

LIFE AND LEARNING STAGE

🗨️ SATURDAY

11:15 am

Caring for Yourself While Being a Caregiver

Amy Friesen
Tea & Toast

12:00 pm

Organic Colour Systems - Why Go Organic?

Julie Joinette
Top Rock Wellness

12:45 pm

Up-cycling and Being a Young Entrepreneur

Melissa and Evey
Blue Skies and Castles

1:30 pm

**How to Take Care of our Bodies in 2024.
What Foods to Choose and What Foods to Avoid.**

Susan McGarry
PureTrim

2:15 pm

Organic Mosquito and Tick Spraying Service

Chad
NatureSafe Mosquito Defence

3:00 pm

Women and Home Ownership

Donna Maguire
The Women's Series ReMax Hallmark

3:45 pm

**Unleash the Power of Your Mindset
for Atomic Success and Confidence**

Sofranie Trecia
Atomic Results

4:30 pm

**Brain Health for Women: Protecting
Cognitive Function Naturally**

Dr. Joyce Johnson ND
Webber Naturals

5:15 pm

**Modern Menopause: How to
set Yourself up for Midlife Success**

Dr. Emma Pollon-MacLeod, ND
NutriChem

🗨️ SUNDAY

11:15 am

An Ongoing Battle To Be Heard

Karen Butt
Unarmoured - PTSD affects
us all - Women's Rights 2024

12:00 pm

**Make Your Home for the Most
Important Guest You'll Have: Yourself**

Sarah Chiu
Capital Closets

12:45 pm

**SOS Hormones a Hot
Mess - Context Method**

Darpan Ahluwalia
Total Nutrition Diva

1:30 pm

**How To Look Hot When The Weather
Cools Down: How Colour Analysis Will
Help Transform Your Style This Fal**

Erin Howat
Valley Vogue Styling Co.

2:15 pm

**Bank Like a Boss: Your
Money, Your Rules**

Claudia Caruso
IBC Financial and Infinite Banking Canada

3:00 pm

**Soulful Integration: Spiritual
Practices for Busy Women**

Tami Goulet
Speak Your Soul Magicks



Times and topics are subject to change.