

SCHEDULE

SPEAKER (Small Room)	DESCRIPTION	11:00	12:00	1:00	2:00	3:00
Mike Bell, Urban Farmer	"From Passion to Profit"					
Rex Smith	Pollinator presentation					
Sapna Punjabi-Gupta	"The Compassionate Plate"					
Dr. Hilda Loria	"Raising Healthy Children to be Healthy Adults: Why What We Feed Our Children Matters"					
Rayshunda (Ms Ray) Holt	"Beautiful on the Outside, Ugly on the Inside"					
CHEF COOKING DEMOS (Kitchen)	DESCRIPTION	11:00	12:00	1:00	2:00	3:00
Deah (DeDe) Berry Mitchell	"EATertainment with Deah"					
Brenda Kemp	"The Raw Vegan"					
Jacques LaVenture	"The Naked Chef"					
FITNESS CLASSES (Lg Room)	DESCRIPTION	11:00	12:00	1:00	2:00	3:00
Veleisa Patton	Yoga					
Diana Garcia	Zumba					
Angie Ransome-Jones	Yoga					
Nicole Harris	Cardio Dance					
Amanda Dunnivant & Ebony Smith	Yin Yoga & Guided Relaxation					
ACTIVITIES	DESCRIPTION	11:00	12:00	1:00	2:00	3:00
American Red Cross (Large Room)	<i>CPR Demonstrations Various times & spaces</i>					
Vendor Exhibit Hall	<i>Vendors' Booths</i>					
Prize Giveaways	<i>Various times</i>					