

	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 Leader, Not Savior: The Hidden Cost of Being the Strong One		
2 PM	1:50–2:15 PM Cynthia L. Elliott SoulTech for Her: Healing & Higher Consciousness in the Age of AI		
	2:15–2:35 PM Breath / Joy Break Bathroom, Tea & Vendor Time	2:15–3 PM Robin Rubin You Matter: Why Feeling Seen and Valued Changes Everything	
	2:35–2:55 PM Judy Weaver & Cynthia L. Elliott In-Conversation: Healing Your History: The Body's Path to Freedom		
3 PM	3–3:20 PM Dr. Shivani Gupta Understanding Inflammation: Your Doorway to Feeling Amazing	3:15–4 PM Craig Richman The Health of Your Wealth	3–3:45 PM Nicole Vantuyn The Garden of Eating
	3:20–3:45 PM Dr. Francesca Lewis What Your Skin is Trying to Tell You		
	3:45–4:10 PM Breath / Joy Break Tea, Cocktails & Bites • Vendor Floor		
4 PM	4:10–4:25 PM Paige Kornblue & Keesha Scott		
	4:30–5 PM Dr. Michelle Weiner Neuroplasticity, Psychedelics, and How Pain Can Change	4:15–5 PM Monica McMahon The Power of Meditation: An Experiential Journey	4:30–5:15 PM Charlene Brigantry Realign Your Life in 10 Minutes
5 PM	5–5:30 PM Dr. Joanna Drowos OMT: A Hands-On Approach to Wellness for Women	5:15–6 PM Becca Tebon GLP-1s: Science-based Nutrition and Lifestyle Strategies for Weight Loss	
	5:30–6 PM Breath / Joy Break Tea, Cocktails & Vendors		
6 PM	6–6:30 PM Her Health Awards Presented by Gary & Robin Rubin Charitable Foundation		
	6:30–6:50 PM Dr. Amy Wecker Women's Hormones: A Mitochondrial Story	6:30–7:15 PM Corey Heyman Mind, Body & Spirit: Getting into the Flow of Life	
7 PM	6:50–7:20 PM Sara Starkoff Green Midlife, Reframed: Where Science Meets Lived Experience		
	7:20–7:40 PM Breath / Joy Break Tea, Cocktails & Vendors		
	7:40–8:45 PM Film Screenings		
8 PM	★ FEATURED FILM The M Factor 2: Before the Pause A film on menopause every woman needs to see SoulTech: Beyond the Algorithm (tentative)		
9 PM	8:45–9 PM Closing Remarks		