

HEALTH AND WELLNESS STAGE

♥ FRIDAY

11:15 AM

Beyond Mindfulness

Helen Cao

Bodhi Meditation Toronto

12:00 PM

Trusting Your Gut: Navigating Personal, Relationship, and Business Decisions

Gillian McIver

Reign Wellness

12:45 PM

The Importance of Sleep in Women's Health

Rachelle Hamvas

Can-i Wellness

1:30 PM

The Healing Journey to Recapture the Divine Feminine

Raymond Rupert MD MBA

RCM Health.ca

2:15 PM

Navigating Perimenopause & Menopause, a Holistic Approach. Simple Strategies for a Smooth Transition

Cathy Missios

Sproos

3:00 PM

FEEL IT TO HEEL IT | The Emotional Messages Hiding In Your Body

Veronica Mirzac & Jinny Jacinto

Reconnect Retreats

3:45 PM

Scalp Education -

The Foundation of Hair Health

Cathey Salerno

The Scalp Lounge

4:30 PM

Date Palm Pollen – The Next Revolutionary Ingredient in Skincare

Dr. Salma Hassouna, ND

Skin by Noor

5:15 PM

Stop Abandoning Yourself, Babe, and Start Being a Problem

Leanne Babcock

Leanne Babcock Transformational Coaching

6:00 PM

Breath, Beauty and Balance:

Enhancing Your Best Accessory!

Dr. Samson Lee

Credit River Dental Centre &

Havenview Dental

♥ SATURDAY

11:15 AM

Normal Isn't Optimal - Perimenopause, Menopause and Beyond

Dr. Simran Rattan and Dr. Manjeet Prewal

Kartar Health

12:00 PM

YOUR Breast Health

Alicia Vianga & ABC Ambassador

After Breast Cancer

12:45 PM

Hot, Hormonal & In the Driver's Seat: Thriving Through Perimenopause & Menopause

Dr. Rahima Hirji, ND

Sage Naturopathic Clinic

1:30 PM

Your Health Is Your Wealth - And Your Data Is Gold

Tanya Lindsay

Aranexx (Bastet Rising)

2:15 PM

Magnesium Magic: The Essential Mineral for Women at Every Age

Meaghan Esser

ITL Health

3:00 PM

Plastic Surgery Unfiltered: Busting the Biggest Myths

Dr. Stephanie Power

Power Plastic Surgery

3:45 PM

Scalp Rescue: Fix 9 Major Scalp Issues For Healthier Hair

Kelly Rong

AneoSolution Inc.

4:30 PM

Supplement Myths Debunked: Science You Can Trust

Dr. Elizabeth Goldspink, ND and Founder

WELLEX

5:15 PM

Mastering Your Cycle: The Stuff You Should Have Been Taught in Health Class

Ashley Azouri

Ovy Wellness

♥ SUNDAY

11:15 AM

Natural Approaches to Easing PMS: Balancing Hormones, Mind, and Body

Dr. Deanna Walker

Sage Naturopathic Clinic

12:00 PM

If You Can See it in Your Mind, You Can Hold it in Your Hand

Alex Lombardi

inspireHER by Alex Lombardi

12:45 PM

Protect Yourself: Understand the Ingredient List

Kathryna Yanez and Sarah Zakhour

Ohiraa Skins

1:30 PM

Claim Your Brain, The Science and Soul of Mental Health

Jocelyn Pepe

TrU

2:15 PM

Healing From Within: How Sea Moss Can Transform Your Energy, Skin, and Hormones

Diana Espiritu

Sunday Moss

3:00 PM

Benefits and Techniques of Ayurvedic Scalp and Hair Care

Sarah Lee

VAMA Wellness

3:45 PM

A Balancing Act: Navigating Hormonal Health and Work Challenges for Women's Well-Being

Kat Ostroumova

Kat International Fitness



Times and topics are subject to change.