

LIFE AND LEARNING STAGE

SATURDAY

11:15 am

How Stress Impacts Your Gut Health & What to do About it!

Kirstin Chapman
Living Alchemy

12:00 pm

Magnesium Magic: The Essential Mineral for Women at Every Age

Leanne Wright
ITL Health

12:45 pm

One Small Change Led Me to The Rest of My Life

Samantha Cross
Curl Warehouse

1:30 pm

Confidence in Your Every Day Life: Owing Your Space Without Apology

Chelsea Dyck
Hera Electric

2:15 pm

Smart Skincare: Ingredients, Routines & What's New

Jymi Chun
True Wish Skincare

3:45 pm

Hormone Hype: The Midlife Shift

Tammy St. Louis NP
Influence Integrative Health

4:30 pm

Step Into Your Magic with Ginny Connon

Ginny Connon
Ginny Connon's Nurturing

5:15 pm

Cycle Care Without Shame: Supporting Hormone Health at Any Age

Rachel Wiebe
Sacred Bloom

SUNDAY

11:15 am

Take the Guesswork Out of Your Wellness (How knowing your body's signals early puts you back in the driver's seat.)

Christy Price and Pam Lehr
Vital Health Global

12:00 pm

Flourish by Feeding your Flora: Practical Strategies to Building a Healthy Gut

Caroline Farquhar
CanPrev Natural Health

12:45 pm

Let's Heal Together

Lenie Zuniga
CoachLen Consulting

1:30 pm

Workplace Women's Wellness: Thriving Through Menopause at Work

Deneatra Ford, GAIN-LHNP
Wellness with Deneatra Nutrition Ltd

2:15 pm

Guardian Angels, Your Intuitive Team and Live Audience Readings with Cindy Smith AEP

Cindy Smith
Cindy Smith Angel Empowerment Ltd/ Angel Empowerment Wellness Center

3:45 pm

Your Body Isn't Broken: Reclaiming Control of Your Health with Science and Soul

Jodi Harty
Elements Of Wellness



Times and topics are subject to change.