HEALTH & WELLNESS STAGE

PRESENTED BY: Effica

FRIDAY

11:15 AM
Protein + Fibre: The Missing Link for Energy, Cravings & Sustainable Fat Loss
Selina Rose, Brightside Organics

12:00 PM
From Busy to Balanced: Reclaiming Your Energy and Well-Being
Andrés Herrera, Gano Excel Canada

12:45 PM
Why Am I So Tired? The Real Reason You Don't Feel Like Yourself
Dr. Manjeet Prewal & Dr Simran Rattan, Kartar Health

1:30 PM
Menopause Myths Debunked with Effica
Dr Nese Yuksel and the Experts at Effica Health

2:15 PM
Love Your Liver: Unlocking Lifelong Wellness Beyond Detox
Caroline Farquhar, RHN, CanPrev

3:00 PM
Weight Loss & Metabolic Transformation for Women Over 40
Dr. Neda Alizadeh, Women Lifestyle Clinic Inc

3:45 PM
WTF Is Your Skin Really Reacting To? Why So Many Different Skin Problems May Start With the Same Skin Ecosystem
Julie Duquette, Stank Products

4:30 PM
Nurturing Resilient Kids: Strategies for Mood, Focus, and Balance
Kristen Schiener, RHN, Orange Naturals

5:15 PM
The Power of Scent: How Fragrance Shapes Mood & Everyday Well-Being
Jacy Obinugwu, JF Collective (JF Scented Candles)

6:00 PM
Are You Balanced? The Importance of Omega-3
Shannon Stark & Temi Argyropoulos, Zinzino Independent Partner

SATURDAY

11:15 AM
The Woman Who Holds Everything Together: Caring for Aging Parents Without Losing Yourself
Girlie Hart, Modern Angels Healthcare

12:00 PM
Strong for Life: Why Every Woman Needs Strength Training After 40
Suman Kaur, Suman Kaur Wellness

12:45 PM
Menopause Myths Debunked with Effica
Dr Nese Yuksel and the Experts at Effica Health

1:30 PM
Strong Over Skinny
Aeryon Ashlie, Aeryon Wellness

2:15 PM
Magic of Magnesium: The Essential Mineral for Women at Every Age
Sarah Eisinga, Demo & Events Manager ITL Health

3:45 PM
The Mental Load of Women's Health: Why It's So Hard to Get It Right
Melanie Wildman, Nutracelle

4:30 PM
Age Boldly: The Science of Staying Younger, Longer
Sue Lewis, Lewis Medix International Health Services

5:15 PM
Strong, Energized & Balanced: A Women's Wellness Blueprint
Mackenze Galea, TriM Training

SUNDAY

11:15 AM
Reduce Inflammation, Slow Aging, Reduce Oxidative Stress
Nada St Germain, NeoLife

12:00 PM
Protein + Fibre: The Missing Link for Energy, Cravings & Sustainable Fat Loss
Selina Rose, Brightside Organics

12:45 PM
Cosmetic Injectables - Facts, Safety and Informed Choices
Shameeza, Gurleen & Jasleen, NurseCare Link

1:30 PM
Menopause Myths Debunked with Effica
Dr Nese Yuksel and the Experts at Effica Health

2:15 PM
Beyond the Filter: A Smarter Approach to Modern Aesthetics and Body Confidence
Sabrina Joyce, Syrinja Injectables

3:45 PM
Turning Pain Into Purpose: Building a New Standard of Safe, Compassionate Beauty Care
Marilyn Sepe, Onco1 Med Spa Clinic

Times and topics are subject to change.