

HEALTH & WELLNESS



THE NATIONAL WOMEN'S SHOW

FRIDAY

10:30 a.m.

Strength, not Shame, What it's like to Menstruate in Our World
Alexis Biermann
Diva International (Diva Cup)

11:15 a.m.

Manage Your Pain, Wounds & Scars With Swiss - Made Natural Products
Dr. Charles Piwko
Narimya

12:00 p.m.

Your Most Beautiful You
Andrew Morgan
IT Cosmetics

12:45 p.m.

Know Your Car-Buying Rights
Farah Mohammed
OMVIC

1:30 p.m.

Smart Habits for Glowing Skin
Christina Schlect
Young Living Essential Oils

2:15 p.m.

Did You Know That Your Fertility Treatments Might Be Covered?
Elliot Baker
Manulife

3:00 p.m.

How to Talk to Your Kids About Cannabis / Edibles
Jessica Latourneau
AgMedica Bioscience

3:45 p.m.

Customized Nutritional Supplements Based on Your own DNA
Debbie Stolk
Uforia

4:30 p.m.

The Importance of Foot Care
Sylvia Gauthier
Spectrum Health Care

5:15 p.m.

Making Your Own Personalized Cosmetics - The Versage Experience
Margarita Sidorova
Versage Beauty

SATURDAY

10:30 a.m.

Warriors Restorative Chair Yoga
Monika Bock
YogaFit

11:15 a.m.

Egg Freezing - Own Your Future
Dr. Samuel Soliman MD, FRCSC, DABOG, FACOG
NewLife Fertility

12:00 p.m.

Before The Bedroom: Steps To Enhance Your Fertility And Support Your Baby-to-be's Health
Dr. Jodie Peacock
Enhance Fertility

12:45 p.m.

Nutrition Secrets for Increasing Energy and Performance
Julie Daniluk, R.H.N
Nature's Source

1:30 p.m.

Great skin = great makeup. Master Makeup Artist, Liraz, shows you how... the Silk'n way!
Liraz Jacoby, Master Make-Up Artist
Silk'n

2:15 p.m.

 **An Interactive Session with TV host Cynthia Loyst: How to Empower Your Sex Life**
Presented by 

3:00 p.m.

The Measure of Me
Dr. Sandy Van, Weight & Lifestyle Physician, Sandra Elia, Certified Food Addiction Counselor, Dr. Christine Palmay, Family Physician

3:45 p.m.

How to Look and Feel your Best
Ageless Vitality
Pearl MD Rejuvenation

4:30 p.m.

The Art of Sensual Kissing
Deb Stambula
Love Flourishes

5:15 p.m.

Feel Welcome, Feel Comfortable, Feel Healthy
Leslie Beneteau
Movati Athletic Mississauga

SUNDAY

10:30 a.m.

How To Improve Circulation, Energy And Stamina In Just 8 Minutes, Guaranteed!
Erica Kohler
Bemer Group

11:15 a.m.

Shamanic Energy Medicine for Day to Day
Gaisheida Kheawok
Whispering Song Energy Medicine Clinic

12:00 p.m.

Everything You Need To Know About Hormones
Lorna Vanderhaeghe, MSc
Nature's Source

12:45 p.m.

Killer Hairstyles by the King of Curls
Jonathan Torch
Curly Hair Solutions

1:30 p.m.

Don't Let Discomfort Get In the Way - A Hormone-Free Option To Relieve Vaginal Discomfort
BioSyent Pharma Inc.

2:15 p.m.

Meditation to Boost Energy, Lose Weight, Slow Aging
Hester Ngo
Bodhi Meditation

3:00 p.m.

New Technology and Women's Health
Sandra Cockburn & Rose Regazzi
Silk'n

Times and topics are subject to change.