

# HEALTH & WELLNESS



# THE NATIONAL WOMEN'S SHOW

## ♥ SATURDAY

**10:30 a.m.**

### **The Mind, Body Connection**

Ursula Dowd  
Inspired for Life

**11:15 a.m.**

### **Improve Your Digestion With the Low FODMAP Diet**

Dr. Joyce Johnson  
Webber Naturals

**12:00 p.m.**

### **Thermography as a Health Assessment Tool**

Sharon Edwards  
Thermography Medical Clinic

**12:45 p.m.**

### **Dating in the New Age: How to Put Your Best Foot Forward**

Linda Miller  
Misty River Introductions

**1:30 p.m.**

### **Transcending Your Thoughts**

Johanne Brennan  
How To Thaw Your Frozen Feet

**2:15 p.m.**

### **The Skinny on Keto - What You Need to Know!**

Ryan Foley  
Nuvocare Health Sciences

**3:00 p.m.**

### **Migraines & Headaches Be Gone!**

Dr. Craig Hindson  
Loving Life Chiropractic

**3:45 p.m.**

### **How to talk to Your Teen About Cannabis**

Jessica Letourneau  
AgMedica Bioscience Inc

**4:30 p.m.**

### **Choosing When to Start a Family - Now or Later**

Dr Seang Lin Tan, MD & fertility specialist;  
Ms Lyanne Winikoff  
Clinique OriginElle Clinic

## ♥ SUNDAY

**10:30 a.m.**

### **Relieving Stress with Adaptogens**

Richard Bendall  
NuYugen

**11:15 a.m.**

### **Women's Mental Health: Learning to LOVE.YOU.**

Ann-Marie O'Brien,  
Women's Mental Health Program at  
The Royal and SHOPPERS LOVE.YOU.  
Run for Women

**12:00 p.m.**

### **Manage Pain Using Natural Remedies**

Tina Grant  
Mother Earth's Natural Remedies

**12:45 p.m.**

### **Mortgages Unplugged**

Donna MacDonald and Tracey Latimer  
Mortgage Alliance

**1:30 p.m.**

### **Dealing With Stress Using Hypnosis**

Sainoor Premji  
2B Hypnosis

**2:15 p.m.**

### **What Every Women Needs to Know about Sex, Staying Healthy, Exploring Themselves, Menopause and Much More!**

Noreen Williams  
Acsexorise Sex Toys & Lingerie

**3:00 p.m.**

### **Experience Ottawa's Community Museums**

Tracie Taylor Labonté  
Ottawa Museum Network

**3:45 p.m.**

### **Energy Psychology Exercises - Shamanic Energy Medicine For The Day To Day**

Gaisheda Kheawok  
Whispering Song  
School of Energy Medicine

Times and topics are subject to change.