



**veganfest**  
T A S M A N I A

**3 November, 2019**

## Talks Program

Time	Title	Speaker	Duration
11.00am	Growing for market; veganism and popular misconceptions	Dylan and Grace, Broom and Brine Farm	25 min
11.30am	Vegan Nutrition – Pure and Simple	Karen Bevis	35 min
12.15pm	Old man, new vegan: chronic disease and the vegan diet	Tim Gamage	25 min
1.00pm	Vegan Sport and Fitness Q&A	Mick Phillips and Lauren Brown	25 min
1.45pm	Vegan and ethical winemaking	Paul Williams	30 min
2.30pm	Why People Won't Change and What You Can Do About It	Clare Mann	1hr (ticketed event – free) subject to available space on the day or tickets from: <a href="https://www.eventbrite.com.au/o/animals-tasmania-veganfest-tasmania-2019-27552542105">https://www.eventbrite.com.au/o/animals-tasmania-veganfest-tasmania-2019-27552542105</a>

**Speaker Details Below...**

<p>Dylan and Grace, Broom and Brine Farm</p> <p>11am</p>	<p>Growing for market; veganism and popular misconceptions</p>	<p>Meet Dylan and Grace, two local market gardeners who are also vegan. They have been vegan for almost 5 years, and worked on urban and rural market gardens around Australia for around 6 years. This talk will aim to briefly discuss small scale market growing systems, including their own, and to challenge normative agricultural assumptions surrounding plant-based eating let alone farming. They will talk about the possibilities of a more local and plant-based agriculture.</p>	<p>25 min</p>
<p>Karen Bevis</p> <p>11.30am</p>	<p>Vegan Nutrition – Pure and Simple</p>	<p>Thinking of going vegan but don't know where to start? Perhaps you have tried it before but it didn't quite work for you? Find out how to make the switch in a healthy way, learn what nutrients you need to ensure you are getting, and how to get the balance right so you feel great! Karen has been vegan for over 25 years, has raised two vegan children, has spent many years advising people via information stalls and been a mentor on the Vegan Easy Challenge. She also has a Graduate Diploma in Human Nutrition and a certificate in Wellness Coaching.</p>	<p>35 min</p>
<p>Tim Gamage</p> <p>12.15pm</p>	<p>Old Man, New Vegan</p>	<p>At 57 Tim was advised to see a cardiologist. While waiting for the appointment, he started eating a whole foods plant-based diet after watching Forks over Knives, and his wife joined him. His health improved greatly, so much so that his 83yr old mother went plant-based based too! Find out about Tim's journey to better health with food as his medicine.</p>	<p>25 min</p>

<p>Mick Phillips and Lauren Brown, Fitness Trainers</p> <p>1.00pm</p>	<p>Vegan Sport and Fitness Q&amp;A Session</p>	<p>Join Mick and Lauren for a discussion about vegan sport and fitness, and ask your own questions.</p> <p>Lauren is a women's fitness and lifestyle coach, helping women discover their own version of health, understand and respect their body, and build a bulletproof body and mind! Lauren has competed in Crossfit competitions as a vegan athlete and is excited to share her experience of thriving on a plant-based diet while being able to push her body and mind to new limits in training.</p> <p>Mick Phillip is co-founder and owner of Mind &amp; Body Fitness in Youngtown, Launceston. He has been a full-time Personal Trainer for 7 years. In the three 3 years he has been vegan he has been encouraging people to make ethical and healthy food choices.</p>	<p>25 min</p>
<p>Paul Williams</p> <p>1.45pm</p>	<p>Vegan and ethical winemaking</p>	<p>Paul operates a vineyard that uses an 'Animals first' philosophy in grape growing and winemaking. You will learn about how vegan wines are produced and how to use ethical farming practices. Tastings will be provided (18 and over)</p>	<p>30 min</p>
<p>Clare Mann</p> <p>2.30pm</p>	<p>Why People Won't Change and What You Can Do About It.</p>	<p>People resist change in all aspects of their lives, not just veganism and non-speciesism. As animal activists, we become frustrated that, after sharing the inherent cruelty of people's choices, they still don't change. It is essential to understand the unquestioned assumptions that underpin their decision-making. By using the notion of social and cultural myths you can more easily break the trance and help people make kinder choices. You will leave this workshop feeling more empowered in your activism.</p> <p>Clare Mann is a psychologist, existential psychotherapist, author, and communications trainer. She runs a private vegan psychology practice in Sydney as well as working with vegans all over the world via Skype/Facetime. She is the author of numerous books, including <i>Vystopia: The Anguish of Being Vegan in a Non-Vegan World</i> (2018) and her most recent book, <i>Myths of Choice: Why People Won't Change and What You Can Do About It</i> (2019). Free Tickets: <a href="https://www.eventbrite.com.au/o/animals-tasmania-veganfest-tasmania-2019-27552542105">https://www.eventbrite.com.au/o/animals-tasmania-veganfest-tasmania-2019-27552542105</a></p>	<p>1 hour</p> <p>Ticketed event. Check space available on the day.</p>