

HERHEALTH SUMMIT

OCTOBER 28TH | MIZNER STUDIO | BOCA RATON | 1 PM - 9 PM

Presenting Sponsor:

Heidi Schaeffer, M.D.

CHARITABLE TRUST

Wellness Center Sponsor:



Lounge Sponsor:



Awards Ceremony Sponsor:

GARY & ROBIN RUBIN
RUBIN FAMILY CHARITABLE FOUNDATION

Film Screening Sponsor



Event Agenda:

	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		
	1:30-1:50 PM Laura Waldorf Reiss Kindness is the Doorway to Joy	1:15-2 PM Brie Mazin Florida Yoga Mama — More Than Mom: Reconnecting with the Woman Within	
	1:50-2:20 PM Cynthia L. Elliott The Only Tech That Truly Matters in the Age of AI: SoulTech		
2 PM			
	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			3-3:45 PM Nicole Vantuyn The Garden of Eating
	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	
	3:30-4 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 Brigrantray 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 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			