quot;The Promise and Potential of Youth Activism&quot; w/ Genesis Butler</td>
<td>&quot;Sauce! Dress for Less. Make your own sauces &amp; dressings!&quot; Cooking Demo w/ Michelle Schwegmann</td>
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<td>3:45-4:45</td>
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<td>&quot;Vegan Desserts you can serve to a regular person.&quot; Cooking Demo w/ Ramses Bravo</td>
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<tr>
<td>5:00-6:00</td>
<td>&quot;Raising Healthy Plantbased Families: sharing truths and busting myths&quot; w/ Dr. Pamela Ferguson</td>
<td>&quot;Food as Medicine&quot; w/ Will Tuttle</td>
<td>&quot;NOBULL: Veggies for the People!&quot; Cooking Demo &amp; Discussion w/ Lani Raider</td>
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