

From Table to Temple

A God-centered approach to nourishing & healing your body

F r i d a y , A p r i l 2 4 t h

4:00-6:00 Registration & Visit Vendors

6:00-6:30 Welcome & Opening, Thad & Gayle Montgomery and Maureen Diaz

6:30-8:00 BBQ Dinner & Bluegrass

S a t u r d a y , A p r i l 2 5 t h

NOTE: Kid's program (for ages 2-10) Saturday only

7:30-8:30 Check-in and Breakfast

8:30-8:45 Announcements, Opening Comments, & Prayer

8:45-9:30 Dr. Patty Powers, Whole Health Catalysts

The Magic & Mystery of the Endocrine System

9:30-10:15 Dr. Megan Sanctuary, FIM Nutrition

The Devil's in Your Pantry: Insights into the modern counterfeit food system

10:15-11:00 Kim Furhmann, Our Father's Farm

The Heart of True Wellness: How to live in peace with God and others

11:00-11:30 Maureen Diaz, God's Good Table

Food Before Supplements

11:30-12:00 Erin Mileski, Erin Mileski Wellness

From the Mouth & Out: God's amazing design for digestion

12:00-1:00 LUNCH

1:00-1:45 Breakout 1:

- 1) Farm Tour with Thad Montgomery
- 2) Workshop 1 - Dairy 101 - Pasture to Pitcher Team

2:00-2:45 Breakout 2:

- 1) Farm Tour with Thad Montgomery
- 2) Workshop 1 - Dairy 101 - Pasture to Pitcher Team

3:00-3:45 Breakout 3:

- 1) Vendors + Meet the Speakers
- 2) Workshop 2 - Fermentation 101 - Maureen Diaz

4:00-4:45 Breakout 4:

- 1) Vendors + Meet the Speakers
- 2) Workshop 2 - Maureen Diaz

5:00-5:30 Speaker Q&A Panel and Closing