



SATURDAY 27 SEPTEMBER

09:00	09:00 Doors Open								
09:45	09:45 - 10:45 Welcome & Louise Newson: "Hormones and why do we need them" (Paradiso)								
10:45	10:45 - 11:00 Break								
11:00	Break	Break	11:00 - 12:00 Ashley Usiskin: "From Overwhelmed to Supported: How to build the Courage to Ask for Help" (Paradiso Loft)	11:00 - 11:45 Genevieve O'Kelly: "Spiritual Connection for Real-Life Clarity and Healing Part 1" (Melkweg Second Floor)	Break	11:00 - 12:00 Wianda Hoogakker: "The Midlife Reset: Nervous System Regulation in Practice" (Melkweg Lounge)			
		11:05 - 12:05 The M Factor Film Screening (Paradiso Professional)			11:05 - 11:55 Diana Siepmann: "Unlocking Personalised HRT: A Functional Approach" Professional Session (Melkweg)				
11:15									
11:30									
11:45		Break		11:50 - 12:35 Genevieve O'Kelly: "Spiritual Connection for Real-Life Clarity and Healing Part 2" (Melkweg Second Floor)					
12:00	12:05 - 12:15 Monique Hartog: "Introducing Stichting Overgang en Hormonen" (Paradiso)	Break							
	12:10 - 12:40 The M Factor Q&A Moderator Karin Hesselvik Panel with Suzanne Rethans, Dr Ghiselle Panneflek, & Monica Molenaar (Paradiso Professional)	Break							
12:15									
	12:20 - 12:35 Partner: Zina's Kitchen Fireside Chat (Paradiso)		Break						
12:30	Break								
12:45									
13:00									
	Break	Break	Break						
13:15									
13:30									
	13:20 - 14:05 Herman Depypere: "Hormones, Memory, and the Future of Women's Brain Health" (Paradiso)	13:20 - 14:05 Lena Perepelova: Financial Well-Being: Empowering Women for Life" (Paradiso Professional)	13:20 - 14:05 Iris Josephina Verstappen: "Cyclical Living for High Achieving Women" (Paradiso Loft)	13:20 - 14:05 Dr Deyo Famuboni, Dr Chinwe Ude, Dr Ghiselle Panneflek, Dr Millie Nwoye: "Women of Colour & Our Health" (Melkweg Second Floor)	13:05 - 14:05 Nazli Medeni "Sweet Freedom" (Melkweg Lounge)				
13:45									
14:00									
	Break				Break				
14:15	14:15 - 15:00 Dr Millie Nwoye "Has Ozempic replaced HRT as the new magic pill in Perimenopause?" (Paradiso)	14:15 - 15:00 Dr Lotte van Dijk "Reclaiming your potential" (Paradiso Professional)	Break	14:15 - 15:00 Emilia Villegas: "Your Hormones and Productivity in the Workplace" (Melkweg Second Floor)	14:15 - 15:00 Eveline van der Wel: "DNA, neurotransmitters and hormones." (Session in Dutch) (Melkweg)	14:15 - 15:00 Katrin Kögel Yoga Nidra - the magic journey between wakefulness & sleep. (Melkweg Lounge)			
14:30									
				Break	Break	Break			
14:45									
				15:10 - 15:55 Sponsor Luxus Ashton Egner: "From Sci-Fi to Wi-Fi: The Future of Tech-Enhanced Intimacy" (Paradiso)	15:15 - 15:45 Deyo Famuboni: "Alternatives to Hormone replacement therapy/ Menopause hormonal therapy" (Paradiso Professional)	Break	15:15 - 15:45 Sharon van Sprang: "The most dangerous pattern? Abandoning yourself in the name of achievement." (Melkweg Second Floor)	15:10 - 15:55 Nora Hendriks: Bioidentical Hormone Therapy in Perimenopause moderator Suzanne Rethans Professional Session (Melkweg)	15:10 - 16:05 Ingrid: "introductory breathwork workshop" (Melkweg Lounge)
15:00	Break	Break							
					Break		Break	Break	
15:15	16:10 - 16:55 Dr Chinwe Ude: "Breaking Loneliness: Reconnecting Women in our Digital Age" (Paradiso)	16:10 - 16:55 Behind the White Coat: A GP's View on Menopause & Women's Health Margrita Slagter, Deyo Famuboni (Paradiso Professional)							
15:30	Break	Break		Break	Break				
15:45	17:00 - 17:45 Louise Newson: Testosterone (Paradiso)	Break	Break						
16:00									
16:15									
	17:05 - 17:45 Louise Newson: Testosterone (Paradiso)	Break	Break						
16:30									
16:45									
17:00	Break			Break	Break				
17:15									
17:30									
	Break								
17:45	17:50 - 18:00 Partner: Kumasi (Paradiso)								
	18:00 - 18:55 Closing & Drinks (Sponsored by NoNo Zero) (Paradiso)								

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