

	MAIN STAGE	WELLNESS STAGE	VIP ROOM / LOUNGE
1 PM	1–1:10 PM Welcome & Opening Remarks 1:10–1:30 PM Paige Kornblue Walk a Little Lighter: The Wins, the Losses and Finding Good in a Filtered	1:15–2 PM Brie Mazin Florida Yoga Mama — More Than Mom: Reconnecting with the Woman Within	
	1:30–1:50 PM Laura Waldorf Reiss Kindness is the Doorway to Joy		
2 PM	1:50–2:20 PM Cynthia L. Elliott The Only Tech That Truly Matters in the Age of AI: SoulTech		
	2:20–2:45 PM Breath / Joy Break Bathroom, Tea & Vendor Time	2:15–3 PM Robin Rubin Workshop: Simple Ways to Add Joy to Your Life	
	2:45–3:10 PM Judy Weaver Speaker Q&A		
3 PM	3:10–3:30 PM Dr. Shivani Gupta Understanding Inflammation: Your Doorway to Feeling Amazing	3:15–4 PM Corey Heyman Mind, Body & Spirit: Getting into the Flow of Life	3–3:45 PM Nicole Vantuyn The Garden of Eating
	3:30–4 PM Dr. Francesca Lewis What Your Skin is Trying to Tell You		
4 PM	4–4:30 PM Breath / Joy Break Tea, Cocktails & Bites (Lounge) • Vendor Floor	4:15–5 PM Monica McMahon The Power of Meditation	
	4:30–5 PM Dr. Michelle Weiner Integrative Pain Management Physician & Founder, NeuroPain Health		4:30–5:15 PM Charlene Brigantry Success & the Single Mother
5 PM	5–5:30 PM Dr. Joanna Drowos OMT: A Hands-On Approach to Wellness for Women	5:15–6 PM Becca Tebon Reset: Managing Menopause	
	5:30–6 PM Breath / Joy Break Tea, Cocktails & Vendors		
6 PM	6–6:30 PM Living Legend Award: Jan Savarick Presented by Cynthia L. Elliott, Dr. Heidi Schaeffer, Robin Rubin, Judy Weaver & Laura Waldorf Reiss	6:15–7 PM Craig Richman The Confident Woman Investor	
	6:30–6:50 PM Dr. Amy Wecker Women's Hormones: An Overview		
	6:50–7:20 PM Sara Starkoff Green Midlife Wisdom: Science Meets Lived Experience		
7 PM	7:20–7:40 PM Breath / Joy Break Tea, Cocktails & Vendors	7:15–8 PM Dr. Lisa Ray The Story You Tell Yourself Becomes the Life You Live	
	7:40–8:45 PM Film Screenings ★ FEATURED FILM		
8 PM	The M Factor 2: Before the Pause A film on menopause every woman needs to see SoulTech: Beyond the Algorithm (tentative)		
	8:45–9 PM Closing Remarks		
9 PM			