

LIFE & LEARNING STAGE

SATURDAY

11:15 AM

The Hidden Language of Love
Ginny Connon, Ginny Connon's Nurturing

12:00 PM

5 Myths About Skincare That You Need to Know
Olga Roberts, Collage Skincare

12:45 PM

Magic of Magnesium: The Essential Mineral for Women at Every Age
Ang Dagnall, ITL Health

1:30 PM

Strong Over Skinny
Aeryon Ashlie, Aeryon Wellness

2:15 PM

A Physiotherapist's Best-Kept Pain Relief Secrets
Janice Low, Janice Low Physiotherapy

3:00 PM

Architect Your Highest Timeline: Group Hypnotherapy
Bree Delacruz, The Quantum Hypnotherapist

3:45 PM

What Is the Body's Story?
Gilly Thomas, Working With Wellness

4:30 PM

Breaking the Hunger Code: Understanding the 5 Hungers to Solve Midlife Weight Gain, Rebalance Hormones, and Reclaim Your Health
Dr. Allana Polo, Polo Health

5:15 PM

Guardian Angels, Your Intuitive Team, and Live Audience Readings With Cindy Smith, AEP
Cindy Smith, Cindy Smith Angel Empowerment Ltd.

SUNDAY

11:15 AM

The Gut-Hormone Connection: How the Microbiome Supports Women's Health
Dr. Nikitha Kendyala, Gutcheck

12:00 PM

Whose Skin Is This? (And How to Get Yours Back.)
Barbara Marengo, Philogeni Skincare Inc.

12:45 PM

Deep Transcranial Magnetic Stimulation
Dr. Dorothy Reddy, Neurogenesis Clinic

1:30 PM

3 Weeks Stop Leaks
Rupa Arora, UROSPOT

2:15 PM

The Low-Maintenance Skincare Routine For Every Age
Kelsey Irvine, Birch Babe

3:00 PM

Building a Canadian Brand at 16: Growing Chic & Charmed Boutique Across Canada
Chanelle Chalazan, Chic & Charmed Boutique By Chanelle

3:45 PM

Straight Talk About ADHD in Women: Why We're Diagnosed Later and Where to Go From Here
Julie Principe, ADHD Roadmap Coaching



Times and topics are subject to change.