

# HEALTH & WELLNESS STAGE

## ♥ FRIDAY

**11:15 am**

**Busy Women, Angry Hormones:  
How to Stay Hormonally Healthy  
in a World of Burnout**  
Sarah Wilson  
Advanced Women's Health

**12:00 pm**

**800 Reasons to Take  
Magnesium: The Missing  
Mineral in Your Family's Health**  
Kristen Schiener  
Orange Naturals

**12:45 pm**

**What's Keeping You  
From Manifesting  
Your Dreams Successfully**  
Yulia Yarysheva  
Calmoura

**1:30 pm**

**Weight Management Through a  
Gut-Brain-Hormone Perspective**  
Dr. Jennifer Tang  
Tangible Health

**2:15 pm**

**The Future of Health and  
Beauty: Cutting-Edge  
Treatments and Spa Services**  
Dr. Igor Wilderman  
Wilderman Medical Cosmetic Clinic

**3:00 pm**

**Empowering Women: Navigating  
Wellness and Hormonal Balance**  
Kat Ostroumova  
Kat International Fitness

**3:45 pm**

**What I Learned From  
Shadowing a Personal  
Perfumer For Multi-millionaires.**  
Nuna Dhahrul  
Be Laris Canada

**4:30 pm**

**Brain Health for Women: Protecting  
Cognitive Function Naturally**  
Dr. Joyce Johnson ND  
Webber Naturals

**5:15 pm**

**Benefits of Standard Acupuncture  
and Cosmetic Acupuncture**  
Monika Plocica  
Yorkdale Acupuncture and Healing Loft

**6:00 pm**

**Exploring Your Sexuality  
Outside Your Home**  
Fatima Mechtab and Judy Kaye  
Oasis Aqualounge

## ♥ SATURDAY

**11:15 am**

**Crafting and Mental Health**  
Samera Ali  
Gudo Ladli Designs

**12:00 pm**

**How To Take Care Of Your Skin**  
Ariana Ortega  
Hand & Stone in partnership  
with Dermalogica

**12:45 pm**

**We've Got Balls!**  
Val Shah  
DROM Practice

**1:30 pm**

**Gut Health 101: Deflating the  
Myths and Moving Forward**  
Dr. Rahima Hirji  
The Tummy Clinic

**3:00 pm**

**Adventures in Breast Cancer - Battles  
Bring Blessings**  
Maureen Mackenzie  
Butterfly Wings

**3:45 pm**

**Empowering Women: Navigating  
Wellness and Hormonal Balance**  
Kat Ostroumova  
Kat International Fitness

**4:30 pm**

**Posture: Its Role in Health, Wellbeing,  
and Aging**  
Noura Alomawi  
Active Change INC

**5:15 pm**

**Your Menopause Toolkit: Navigating  
Menopause with Confidence**  
Dr. Yolanda Kirkham  
Norwell Consumer Healthcare Inc

## ♥ SUNDAY

**11:15 am**

**Posture and Its Impact on  
Health and Wellbeing**  
Noura Alomawi  
Active Change INC

**12:00 pm**

**How to Unlock Clear Skin!**  
Dr. Rahima Hirji, ND  
Tank Skincare

**12:45 pm**

**Women Owning Businesses,  
the Beauty Industry and  
How You Build it etc.**  
Teresa  
DERMA BAR

**1:30 pm**

**How To Take Care Of Your Skin**  
Leah Playne  
Hand & Stone in partnership  
with Dermalogica

**2:15 pm**

**Wellness Through Design:  
How Your Home is  
Affecting Your Health**  
Kristyn Pereira  
REFORMA Interiors

**3:45 pm**

**Benefits of Using Herbs in Your Hair**  
Sara-lee Rowe and Sunshine Ojiwusi  
Kumasi Cosmetics

