



SUNDAY 28 SEPTEMBER

09:00	09:00 Doors Open							
09:30	09:30 - 10:10 Welcome & Amanda MacRae: "Effortless You: A Somatic Approach to Meeting Your Evolving Body" (Paradiso)							
10:10	10:10 - 10:15 Break							
10:15	10:15 - 11:05 Nora Hendriks: "Bioidentical Hormone Therapy in Perimenopause" (Paradiso)	10:15 - 11:15 Lena Perepelova: Financial Well-Being in Action: Your First Steps in Investing. (Paradiso Professional)	Break	Break	Break	Break		
				10:25 - 11:10 Filip De Groeve : "taBOOH and menopause at work" (Melkweg Second Floor)		10:20 - 11:40 Jeannette Bolck & Louis Wijdenbosch: "Beyond the Overwhelm: You Can't Think Your Way Out of It - Psychology Meets Brain-Body Tools for Daily Stress, Emotions & Hormones" (Melkweg Lounge)		
10:30								
10:45								
11:00								
	Break		11:10 - 11:55 Herman Depypere & Professionals: "Why Women Gain Weight in Menopause - And What the Data Really Shows" Professional Session (Melkweg)	Break				
11:15	Break	11:20 - 11:50 Marieke Zwartscholten "Menopause Makers" (Paradiso Loft)			11:20 - 11:50 Kim Taylor: "How we restore in nature" (Melkweg Second Floor)			
	11:15 - 11:45 Sophie Kuizenga- Wessel: "Sh*t Just Got Hormonal" (Paradiso)					Break		
11:30								
11:45		Break	Break		Break			
12:00	12:00 - 12:45 Mental Health in menopause panel with Louise Newson, Eveline van der Wel, Suzanne Rethans & Jeannette Bolck (Paradiso)			Break				
12:45	Break	Break	Break		Break		Break	
13:30	13:30 - 14:15 Dr William DeClerck UMA Sponsor: "From Blind Spot to Hot Spot: Digital Innovation in Menopausal Care" (Paradiso)	13:25 - 14:25 The M Factor Screening (Paradiso Professional)	13:30 - 14:10 Dr. Rianne Toenhake: "Rooted in Rhythm: How Your Nervous System Dances with Cycles and Seasons" (Paradiso Loft)	13:25 - 14:10 Lauren Valbert: "Identifying and Overcoming Imposter Syndrome Blocks in Yourself" (Melkweg Second Floor)	13:30 - 14:15 Louise Newson & Professionals Professional Session (Melkweg)	13:25 - 14:10 Katrín Yoga Nidra: "The magic journey between wakefulness & sleep." (Melkweg Lounge)		
13:45								
14:00			Break	Break		Break	Break	Break
14:15								
14:30	14:25 - 15:10 Melianthe Nicolai: "Stay sexually vital in (peri)menopause" (Paradiso)	Break	14:30 - 15:15 Dr William Declerck Dr Rianne Toenhake Case by Case: Rethinking Lifestyle & Hormonal Support (Paradiso Loft)	14:25 - 15:10 Evelyn Pacitti: "Tech as an Ally for Ease (Dance Robot Dance)" (Melkweg Second Floor)	Break	14:25 - 15:10 Agata Malczewska Soundhealing Session (Melkweg Lounge)		
		14:35 - 15:05 M Factor Q&A Panel with Suzanne Rethans Dr Lotte van Dijk, & Monique Hartog (Paradiso Professional)						
14:45								
15:00								
	Break	Break	Break	Break	Break	Break		
15:15								
15:30							15:25 - 16:10 Melissa Schuman: "From Surviving to Thriving: The Science of Female Biohacking for Optimal Health, Energy and Balance" (Paradiso)	15:25 - 16:10 Diana Siepmann: "Hormones, Health & HRT: Navigating Menopause with Insight and Integrity". (Session in Dutch) (Paradiso Professional)
15:45								
16:00								
	Break	Break	Break	Break				
16:15	16:20 - 17:05 Saron Petronilia, Amanda MacRea, Melissa Schuman & Nicolette Lazarus: "Reclaiming Your Inner Wisdom: A Journey Through Emotion, Identity & Leadership" (Paradiso)	16:20 - 17:00 Marijke Schotanus- Dijkstra: "How to flourish during the menopausal transition" (Paradiso Professional)	16:20 - 17:05 Nkemakonam (Nkem) Linda Ijeh: "Reclaiming Resilience: Culture, Story & Nervous System Healing" (Paradiso Loft)	16:15 - 17:00 Nicola Cloherty: From Knowing to Living: The Bridge Between Information and Embodiment (Melkweg Second Floor)	16:20 - 17:05 Suzanne & Eveline van der Wel: "DNA, Neurotransmitters and Hormones." (Session in Dutch) Professional Session (Melkweg)	16:15 - 17:10 Claire van der Vaart: "The Power of Rest" (Melkweg Lounge)		
16:30							Break	
16:45								
17:00		Drinks (Sponsored by NoNo Zero) (Paradiso)					Break	
17:25	17:25 - 18:10 Louise Newson: "The Risk of Not Taking HRT and Q&A" (Paradiso)							
	18:10 - 18:25 Closing & Thank You's							

* Program details may be updated — thank you for your understanding.