

	MAIN STAGE	WELLNESS STAGE	VIP ROOM / LOUNGE
9:00	9:00–9:10 Welcome & Opening Remarks 9:10–9:30 Paige Kornblue Walk a Little Lighter: The Wins, the Losses and Finding Good in a Filtered	9:15–10:00 Brie Mazin Florida Yoga Mama — More Than Mom: Reconnecting with the Woman Within	
	9:30–9:50 Laura Waldorf Reiss Kindness is the Doorway to Joy		
10:00	9:50–10:20 Cynthia L. Elliott The Only Tech That Truly Matters in the Age of AI: SoulTech		
	10:20–10:45 Breath / Joy Break Bathroom, Tea & Vendor Time	10:15–11:00 Robin Rubin Workshop: Simple Ways to Add Joy to Your Life	
	10:45–11:10 Speaker Q&A Led by Judy Weaver		
11:00			11:00–11:45 Nicole Vantuyn The Garden of Eating
	11:10–11:30 Dr. Shivani Gupta Understanding Inflammation: Your Doorway to Feeling Amazing	11:15–12:00 Corey Heyman Mind, Body & Spirit: Getting into the Flow of Life	
	11:30–12:00 Dr. Francesca Lewis What Your Skin is Trying to Tell You		
12:00	12:00–12:30 Breath / Joy Break Tea, Cocktails & Bites (Lounge) • Vendor Floor	12:15–1:00 Monica McMahon The Power of Meditation	
	12:30–1:00 Dr. Michelle Weiner Integrative Pain Management Physician & Founder, NeuroPain Health		12:30–1:15 Charlene Brigantry Success & the Single Mother
1:00	1:00–1:30 Dr. Joanna Drowos OMT: A Hands-On Approach to Wellness for Women	1:15–2:00 Becca Tebon Reset: Managing Menopause	
	1:30–2:00 Breath / Joy Break Tea, Cocktails & Vendors		
2:00	2:00–2:30 Living Legend Award: Jan Savarick Presented by Cynthia L. Elliott, Dr. Heidi Schaeffer, Robin Rubin, Judy Weaver & Laura Waldorf Reiss	2:15–3:00 Craig Richman The Confident Woman Investor	
	2:30–2:40 Film Screening		
	2:40–3:00 Breath / Joy Break Tea, Cocktails & Vendors		
3:00	3:00–3:20 Dr. Amy Wecker Women's Hormones: An Overview	3:15–4:00 Dr. Lisa Ray The Story You Tell Yourself Becomes the Life You Live	
	3:20–3:50 Sara Starkoff Green Midlife Wisdom: Science Meets Lived Experience		
4:00	3:50–4:45 Film Screening The M Factor: Before the Pause		
	4:45–5:00 Closing Remarks		
5:00			