



SCHEDULE OF EVENTS

SINGLE TICKETS
 \$30 / each day (all classes)
 \$50 / both days (all classes)
 \$10 / each class

BRING A FRIEND
 \$50 / each day (all classes)
 \$85 / both days (all classes)
 \$15 / each class

FRIDAY, NOVEMBER 14, 2025 – Ticket Sales will Begin at 9 am

NORTH



SOUTH



10:00 am	Natural Weight Loss with Herbs <i>Jordan Gundersen</i>	Ennergy Storage and Solar Power <i>Glenn Jakins</i>	Homeschool & the Learning Experience <i>Lisa Mauer</i>	Food Storage: Simply Planned, Simply Delicious <i>Leslie Probert</i>
11:15 am	Healing Disease Starts In Your Gut <i>Cassidy Gundersen</i>	Sanitation <i>Don Bartholomew</i>	We Eat Clay and Wear It Too! <i>Neal Bosshardt</i>	Brilliant BROL: Daily Diet Health Edge <i>Brilliant Living Us</i>
12:30 pm	LUNCH BREAK --- Food Trucks			
1:00 pm	DIY Funeral Planning: Everything to Know <i>Joyce Mitchell</i>	Common Wild Edible & Medicinal Plants <i>Mike Wood</i>	How to Grow Undercover <i>Michelle Roberts</i>	Homemade Bread in Just One Hour: Kids Class <i>Jeannie Dayton</i>
2:15 pm	Emergency Communications <i>Aaron Gilbert</i>	Winter Gardens Veggies from Nov. to May <i>Wendy Sing</i>	Beyond Calories: How to Feed Your Muscles & Mind <i>Dr. Loren Grover</i>	Tinctures <i>Jannah Martin</i>
3:30 pm	12 Steps to Preparedness <i>Aaron Gilbert</i>	Microgreens <i>Jannah Martin</i>	Hemp the Superfood: Its Power and Potential <i>Scott Schwab</i>	Fermentation/Sauerkraut <i>Julia Vance</i>
4:45 pm	Dietary Secrets: Fastest 5K H.S. Runner in History <i>Jim Simmons</i>	Healing Disease with Breakfast <i>Cassidy Gundersen</i>	Naturally Prepared: Herbs for Health <i>Doreen Spackman</i>	Sprouting <i>Julia Vance</i>
6:00 pm	Keynote Speaker: Jim Simmons —and RAFFLE!			

675 s. 500 E. American Fork, UT 801-319-9111 www.sageandplow.com



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SATURDAY, NOVEMBER 15, 2025 – Ticket Sales will Begin at 9 am

NORTH



SOUTH



9:00 am

PANCAKE BREAKFAST --- All You Can Eat --- \$8.00 ea / \$35.00 per family

10:00 am

Weight Watchers Meeting

Energy Storage and Solar Power
Glenn Jakins

Homeschool & the Learning Experience
Lisa Mauzer

Homemade Bread in Just One Hour
Kids Class *Jeannie Dayton*

11:15 am

Emergency Preparedness with Iridology
Jordan Gundersen

Water Storage *Connie Getz*

Sea Energy: The Key to Grow Nutrient-Dense Foods *Prenten Frazier*

Brilliant BROL: Daily Diet Health Edge
Brilliant Living Us

12:30 pm

LUNCH BREAK --- Food Trucks

1:00 pm

Rapid Disaster Assessment Program
Aaron Gilbert

Common Wild Edible and Medicinal Plants
Mike Wood

Beyond Calories: How to Feed Your Muscles and Mind *Dr. Loren Grover*

Fermentation/Sauerkraut
Julia Vance

2:15 pm

Security
Be Ready Academy

Winter Gardens Veggies from Nov. to May
Wendy Sing

Naturally Prepared: Herbs for Health
Doreen Spackman

Home Remedies *Julia Vance*

3:30 pm

Healing Disease Starts In Your Gut
Cassidy Gundersen

DIY Funeral Planning: Everything to Know
Joyce Mitchell

Hemp the Superfood: Its Power and Potential *Scott Schwab*

Food Storage: Simply Planned, Simply Delicious *Leslie Probert*

5:00 pm

Keynote Speaker: Chef Brad —and RAFFLE!

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