

# HEALTH AND WELLNESS STAGE



## FRIDAY

**11:15 AM**

**Self-Care & Skincare: The Journey to Embracing Natural Beauty**  
Amina Babakura MD  
Mintus Cosmetics

**12:00 PM**

**Embracing Sensual Vitality: Empowering Women through Hormonal Balance**  
Jana Tuhman  
Bloomth Female Wellness Clinic

**12:45 PM**

**Do You Believe in Magic - Exploring Your Intuitive Gifts**  
Gaisheda Kheawok  
The Whispering Song School of Energy Medicine

**1:30 PM**

**Improving Pelvic Health Concerns with Emsella**  
Meg Sharp  
Corelife Wellness

**2:15 PM**

**Get in Touch with your Glutathione**  
Linda Coffin  
Max International

**3:00 PM**

**Postpartum Mental and Physical Well-being**  
Christina Leibowitz  
Birth Mark

**3:45 PM**

**The Secret to Your Perfect Curls**  
Jonathan Torch  
Curl Keeper

**4:30 PM**

**Non-Invasive Anti-Aging Treatments**  
Ken Cork  
Imagine Laserworks Barrie

**5:15 PM**

**How to Thrive With Hormonal Imbalances: Strategies For Optimal Health**  
Kat Ostroumova  
Kat International Fitness

**6:00 PM**

**The Art of Fermentation: Elevating Milk Thistle for Women's Wellbeing**  
Dr. M. Shah  
Wandler Probiotics Inc.



## SATURDAY

**11:15 AM**

**Ultimate Skin Hacks with Zero Downtime: JetPeel, Hale Derma & Sofwave Treatments**  
Niala Kalliecharan & Joanna Auguste  
Xcite Tech

**12:00 PM**

**How to Maintain a Healthy Pelvic Floor**  
Rabia Mirza-Malik & Sabrina Ait-Ouali  
Mississauga Pelvic Health

**12:45 PM**

**Mental Wellness and the Foundational Years**  
Tarila Morrone  
Hearts of Gems

**1:30 PM**

**Don't Be Fooled: Learn How to Identify Real Olive Oil from Fake Olive Oil. Your Health Depends On It.**  
Panagiotis Tsiriotakis  
Acropolis Organics

**2:15 PM**

**How to Feel Confident with Hair Loss**  
Heather Scott  
Pretty Wigs To You

**3:00 PM**

**Unleash the Laughs & Leverage Your Bloat-tential!**  
Rahima Hirji  
The Tummy Clinic

**3:45 PM**

**Why Finding The Right Bra Size can Save your Life**  
Pauline Thomas  
Comfort Bras by Pauline Inc.

**4:30 PM**

**Timeless Beauty Solutions: Non-Surgical Treatments for All Ages**  
Dr. Geeta Yadav  
Hugel Aesthetics

**5:15 PM**

**Chakras and Your Emotions**  
Hema Kukreja  
Sahaja Yoga Meditation



## SUNDAY

**11:15 AM**

**Self-Care & Skincare: The Journey to Embracing Natural Beauty**  
Amina Babakura  
Mintus Cosmetics

**12:00 PM**

**Beauty Careers: Boosting Confidence, Escaping the 9-5 or Starting a Side Hustle**  
Melissa Cutler  
International Beauty Institute

**12:45 PM**

**How AI Technologies can Help Women Stay Healthy**  
Olga Grass  
Happy Nutrition

**1:30 PM**

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

**2:15 PM**

**The Menopause Revolution: Redefining Women's Health and Wellness**  
Abida Dhukai  
Science&Humans

**3:00 PM**

**Benefits of Ayurvedic Scalp and Hair Massages though the Rituals of Hair Oiling**  
Sarah Lee  
VAMA

**3:45 PM**

**Embracing Sensual Vitality: Empowering Women through Hormonal Balance**  
Jana Tuhman  
Bloomth Female Wellness Clinic



Times and topics are subject to change.