HER HEALTH SUMMIT 2026

Wednesday, October 28 • 1:00 – 9:00 PM • Mizner Studio, Boca Raton, FL

Host: Cynthia L. Elliott | Co-Hosts: Judy Weaver & Sara Starkoff Green

MAIN STAGE

1:00 PM – 1:15 PM
Welcome & Opening Remarks
Cynthia L. Elliott & Dr. Heidi Schaeffer

1:15 PM – 1:35 PM
Paige Kornblue
Walk a Little Lighter: The Wins, the Losses and Finding Good in a Filtered World

1:35 PM – 1:55 PM
Laura Waldorf Reiss
Leader, Not Savior: The Hidden Cost of Being the Strong One

1:55 PM – 2:15 PM
Cynthia L. Elliott
SoulTech: How YOU Can Flourish in the Age of AI

Sweet Dream Makers

Break

2:35 PM – 2:55 PM
Judy Weaver & Cynthia L. Elliott
In-Conversation: Healing Your History: The Body's Path to Freedom

3:00 PM – 3:20 PM
Dr. Shivani Gupta
Understanding Inflammation: Your Doorway to Feeling Amazing

3:20 PM – 3:45 PM
Dr. Francesca Lewis
What Your Skin is Trying to Tell You

Kindness Matters

Break

4:10 PM – 4:25 PM
Paige Kornblue & Keesha Scott
In-Conversation: Rethinking the Rules of Modern Parenting

4:30 PM – 5:00 PM
Dr. Michelle Weiner
Neuroplasticity, Psychedelics, and How Pain Can Change

5:00 PM – 5:30 PM
Dr. Joanna Drowos
OMT: A Hands-On Approach to Wellness for Women

Speak Up for Kids

Break

Her Health Living Legend Award: Jan Savarick
Presented by Dr. Heidi Schaeffer, Robin Rubin & Judy Weaver

6:30 PM – 6:50 PM
Dr. Amy Wecker
Women's Hormones: A Mitochondrial Story

6:50 PM – 7:20 PM
Sara Starkoff Green
Midlife, Reframed: Where Science Meets Lived Experience

Healthy Mothers Healthy Babies

Break

★ FEATURED FILM
Film Screenings
The M Factor 2: Before the Pause

Closing Remarks

WELLNESS STAGE
Host: Lisa Ray

1:15 PM – 2:00 PM
Brie Mazin
Florida Yoga Mama: More Than Mom: Reconnecting with the Woman Within

Sound Healing Break
with Jill Rapperport

2:15 PM – 3:00 PM
Robin Rubin
You Matter: Why Feeling Seen and Valued Changes Everything

Break

3:15 PM – 4:00 PM
Craig Richman
The Health of Your Wealth

Break

4:15 PM – 5:00 PM
Monica McMahon
The Power of Meditation: An Experiential Journey

Sound Healing Break
with Jill Rapperport

5:15 PM – 6:00 PM
Becca Tebon
YOU'RE NOT DONE. The 9 Nudges to an Even Better Life After 40

Sound Healing Break
with Jill Rapperport

6:30 PM – 7:15 PM
Corey Heyman
Building The Village: A Workshop on Offering, Asking, and Connection

Sound Healing Break
with Jill Rapperport

LOUNGE

3:00 PM – 3:45 PM
Nicole Vantuyn
The Garden of Eating