

SCHEDULE

SATURDAY 14 NOVEMBER 2020

Virtual exhibition open all day

- 09.45 - 10.00:** Introduction
- 10.00 - 11.00:** 'How can Mindfulness enhance Self-Care?'
KATIE SHEEN FdSc, DipION, PGCE, MA (Education).
- 11.00 - 12.00:** Assorted breakout sessions
- 12.00 - 13.00:** Break/Exhibition
- 13.00 - 14.00:** 'The Healing Power Of Nutrition: How Diet Can Reshape Gut Microbiome And Influence The Balance Between Health And Disease' Part one
ALESSIO FASANO, M.D.
- 14.00 - 14.30:** Break/Exhibition
- 14.30 - 15.30:** 'The Healing Power Of Nutrition: How Diet Can Reshape Gut Microbiome And Influence The Balance Between Health And Disease' Part two
ALESSIO FASANO, M.D.
- 15.30 - 16.00:** Break/Exhibition
- 16.00 - 17.00:** 'The Canary's Song'
TOM O'BRYAN, DC, CCN, DACBN
- 17.00 - 17.15:** Closing thoughts