

# 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