

# LIFE AND LEARNING STAGE

## 🗨 SATURDAY

**11:15 am**

**Navigating Peri-Menopause and Menopause,  
a Holistic Approach, Simple Strategies  
for a Smooth Transition**

Cathy Missios, RHN  
Renewell Nutrition

**12:00 pm**

**Understanding Your Face After 40:  
Skincare Explained**

Annette Leclair & Corina Clouthier  
Técare

**12:45 pm**

**Magnesium Magic: The Essential  
Mineral for Women at Every Age**

Meaghan Esser RHN  
ITL Health

**1:30 pm**

**Women & Travel**

Desirée Rolle  
Exoticca

**2:15 pm**

**Burn Bright, Not Out  
(3 Tiny Rituals For Transformational Self-Care)**

Shelley Wallace  
The Giving Goddess Apothecary

**3:45 pm**

**Where a Healthy Body Meets a Healthy Mindset**

Susan McGarry and Annyx Day  
PureTrim

**4:30 pm**

**Affordable Wellness Travel in Italy**

Eric Patrick  
Waterviewstravel

**5:15 pm**

**The Power of Healing and Connecting  
with Plant Medicine**

Shika Chica

## 🗨 SUNDAY

**11:15 am**

**The Migraine Whisperer - Why You Get  
Migraines and 3 Strategies to Help Today**

Dr Craig Hindson  
Loving Life Chiropractic

**12:00 pm**

**The Hormone Rollercoaster: What Every  
Woman Needs to Know About Perimenopause**

Dr. Emma Pollon-MacLeod, ND  
NutriChem

**12:45 pm**

**Eat Well, Travel Far: Smart Strategies  
for Traveling with Dietary Restrictions**

Karine Lang  
Lang Signature Travel

**1:30 pm**

**The Hidden Stress That's Draining  
Women's Energy - A Naturopathic  
Reset for Your Body & Soul**

Dr. Frances Pierantoni, ND

**2:15 pm**

**Fertility 101: What Every Woman Should Know**

Dr. Justin Tan  
Create Fertility Centre

**3:45 pm**

**The Importance of Skincare and Makeup Tips**

Sandra Whan  
Mary Kay



Times and topics are subject to change.