

LIFE & LEARNING STAGE

Presented by:



hair biology

SATURDAY

10:30 a.m.

How Therapy Can Help: Myths and Realities

Heather Anderson

Grounded Psychology

11:15 a.m.

Snacking for Your Cycle

Your Ottawa Dietitian Team

Loblaws & Your Independent Grocer

12:00 p.m.

**Be a Goal Digger and Show Up For Yourself:
An Interactive Coaching Experience**

Kerry MacAdam

KMAC Coaching

12:45 p.m.

Playground for Wellness

Vanisha Mistry

Rideau Sports Centre

1:30 p.m.

The Benefits of Thriving, Healthy Workplace Cultures

Kristina Beauchesne

Common Ground Consulting Ottawa, Inc

2:15 p.m.

Curls Understood: Self Care Edition

Paula Whitelocke

Curly Hair Designs

3:00 p.m.

Will I Run Out of Money in Retirement?

Yusuf Osman

Argosy Securities Inc.

3:45 p.m.

Express Extensions - Styles to fit your Lifestyle

Debby Macharia

Beauty Profs

4:15 p.m.

How To Accessorize and Enhance Your Everyday Look

Lyne Mc Cready

Tori Belle Cosmetics

SUNDAY

10:30 a.m.

10 Common Dreams

Alexis & Emeline Mercier

UCM - Teaching and Research Center

11:15 a.m.

Snacking for Your Cycle

Your Ottawa Dietitian Team

Loblaws & Your Independent Grocer

12:00 p.m.

Why & How to Keep Intimacy Going

Noreen Williams

Acsexorise Lingerie & Toys

12:45 p.m.

A Healthy Brain = A Healthy Life

Dementia Society of Ottawa & Renfrew County

Catharina Van Es

1:30 p.m.

The 5 Ws on Endometriosis and Cannabis

Rahim Dhalla

Hybrid Pharm

2:15 p.m.

Healing Starts from Within

Erika O'Reilly

Alight Wellness & Services

3:00 p.m.

A Mindful Moment

Annu Gaidhu

Greenich Natural Health

3:45 p.m.

The Future of Regenerative Medicine

Drew Taylor

Acorn Biolabs

Times and topics are subject to change.