

MICHIANA VEGFEST

SUNDAY MARCH 25 11am – 4pm

SPEAKER SESSIONS



Marla Rose
Five Simple but Powerful Strategies for Thriving as a Vegan



Dr. Joel Kahn
The Miracle of Heart Disease Prevention



Dr. Sherine Brown-Fraser
Adventist Health Studies: Omnivore vs. Vegetarian vs. Vegan Diets, Lifestyle and Health Outcomes (followed by VegFest Speakers panel discussion)



Dr. M. Alfredo Mejia
A New Eating Paradigm: In the Pursuit of Personal and Planetary Health



Robert Grillo
Farm to Fable: How Popular Culture Is Shaping Our Food Choices

CHEF DEMONSTRATIONS

Tony Nafrady
Chef at Tapastrie

Del Sroufe
Chef and Owner at Wellness Forum Foods

Paul Vugteveen
Vegan Chef at Turntable Vegan and Meatless Michigan

Dr. Richard Collins
The Cooking Cardiologist

Josh Catrambone
Chef and Baker at Water & Wheat Cafe



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