

WORKSHOP STAGE



THE NATIONAL WOMEN'S SHOW

SATURDAY

10:30 a.m.

**My Chemistry Made Me Do It:
Harness Your Emotions for Good**

Cynthia Incze
PureOilz Inc/DoTERRA

11:15 a.m.

The Let It Go Show

Peter De Pagter
AU-Jewelry Exchange Lab

12:00 p.m.

How to Become the Best Version of Yourself

Quintessential Health Coach Susan McGarry
PureTrim

12:45 p.m.

**Living your Best Life -
Education in Plant Based Medicine**

Dr. Amy Thiele & Jennifer Silvestri
Ajja Medical

1:30 p.m.

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

Linda Miller
Misty River

2:15 p.m.

Quick & Easy Fun Fall Cocktails

with King's Lock Craft Distillery

3:00 p.m.

**Empowering Women Sexually:
What Every Woman Needs to Know**

Noreen Williams
Acesexorise Lingerie & Toys

3:45 p.m.

Health Benefits of Collagen

Kim McDiarmid & Maddie Hession - co-founder
Runway Unlimited Inc.

4:15 p.m.

Galápagos Islands: Planning Your Trip of a Lifetime

Marc Patry
Cultural and Natural Heritage Tours

SUNDAY

10:30 a.m.

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**Living your Best Life -
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Ajja Medical

12:00 p.m.

**Make It Happen: How to Become
a Recognized Songwriter in the Music Industry**

Giselle Fletcher
Giselle Music Motivator

12:45 p.m.

Tips for Safe & Stress Free Travel

Kim Epp Frenette
TuckTop

1:30 p.m.

The Let It Go Show

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AU-Jewelry Exchange Lab

2:15 p.m.

Arbonne Live Well, Age Well

with Jackie Lee
Arbonne

3:00 p.m.

Women in Politics - Municipal Leadership

with Sylvie Goneau Consultante

3:45 p.m.

**Healing from the Inside, Out -
Meditation & Yoga**

Annu Gaidhu
Greeniche Natural Health

Times and topics are subject to change.

