

# PLANT POWER TALKS PRESENTED BY PROVEG IN ASSOCIATION WITH WELLNESS WAREHOUSE: PROGRAMME

FRIDAY 27 MAY	TALK / SESSION	SPEAKER
15:00	Welcome	Donovan Will / Kate Aitken
15:20	Wellness Consultant Panel	Wellness consultants
15:40	Vegan Advocacy 101 (Panel)	Donovan Will+Shaun The Vegan+Shannon Pam
16:00	BREAK	
16:20	NGOs in the Plant-Based Space (Panel)	Nicole Vernon+Toni Brockhoven+Andy du Plessis+Brett Thompson+Leozette Roode+Nathan Richardson
17:00	Female Forward: The Importance of Female-Owned and Staffed Plant-Based Businesses	Carla Gontier
17:20	BREAK	
17:40	Why Certified Vegan Labeling Matters	Anusha Lakha
18:00	Capitalism in the Plant-Based Movement	Brett Thompson
18:40	The Future of Protein (Panel)	On The Greenside+De Novo Dairy+Mzansi Meat+AGT Foods
SATURDAY 28 MAY	TALK / SESSION	SPEAKER
11:00	Welcome	Donovan Will / Kate Aitken
11:20	Wellness Consultant Panel	Wellness consultants
11:40	Natural Hormone Health	Mary-Ann Shearer
12:00	BREAK	
12:20	Plant-Based Small Businesses: The Heart of the Plant-Based Industry (Panel)	Amma's Creamery+Sunshine Sprouting Co+Outcast Foods+Romeo & Vero+Vegan Goods Market+Herbiraw
13:00	Plant-Based Pet Food: A Gap in the Market	Rolf Pearson
13:20	BREAK	
13:40	Plant-Based Foods for Babies and Pregnancy (Panel)	Kate Aitken+Jessica Kotlowitz+Wilma Tarr+Kaylyn Novak
14:20	Ayurvedic Nutrition: Ayurveda and Menses	Michele Mistry
14:40	BREAK	
15:00	How Plant-Based Diets Protect Our Wildlife	Shannon Elizabeth
15:20	Publishing Plant-Based	Leozette Roode+Vernon Botha & Simóne Meyer (The Leaf Eaters)
16:00	BREAK	
16:20	Reductarian Approach to Institutional Change	Leozette Roode
16:40	Food Systems and the Impact on Climate and Biodiversity	Justin Smith
17:00	Getting Our Hands Dirty For Our Planet	Misha Teasdale
17:20	BREAK	
17:40	Beauty Is More Than Skin Deep	Toni Brockhoven
18:00	Potent Plants for Ecstatic States & Natural Highs	Peter Daniel
18:20	Cosmetics: What To Avoid And What To Use	Nicole Sherwin
SUNDAY 29 MAY	TALK / SESSION	SPEAKER
11:20	Welcome	Donovan Will / Kate Aitken
11:40	Wellness Consultant Panel	Wellness consultants
12:00	BREAK	
12:20	The 5 Pro's of Plant-Based Diets	Donovan Will
12:40	Mindful Functional Movement	Will Lindique
13:00	Combat Stress with Adaptogens & Enhancing Cognitive Performance with Medicinal Mushrooms	Peter Daniel
13:20	BREAK	
13:40	Plant-Based Health (Panel)	Dr Nanine Wyma+ Dr Yesheen Singh+Nadia Mulder
14:20	BREAK	
14:40	Overall Wellness: How do we achieve it?	Dr Yesheen Singh
15:00	Plant-Based 101	Nadia Mulder
15:20	Eating a Plant-Based Diet for Optimal Health	Dr Nanine Wyma
15:40	Beauty Is More Than Skin Deep	Toni Brockhoven



Presented by:



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SHOW**

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\*The programme may be subject to change without prior notice.