



Sunday 24/09/2023

| Times | Space A | Times | Space B | Other |
|-------------|--|-------------|---|---------------------------|
| 11:15-12:00 | Yoga Class with Yoga Dublin (Bring Your Own Mat) | 11:30-12:30 | Jacques Brennan (Hungry Soul Vegan): <i>Seasonal Root Vegetable Salads with Creamy 'cheezy' Dressing</i> (food demo) | |
| 12:00-13:00 | Athletes Panel: <i>Strongwoman Maeve Frawley & Nutrition Science Communication Officer Patrick Elliot</i> | 12:30-13:00 | Pam Ryan: <i>Anti-Speciesist Language is for Everyone</i> | |
| 13:00-14:00 | Christopher Sebastian & Jake Conroy <i>on Disinformation and Elitism within vegan community</i> | 13:00-14:00 | Ciara Brennan / Happy Food at Home: <i>BLUE ZONES BLACK BEAN GOULASH</i> <i>with a yoghurt & avocado topping</i> (food demo) | |
| 14:00-15:00 | Dr John Allman <i>Sustainable diets for you and our planet's health</i> | 14:00-15:00 | Plant based Universities TALK | Lollipop Tie Die Workshop |
| 15:00-16:00 | Evelyn Suttle: <i>The Lion, The Witch and the World Food System: A look at the intersection of animal rights, feminism, environmentalism, and human rights through Ireland's past and present.</i> | 15:00-15:30 | The BeeGuy: <i>BEEGAN OR VEGAN? Why saving endangered native wild bees will mean a more planet friendly palate...</i> | |
| | | 15:30-16:00 | Jana Stefanova: <i>Life at the Kidare Wildlife Rescue</i> | |
| 16:00-17:00 | Animal Rebellion Panel: <i>Animal Activism in the Age of Climate Collapse</i> featuring Jake Conroy (the Cranky Vegan), with Laura Broxson (NARA), Evelyn Suttle (Veghuns) and Tracie Vance (Animal Rebellion) | 16:00-17:00 | | |