

PRESENTED BY:

LIFE AND LEARNING STAGE



FRIDAY

10:30 AM

The Gut-Brain-Hormone Connection
Dr. Jennifer Tang
Tangible Health

11:15 AM

10 Common Dreams
Kaya and Christiane Muller
UCM - Teaching and Research Center

12:00 PM

It's not you, it's your brain: Using neuroscience to combat stress
Dr. Alison Smith
Roga Life Inc.

12:45 PM

**Be your Own Light:
How to Thrive Through Difficult Times**
Danielle McCarron
Canadian Addiction Treatment Centres

1:30 PM

**Beyond Mindfulness:
Meditations to Heal Body & Mind**
Hester Ngo
Bodhi Meditation Toronto

2:15 PM

The Power Of Breaking Free
Edith Rajna
Miss Idie Inc

3:00 PM

Making the Law of Attraction Work for YOU!
Renu Arora
Heal From Your Past Inc

3:45 PM

**Balanced and Beautiful Inside and Out:
The Microbiome and Your Skin**
Mireille Vega
VGAM biome

4:30 PM

Womanhood and her Role in the Quest for Lasting Peace
Michael Adefope
Grail Brooks Canada

5:15 PM

Will I Run Out of Money in Retirement?
Argosy Securities Inc
Yusuf Osman, MBA

SATURDAY

10:30 AM

Keeping it Hot After 40
Jacquie Court
She2.0

11:15 AM

The Art of Aging Gracefully and Naturally
Dr. Joyce Johnson ND
Webber Naturals

12:00 PM

Real Estate Investment
Eman Adnan
Royal LePage Signature Realty

12:45 PM

A Mindful Moment
Annu Gaidhu
Greeniche Natural Health

1:30 PM

The New Way of Taking Supplements
Denis K. IMC
Nutrameltz Inc

2:15 PM

Athleisure is Life!
Veronica Relih
Beautiful Women Society - Run Free By Vee

3:00 PM

Exploring Your Intuitive Gifts
Gaisheda Kheawork
The Whispering Song School of Energy
Medicine

3:45 PM

Custom Curl Care and The Secret To Your Best Curly Hairstyle
Jonathan Torch
Curly Hair Solutions

4:30 PM

The Inner Critic is a Liar
Emilia Pacholec
New Moon Psychotherapy

5:15 PM

Your Marriage is Worth Saving
Ajita Shan

SUNDAY

10:30 AM

Sustainability is the Future, Why Not Start With Our Vision
Wally
Wally's Optical

11:15 AM

Yoga Class By Rupa
Rupa Patel
Beautiful Women Society

12:00 PM

The Healer Within
Meena Puri
Ayurvedic Healing Center Inc

12:45 PM

How to Reclaim Your Vintage Furniture
Melanie Curley
Mango Paint

1:30 PM

The Glutathione Company
Kelly Ronsyn
Max International

2:15 PM

Define Your Style
Nada Shepherd & Pheinx Paul
ReSuit

3:00 PM

How to Help Kids Thrive
Alison Tennen
SUnKyeong

3:45 PM

The Future of Regenerative Medicine
Drew Taylor
Acorn Biolabs

Times and topics are subject to change.