

# LIFE & LEARNING STAGE

Sponsored by:



Quatrefoil®  
Qskin Canada

## SATURDAY

**10:30 a.m.**

**5 Minutes a Day to Better Health**

*Cynthia Incze*  
PureOilz Inc/DoTERRA

**11:15 a.m.**

**Dear ADHD Woman,  
You Have the Power to Rock this Life**

*Saundra Brodtkin*  
Fantabulously ADHD

**12:00 p.m.**

**Women's Body Building Federation**

*Christine Harrison, RP*  
Women's Community of Body Building

**12:45 p.m.**

**Political Leadership,  
Go Ahead Make the Jump!**

*Sylvie Goneau*  
Sylvie Goneau Consultante

**1:30 p.m.**

**Women, Get Your Hard Hat On**

*Tanya Buckley*  
GOHBA

**2:15 p.m.**

**Let's Talk Mental Health Panel Discussion**

*Kareen Aristide and Guests*  
She Did It! Elle a osé!

**3:00 p.m.**

**How to: Crystals &  
Handmade Orgone Pyramids**

*Dalilya*  
Goddess Secret

**3:45 p.m.**

**Breaking the Ceiling Without Breaking a Sweat:  
Overcoming Adversities Boldly and Confidently  
in Moving up the Ladder**

*Marleen Redhead*  
BIPOC WomEngagement

## SUNDAY

**10:30 a.m.**

**How to: Slow Down the Aging Process,  
decrease Belly Fat and increase your Energy**

*Susan McGarry*  
PureTrim

**11:15 a.m.**

**Real Estate Reinvented**

*Wendy Ronberg, Maggie Tessier,  
Melissa Sutherland & Sylvie Fillion*  
Exit Realty Matrix and Exit Realty Eastern Ontario

**12:00 p.m.**

**Live Well, Age Well!**

*Jackie Lee Agnew*  
Arbonne

**12:45 p.m.**

**Crystal conversations:  
Discovering your gemstones**

*Lilly Kruszely*  
Power Stones Jewelry

**1:30 p.m.**

**Rejuvenate and Refresh  
with Natural Soy Wax Melts**

*Vishal Bhatt*  
NB's Aroma

**2:15 p.m.**

**Small Business Success  
with Healthy Homemade**

*Cheryl Wilcox*  
Mom's Homemade

**3:00 p.m.**

**Dear ADHD Woman,  
You Have the Power to Rock this Life**

*Saundra Brodtkin*  
Fantabulously ADHD

**3:45 p.m.**

**PITCHFEST - Female Entrepreneurs  
Pitch Their Business Ideas to the  
She Did It! Judges**

*Kareen Aristide and Guests*  
She Did It! Elle a osé!

Times and topics are subject to change.