



**HEALTH &
WELLNESS TALKS**

THE
**PLANTPOWERED®
SHOW**

FRIDAY 4 AUGUST MC: Dr. Anesu Mbizvo

TIME	TOPIC	SPEAKER(S)
12:45	Vegan Certification & Labelling	Anusha Lakha
14:15	Together, let's cultivate conscious connections through good food	Phumzile Baliki Thabile Motsamai
15:15	Rise of the Flexitarian. Insights into the South African Plant-Based Food Sector.	Donovan Will

SATURDAY 5 AUGUST MC Melissa Lainn

TIME	TOPIC	SPEAKER(S)
11:15	Plant-Powered Iron: Nourishing Your Body on a plant-based diet	Adèle Beyl
12:00	Lightening the load on our liver and managing our stress hormone response	Nicky Rowbotham
13:15	Indigenous food good for you and good for the earth	Siphiwe Sithole
14:15	McCain Good Food	Phumzile Baliki Thabile Motsamai
15:15	Living a 'Plant-Powered' Life: How returning to nature and her medicines helps us heal	Melissa Lainn

SUNDAY 6 AUGUST MC: Dr. Anesu Mbizvo

TIME	TOPIC	SPEAKER(S)
11:15	Indigenous food good for you and good for the earth	Siphiwe Sithole
12:15	Forgotten Food Systems	Greg Henderson
13:15	Wellness, intentional living and conscious consumerism	Dr. Anesu Mbizvo
14:00	Nutrition for Mighty Bones: Harnessing the Calcium Powerhouse	Adèle Beyl
15:00	Plant Based Proteins	Danya Falkson