

#FOODFORTHOUGHTMAYO



FOOD

FOR

Thought

Activism - Music - Workshops

ATU CAMPUS, WESTPORT ROAD, CASTLEBAR.

23RD NOVEMBER 10:00 - 3:00

TICKETS ON EVENTBRITE



Proudly supported by



#FOODFORTHOUGHTMAYO

# Schedule

9:30 CHECK-IN

10:00 WELCOME

10:30 GLOBAL CAFÉ GROUP DISCUSSIONS

12:00 LUNCH

1:45 WORKSHOPS

2:40 REFLECTIONS

3:00 CLOSING

## Workshops

MUSIC, PROTEST, AND FEELINGS WITH JOHN HOBAN.

BAKING BREAD.

WHAT THE F\*\*K?? LOBBY LAB.

LEARN TO GROW.

BURN YOUR WORRIES

REFLECTION IN NATURE..



BOOK YOUR SPOT AT

[HTTPS://WWW.EVENTBRITE.IE/E/FOOD-FOR-THOUGHT-  
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