



Saving Lives One Plant At a Time

MAIN STAGE SCHEDULE

FESTIVAL TAKEOVER

SUNDAY, OCTOBER 6, 2024

<u>TIME</u>	<u>SESSION TITLE</u>
1:00	Introduction Gigi Jones- Gigi the Vegan
1:15	MIDWEST SOUL VEGFEST TAKEOVER BEGINS Masters of Ceremonies John Lewis (Badass Vegan) and Torre Washington
1:30	Mindfulness Matters Because You Matter Rev. Paulette Pipe
1:45	Kemetic Yoga, Stress Management, and Physical Fitness Darrell McDonald- Divine Wellness
2:00	VISIT THE VENDOR VILLAGE
2:30	Healthy For My Purpose Sersie Blue and Gigi Carter
3:30	Don't Let What You Consume...Consume You! Dr. Mallory D. McCoy
4:00	Live Music Official Grey Music
4:55	Closing Remarks Gigi Jones- Gigi the Vegan