

# CORK VEGFEST 2018 PROGRAMME

LIVE MUSIC INTERVALS BETWEEN TALKS & DEMOS BY LAMBDANCER & CP

TIME	MILLENIUM HALL	TIME	FOYER
11:00-12:00	Dr. AILIS BROSNAN / Healthy, Fit and Vegan: <i>Debunking vegan myths</i>	11:00-12:00	VIRGINIA O'GARA / My Goodness (Food Demo) <i>A fermentation Demo</i>
12:00-13:00	GLAUCE LUCAS / All About Vegan Food: <i>Raising vegan children: We're doing it right!</i>	12:00-13:00	EVELYN SUTTLE / NARA (movie & talk) <i>Ireland's Fur Trade</i>
13:00-14:00	CONOR KERLEY, PhD, BSc, H. Dip, MINDI: <i>Is a plant-based diet complete?</i>	13:00-14:00	AMY NÍ CHOLGÁIN / Green leafy Gael: <i>A Green Leafy Saol</i>
14:00-15:00	FIONA OAKES / vegan ultra-athlete: <i>Awakening the activist within</i>	14:00-15:00	TRACEY RYAN / Bia Beauty (Beauty Demo) <i>DIY vegan beauty products</i>
15:00-16:00	VEGAN ATHLETES AND HEALTH PANEL: Jessica Gresty, Leonardo Venaas, Heather Gordon, Dr. Ailis Brosnan, Michael Donohoe, Fiona Oakes	15:00-16:00	LOUISE KELLY / I'm a little vegan (Food Demo): <i>Spicy Spelt Pancakes filled with braised lentil, mushroom and hazelnut mix</i>
16:00-17:00	NICOLE MATTHEWS: <i>My Journey from Veganism to Activism - How Yulin came to my family</i>	16:00-17:00	BRETT COBLEY / EpiVegan (Food Demo)
17:00-18:00	THE PANEL ADVOCATING FOR VEGANISM – DIFFERENT VOICES: Roger Yates, Brett Coble, Nicole Matthews, Amy Ní Cholgáin, James O'Donovan, Glauce Lucas	17:00-18:00	CHRISTINA LEOPOLD / Addicted to Dates (Food Demo) <i>No Bake Snicker Bars</i>

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