

# LIFE AND LEARNING STAGE



## FRIDAY

**10:30 AM**

**The Gut-Brain-Hormone Connection**  
Dr. Jennifer Tang  
Tangible Health

**11:15 AM**

**10 Common Dreams**  
Kaya and Christiane Muller  
UCM - Teaching and Research Center

**12:00 PM**

**It's not you, it's your brain: Using neuroscience to combat stress**  
Dr. Alison Smith  
Roga Life Inc.

**12:45 PM**

**Be your Own Light:  
How to Thrive Through Difficult Times**  
Danielle McCarron  
Canadian Addiction Treatment Centres

**1:30 PM**

**Beyond Mindfulness:  
Meditations to Heal Body & Mind**  
Hester Ngo  
Bodhi Meditation Toronto

**2:15 PM**

**The Power Of Breaking Free**  
Edith Rajna  
Miss Edie Inc

**3:00 PM**

**Making the Law of Attraction Work for YOU!**  
Renu Arora  
Heal From Your Past Inc

**3:45 PM**

**Balanced and Beautiful Inside and Out:  
The Microbiome and Your Skin**  
Mireille Vega  
VGAM biome

**4:30 PM**

**Womanhood and her Role in the Quest for Lasting Peace**  
Michael Adefope  
Grail Brooks Canada

**5:15 PM**

**Will I Run Out of Money in Retirement?**  
Argosy Securities Inc  
Yusuf Osman, MBA



## SATURDAY

**10:30 AM**

**Keeping it Hot After 40**  
Jacquie Court  
She2.0

**11:15 AM**

**The Art of Aging Gracefully and Naturally**  
Dr. Joyce Johnson ND  
Webber Naturals

**12:00 PM**

**Real Estate Investment**  
Eman Adnan  
Royal LePage Signature Realty

**12:45 PM**

**Manifesting Miracles**  
Edith Rajna  
Miss Edie Inc

**1:30 PM**

**The New Way of Taking Supplements**  
Denis K. IVIC  
Nutrameltz Inc

**2:15 PM**

**Athleisure is Life!**  
Veronica Relih  
Beautiful Women Society - Run Free By Vee

**3:00 PM**

**Exploring Your Intuitive Gifts**  
Gaisheda Kheawork  
The Whispering Song School of Energy Medicine

**3:45 PM**

**Custom Curl Care and The Secret To Your Best Curly Hairstyle**  
Jonathan Torch  
Curly Hair Solutions

**4:30 PM**

**The Inner Critic is a Liar**  
Emilia Pacholec  
New Moon Psychotherapy

**5:15 PM**

**Your Marriage is Worth Saving**  
Ajita Shan



## SUNDAY

**10:30 AM**

**Sustainability is the Future, Why Not Start With Our Vision**  
Wally  
Wally's Optical

**11:15 AM**

**Yoga Class By Rupa**  
Rupa Patel  
Beautiful Women Society

**12:00 PM**

**The Healer Within**  
Meena Puri  
Ayurvedic Healing Center Inc

**12:45 PM**

**How to Reclaim Your Vintage Furniture**  
Melanie Curley  
Mango Paint

**1:30 PM**

**The Glutathione Company**  
Kelly Ronsyn  
Max International

**2:15 PM**

**Define Your Style**  
Nada Shepherd & Pheinx Paul  
ReSuit

**3:00 PM**

**How to Help Kids Thrive**  
Alison Tennen  
Sunkyeong

**3:45 PM**

**The Benefits of Sea Moss**  
Jacquie Dagher and April Brown  
Calisla Health