



WORKSHOP DESCRIPTIONS

SATURDAY, JULY 27, 2007

9–9:45 a.m., Taking Action for Farm Animals
Gene Baur

This session outlines individual and institutional actions we can each take to prevent animal suffering, promote compassion, and teach a deeper understanding and appreciation for animals and how disrespect of and violence toward them also impacts us. It provides a framework for influencing and finding common ground with people, businesses, and institutions engaged in animal exploitation, while also promoting vegan ideals.

9:45 a.m.–10:30 a.m., Eating Green—For Ourselves, the Planet, and Animals
Michael Jacobson

The animal welfare movement is making enormous strides in educating the public and using legislation to stop inhumane practices. The movement could take another leap forward by collaborating closely with two natural allies: environmentalists and public health advocates. Factory farms housing thousands of chickens, pigs, and cattle are harmful to both the animals and the environment. Likewise, diets high in meat and dairy products often contribute to heart disease, cancer, and other health problems. The three sectors working together could achieve unprecedented progress.

10:30–11:15 a.m., Vegan Diets: Science Weighs In
Neal Barnard

Many people adopt vegetarian or vegan diets to help animals or the environment. Science has now weighed in on the health aspects. This lecture explores recent studies on the surprising health effects of vegan diets and compares them to other approaches. It also describes how to start a healthy vegan diet, including tips on planning for adults and children, and looks at federal policies that perpetuate America's poor eating habits and how to change them.

1:15–2:15 p.m., Perspectives from the Field

Nicolette Hahn Niman, Diane Halverson, Marek Kryda, Frank Reese, Paul Willis

Three farmers (one who raises pigs, another who raises poultry, and a third who raises cattle) who meet and support high welfare standards will share their perspectives at this panel, sponsored by the Animal Welfare Institute. In addition, Marek Kryda of Poland will describe industrial agriculture's insidious activities in Eastern Europe.

2:15–3 p.m., Being a Joyful Vegan in a Non-Vegan World
Colleen Patrick-Goudreau

Though many resources support the practical aspects of a vegan lifestyle, many people struggle with the emotional toll that comes with the awareness of so much animal suffering. In this inspiring, empowering, and informative lecture, Colleen Patrick-Goudreau offers survival tips for dealing with social and emotional pressure and explains why she considers herself a "joyful vegan" despite painful awareness of the socially sanctioned exploitation and abuse of animals.