



PROMOTING THE  
BENEFITS AND JOY  
OF A  
PLANT-BASED LIFESTYLE

## Speaker Roundtable Discussions

---

11:30 - 12:30 "What it takes to be a Vegan Athlete" Ellen Jaffe Jones, Sid, Garza-Hillman, Torre Washington and Cam F. Awesome..

1:00 - 2:00 "Managing Life's Emotional Challenges as a Vegan Activist" April Lang.

2:30 - 3:30 "The Sanctuary Life" Lenore Braford and Justin Van Kleeck.

---

