

Return To Your Roots 2018 - Day 2 - 6th May 18

Time	Exhibition Hall	Westbury Suite	Gordon Suite (upstairs)
009 – 11.45	Exhibitors set up stalls	Set up	Set up
12 – 12.30	Welcome K Clarke Main Sponsor - First National Bakery Special Guest Mz Lady Lox Host Amlak Tafari		
1 – 2.15		Is your diet damaging or nourishing you? Achieving Wellness - Mind, Body & Spirit Stephen Ssali	1.30 – 2.15 - Body MOT - Empress Divine
2.15 – 2.30	Intro to taking responsibility for your health & How to prepare tasty vegan food. Leah Salmon - Naturally You Coach	2.15-3pm Workshop & Book Launch Stress - manage or eliminate it? Paulette Kumar	2.15 – 3pm Growing healthy locs naturally Rena - Blaque to Natural Salon
3 – 4pm	Poetry - Suzy Rowland	3 – 4pm Design Essentials - Workshop How to maintain the health of naturally curly hair	3-4pm -Workshop - How to prepare Tasty Vegan Food Leah Salmon - Naturally You Coach
4.00	Entertainment by Jude		
4.15 – 5pm		4.15 – 5pm Black Men's Health - Looking after your Prostate Vasco Stevenson Denton Wilson - my story	4.15 Young people & Mental Health - Suriya Aisha
5.15 – 6pm		Poetry - Suzy Rowland Guest Speaker MZ Lady Lox - Specialist loctician, educator & celebrity stylist	
6.10 -7pm		The benefits of eating raw Healing Foods Raw Kay	Workshop Life, Prosperity & Health The benefits of Sema Kemet Yoga ShakaRa Speaks
7.15 – 8pm		Panel Discussion - Conversations Hair, Beauty, Health & Wellness	