

# LIFE AND LEARNING STAGE

## ! SATURDAY

**11:15 am**

### **Stress Less, Live More: Mind and Body Harmony**

Kerry MacAdam, KMac Coaching

**12:00 pm**

### **Start a 6-Figure Career in the Beauty Industry at ANY Age**

Marcella Masci, BBM Ottawa

**12:45 pm**

### **Boost Your Energy, Mood & Motivation – all Naturally!**

Maggie Maier

**1:30 pm**

### **The Art of Aging Gracefully and Naturally**

Dr. Joyce Johnson, Webber Naturals

**2:15 pm**

### **Life Blueprint: Caring for yourself while being a caregiver**

Amy Friesen, Tea & Toast

**3:15 pm**

### **Investing in Real Estate with Confidence: A Woman's Guide**

Victoria Cluney, Victoria Cluney Real Estate Investing

**4:00 pm**

### **The Psychology of Dream Interpretation**

Emeline Mercier, UCM Teaching and Research Center

**4:45 pm**

### **Women in Expeditions - Are You Adventure Ready?**

Kelli Ann Mills & Kristin Erz, Aurora Expeditions

## ! SUNDAY

**11:15 am**

### **The Art of Aging Gracefully and Naturally**

Dr. Joyce Johnson, Webber Naturals

**12:00 pm**

### **Embracing and Celebrating Your Feminine Essence**

Chantel Ingram, Energized with Chantel

**12:45 pm**

### **Investing in Real Estate with Confidence: A Woman's Guide**

Victoria Cluney, Victoria Cluney Real Estate Investing

**1:30 pm**

### **Stress Less, Live More: Mind and Body Harmony**

Kerry MacAdam, KMac Coaching

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### **Start a 6-Figure Career in the Beauty Industry at ANY Age**

Marcella Masci, BBM Ottawa

**3:00 pm**

### **Personal Safety: Tools and Strategies for a Secure World**

Danielle Patty, My Keychain Guardian

**3:45 pm**

### **Empowering Women through Emotional Intelligence: Unlocking the Path to a Fulfilling Life**

Darlene Sabadoz & Kristina Patsula,  
Infinite Momentum Coaching & Consulting



Times and topics are subject to change.