

Mindd Talks Albury - October 30, 2016

<u>Schedule</u>		
Kinta Gitsham & Leslie Embersits	9:00-9:15am	Welcome
Dr Frank Golik	9:15-10:15am	The Brain Immuno Gut Connection
Helen Padarin	10:15-11:15am	Bio Individual Diets
<i>Tea</i>	11:15-12:00pm	<i>Morning Tea Provided</i>
Therese Kerr	12:00-12:45pm	Navigating Our Toxic World
Alice Nicholls	12:45-1:15pm	Essential Oils
<i>Lunch</i>	1:15-2:15pm	<i>Dine Out or Bring Box Lunch</i>
Helen Padarin	2:15-3:15pm	Pantry Essentials
Helen Padarin & Charlotte Carr	3:15-4:00pm	Hour of Power
Charlotte Carr	4:00-4:30pm	Lunch Box Fillers
Panel Discussion	4:30-5:15pm	Panel, Q &A