

	MAIN STAGE	WELLNESS STAGE	LOUNGE
1:00 PM	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	1:15 PM – 2:00 PM Brie Mazin Florida Yoga Mama: More Than Mom: Reconnecting with the Woman Within	
	1:35 PM – 1:55 PM Laura Waldorf Reiss Leader, Not Savior: The Hidden Cost of Being the Strong One		
2:00 PM	1:55 PM – 2:15 PM Cynthia L. Elliott SoulTech: How to Flourish in the Age of AI	Sound Healing Break with Jill Rapperport	
	Breath / Joy Break Speak Up for Kids • Bathroom, Tea & Vendor Time	2:15 PM – 3:00 PM Robin Rubin You Matter: Why Feeling Seen and Valued Changes Everything	
	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	3:00 PM – 3:20 PM Dr. Shivani Gupta Understanding Inflammation: Your Doorway to Feeling Amazing	Break	3:00 PM – 3:45 PM Nicole Vantuyn The Garden of Eating
	3:20 PM – 3:45 PM Dr. Francesca Lewis What Your Skin is Trying to Tell You	3:15 PM – 4:00 PM Craig Richman The Health of Your Wealth	
	Breath / Joy Break Kindness Matters • Tea, Cocktails & Bites • Vendor Floor		
4:00 PM	4:10 PM – 4:25 PM Paige Kornblue & Keesha Scott In-Conversation: Rethinking the Rules of Modern Parenting	Break	
	4:30 PM – 5:00 PM Dr. Michelle Weiner Neuroplasticity, Psychedelics, and How Pain Can Change	4:15 PM – 5:00 PM Monica McMahon The Power of Meditation: An Experiential Journey	4:30 PM – 5:15 PM Charlene Brigrantr Realign Your Life in 10 Minutes
5:00 PM	5:00 PM – 5:30 PM Dr. Joanna Drowos OMT: A Hands-On Approach to Wellness for Women	Sound Healing Break with Jill Rapperport	
	Breath / Joy Break Sweet Dream Makers • Tea, Cocktails & Vendors	5:15 PM – 6:00 PM Becca Tebon GLP-1s: Science-based Nutrition and Lifestyle Strategies for Weight Loss	
6:00 PM	Her Health Living Legend Award: Jan Savarick Presented by Dr. Heidi Schaeffer, Robin Rubin & Judy Weaver	Sound Healing Break with Jill Rapperport	
	6:30 PM – 6:50 PM Dr. Amy Wecker Women's Hormones: A Mitochondrial Story	6:30 PM – 7:15 PM Corey Heyman Building The Village: A Workshop on Offering, Asking, and Connection	
7:00 PM	6:50 PM – 7:20 PM Sara Starkoff Green Midlife, Reframed: Where Science Meets Lived Experience	Sound Healing Break with Jill Rapperport	
	Breath / Joy Break Healthy Mothers Healthy Babies • Tea, Cocktails & Vendors		
8:00 PM	★ FEATURED FILM Film Screenings The M Factor 2: Before the Pause		
	Closing Remarks		
9:00 PM			