

HEALTH & WELLNESS



FRIDAY

12:30 p.m.

Bring your Sex Back
Shereen Callendar
[Discreet You.com](#)

1:15 p.m.

What's all the Fuss About Korean Skincare? 7-10 Step Routine that Promises Glowing Skin!
Althea Johnson
[Proprlifestyle](#)

2:00 p.m.

Solutions for Hair Loss
Shaina Osbourne
[Hair Club](#)

2:45 p.m.

Real Life Examples Of Mistakes Made By Travellers And How They Could Have Been Avoided
Dorian Werda
[TICO](#)

3:30 p.m.

Chronic Inflammation - Root of Disease
Dr. DiStefano
[PromedX Innovations Inc.](#)

4:15 p.m.

Early Intervention: The benefits of play based therapy
Dumya Manjan
[Alphabee](#)

5:00 p.m.

Traditional Beauty Secrets of Moroccan Berber Women
Dalila Malki
[Bright Brands](#)

5:45 p.m.

Be Ageless! What you must know to LOOK and FEEL your BEST at any AGE!
Dr. Jennifer Pearlman
[PearlMD](#)

6:30 p.m.

Daily Detox!
Jesse Lane Lee, CNP
[The Institute of Holistic Nutrition](#)

SATURDAY

10:30 a.m.

Expert Insight: Learn about the latest in Digestive Health. Why is everyone talking about it?
Dr. Jason Granzotto ND
[MSPrebiotic](#)

11:15 a.m.

1000 Day Journey - The Path to Health
Rick Campanelli and Dr. Joeline Huber
[World Vision Canada](#)

12:00 p.m.

Switching careers and following your passion
Hannah Mary McKinnon
Author "The Neighbors"
[Bookclubbish](#)

1:00 p.m.

Don't Worry, be Happy! Natural Ways to Fight Stress & Insomnia
Dr. Joyce Johnson, ND
[Webber Naturals](#)

2:15 p.m.

Learn the Powerful Benefits of Collagen
Ryan J. Foley
[NuvoCare Health Sciences](#)

3:00 p.m.

Achieving Optimal Sleep and Hormone Health
Dr. Nadine Cyr, ND
[Pascoe](#)

3:45 p.m.

Thermography as a Health Discovery Tool
Sharon Edwards
[Thermography Medical Clinic](#)

4:30 p.m.

Women's Brain Health & Vitamins
Dr. Holly Fennel, ND
[Age Quencher](#)

SUNDAY

10:30 a.m.

Improving Health Using Natural Ingredients
Dr Anna Toulina, MD, PhD
[Toulison Nutraceuticals](#)

11:15 a.m.

How To Protect Your Retirement by Protecting Your Savings
Perry Wong, CPA, CA
[Juggernauts Financial Corp.](#)

12:00 p.m.

How to strengthen your pelvic floor and increase overall awareness of pelvic floor health.
Rhona McIntyre
[Elvie](#)

12:45 p.m.

Savvy Beauty with Essential Oils
Christina Schlect
[Young Living Essential Oils](#)

1:30 p.m.

Style On - FrizzOff!
Jonathan Torch
[Curly Hair Solutions](#)

2:15 p.m.

Hormonal Happiness
Julie Daniluk
[Nature's Source](#)

3:00 p.m.

Real life examples of mistakes made by travellers and how they could have been avoided
Richard Smart
[TICO](#)

3:45 p.m.

How to Fit Smart Workout Options into Your Busy Schedule
Sandra Atri
[TON'D Wellness](#)