

LIFE AND LEARNING STAGE

🗨 SATURDAY

11:15 am

Pelvic Health Done Differently
Rupa Arora
UROSPOT

12:00 pm

5 Money Questions for Women
Kate Karamycheva and Lila Day
Edward Jones

12:45 pm

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

**Navigating Perimenopause & Menopause:
A Holistic Approach**
Cathy Missios
Sproos / Heal + Co

12:45 pm

Affordable Bucket List Destinations
Cindy Chau
Exoticca

1:30 pm

A Hot New Hair Loss Solution
Dr. Danny Chao, MD
Aesthetics Laser Hair & Skin

2:15 pm

Radiate From Within
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.