

LIFE AND LEARNING STAGE

🗨 SATURDAY

11:15 am

Pelvic Health Done Differently

Rupa Arora
UROSPOT

12:00 pm

5 Money Questions for Women

Karamycheva and Lila Day
Edward Jones

12:45 pm

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

Sarah Eisinga
ITL Health

1:30 pm

Strong Over Skinny

Aeryon Ashlie
Aeryon Wellness

2:15 pm

Group Travel for Ages 55+

Suzie Grant
Senior Discovery Tours

3:00 pm

**Smart Skincare:
Ingredients, Routines & What's New**

JYMI CHUN
True Wish Skincare

3:45 pm

**The New Paradigm of Leadership - How Women
are shaping the New Era of Business**

Jivi Saran
Quantum Business Growth

4:30 pm

**The Achievable Plan — Turn Wellness
Goals into Daily Action**

Shannon Smith
Shannon Smith Living

5:15 pm

Pitch Perfect: Putting Your Best Foot Forward

Susan Toft
The Laundry Lady

🗨 SUNDAY

11:15 am

Reinventing Myself as a Midlife, Empty Nester

Jasmin Von Teichman
PURPLEsFUL Snacking

12:00 pm

**Strong, Radiant & Resilient - Are you feeling
changes in your skin, joints, or digestion? As
the season shifts and routines reset, it's the
perfect time to refocus on your well-being.**

Cathy Missios
Sproos / Heal + Co

12:45 pm

Affordable Bucket List Destinations

Cindy Chau
Exoticca

1:30 pm

**Cosmetic Treatments for "Photo-aging" and
Sun Damage on the Skin.**

Dr. Danny Chao, MD
Aesthetics Laser Hair & Skin

2:15 pm

**The Concept of Dualities:
Unlocking Your Full Human Potential**

Anna Lau
Transform For Abundance

3:00 pm

**The Sober-Curious Revolution:
A Toast to Women's Wellness**

Janet Helou
Glimmer Wine

3:45 pm

**How Childhood Wounds Shape
Our Relationships**

Mehreen Masud
At Peace Counselling Services

Times and topics are subject to change.