

# LIFE & LEARNING STAGE

## FRIDAY

**11:15 am**

**Painting 101: What is the Right Colour For You?**

Sam Regan  
Penbrook Painting an Intelligent Design Group

**12:00 pm**

**Benefits of Ayurvedic Scalp Massages**

Sarah Lee  
VAMA Wellness

**12:45 pm**

**The Craft of Jewelry Making: A Blend of Indigenous Weaving Methods and Ancient European Art.**

Anastasia Dimitriadou  
Neraida Treasures

**1:30 pm**

**Safe Travel & What to Know Before You Go**

James Fries  
Full Spectrum Defense

**2:15 pm**

**Taylor Swift Songs Meet Women's Health**

Dr. Jennifer Zelovitzky  
Medsplaining

**3:00 pm**

**Everything You Never Learned About Your Period**

Michelle Samcoe  
The Period Purse

**3:45 pm**

**The Authentic You. Unleashing Your True Potential: From Corporate Life to Authentic Living.**

Kristina Holle  
The Authentic You Coaching

**4:30 pm**

**Women in Leadership**

OPP Uniform Recruitment  
OPP Ontario Provincial Police

**5:15 pm**

**The Value of Using Larger Wine Glasses**

Bryan Rhode  
Big Wine Glasses

**6:00 pm**

**Investing Wisely: Strategies for Long-Term Success**

Marissa Mah  
The Mah Investment Group at BMO Nesbitt Burns

## SATURDAY

**11:15 am**

**Gift Giving Bliss — The Perfect Gift For Any Occasion**

Yvonne Rowe Samadhin  
Gift Giving Bliss

**12:00 pm**

**Being Authentically You: Fully Embracing Who You Are**

Marci Gray  
Gray Matter Health

**12:45 pm**

**The Criticality of Craft**

Catherine Chambers  
Let's Make It

**1:30 pm**

**Women Entrepreneurship, Barbie Collection, Growing a Business, Social Media, Power of Your Self. Dragons Den Experience**

Meghan Victoria  
Sol Kyst

**2:15 pm**

**Adventure At Any Age: Making Your Travel Dreams Real**

Carolyn Ray  
JourneyWoman

**3:00 pm**

**From Behind the Scenes to Center Stage: Stepping Into Your Starring Role**

Leslie Gottlieb  
Founder, Leslie & Co.

**3:45 pm**

**From Battling Cancer to Empowering Health: Emiliya's Unstoppable Journey**

Emiliya Ursova  
Cookmesh

**4:30 pm**

**Do You Believe in Magic - Exploring Your Intuitive Gifts**

Gaisheda Kheawok  
The Whispering Song School of Energy Medicine

**5:15 pm**

**The Benefits of**

**Neurodynamic Breathwork**  
Christie Hubble and Abigail Conrad  
Wellness Haven and Health Inc

## SUNDAY

**11:15 am**

**Action Equity: Non Alcoholic Cocktails vs Mocktails**

Gail Lynch  
ZERO Cocktail Bar

**12:00 pm**

**Burnout**

Amanda Hill  
Ella & Lett Jewelry

**12:45 pm**

**Adventure at Any Age, From an 86-year-old Solo Traveller**

Joyce Perrin  
JourneyWoman

**1:30 pm**

**The Authentic You - Unleash HER Leadership Potential**

Kristina Holle  
The Authentic You Coaching

**2:15 pm**

**Mastering the Art of Communication in Relationships**

Chantal Landreville  
Raise Your Love Signal

**3:00 pm**

**Renovation 101: How to Get Your Renovation Started Right?**

Sam Regan  
Intelligent Design Group

**3:45 pm**

**How to Turn Swimwear Shopping From Your "Worst Nightmare" Into an Empowering and Positive Experience... and Yes You Can Wear That Bikini!**

Kathy Dawson  
The Salty Bikini Beach & Vacation Hut

