



Keto Speakers Stage Set Times
Saturday October 16 2021

NOTE – (Roy Ross will be MC through the day)

Expo Floor

Doors	9:30am to 5:30pm	
Doors - Speaker Room	10:00am to 10:30am	
Logan Dalgado (Work Out)	10:30pm to 11:00am	30mins
Ben Azadi	11:10am to 11:40am	30mins
Maria Emmerich	11:50am to 12:20pm	30 mins
Cynthia Thurlow	12:30pm to 1:00pm	30 mins
Lunch Time 1:00pm to 1:30pm		
Kristin Grayce McGary	1:30pm to 2:00pm	30 mins
Anna Vocino	2:20pm to 2:50pm	30 mins
Dr. Anna Cabeza	3:00pm to 3:30pm	30 mins
Dr. Ryan Lowery	3:40pm to 4:20pm	40 mins
*Ben Greenfield	4:30pm to 5:10pm	40 mins