

GET REAL!

Real Food - Real Conversations - Real Life

- 8:00** *Registration and continental breakfast*
- 8:30** *Welcome* - Mairlyn Smith, P.H.Ec.
- 8:35** *Lieutenant Governor Honourable Elizabeth Dowdeswell*
- 8:55** *Getting Real about Social Media* - Jennifer Dyck, P.H.Ec. & Mairlyn Smith, P.H.Ec.
- 9:20** *Get Real about What's on Your Plate* - Dr. Steve Savage, Plant Pathologist
- 10:10** *Get Real - Put Local on Your Plate* - Jesse Lauzon, Springridge Farm
- 10:45** *Break for visiting exhibits and buy raffle tickets*
- 11:25** *Get Real! Get Fresh!* - Dr. June Matthews, P.H.Ec., Brescia University
- 12:00** *Getting Real about Climate Change* - Dr. Sarah Burch, University of Waterloo
- 12:30** Q & A with morning speakers
- 12:55** *Lunch, exhibits, and buy raffle tickets*
- 1:45** *Getting Real about Finance* - Richard Haggins,
Senior Credit Education Facilitator, Credit Canada
- 2:40** *Getting Real About What Goes on Your Skin*, Tabatha DeBruyn, BA B.Ed.,
Executive National Vice President, Arbonne International
- 3:05** *Break and exhibits*
- 3:30** *Get Real about Food Skills* - Camilla Leonard, Quantitative Market Researcher
- 3:50** *Getting Real about Our Space* - Clare Kumar, Professional Organizer
- 4:40** *Raffle and Auction Winners*



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