



SUNDAY 28 SEPTEMBER

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| 09:00 | 09:00<br>Doors Open                                                                                                                                                                |                                                                                                                                           |                                                                                                                      |                                                                                                                         |                                                                                                     |                                                                                                                                                         |                                                                                                                           |                                                                                                                                                                                            |                                                                                                            |
| 09:00 | 09:30 - 10:10<br>Welcome & Amanda MacRae: "Effortless You: A Somatic Approach to Meeting Your Evolving Body"                                                                       |                                                                                                                                           |                                                                                                                      |                                                                                                                         |                                                                                                     |                                                                                                                                                         |                                                                                                                           |                                                                                                                                                                                            |                                                                                                            |
| 09:00 | 10:10 - 10:15<br>Break                                                                                                                                                             |                                                                                                                                           |                                                                                                                      |                                                                                                                         |                                                                                                     |                                                                                                                                                         |                                                                                                                           |                                                                                                                                                                                            |                                                                                                            |
|       |                                                                                                                                                                                    |                                                                                                                                           |                                                                                                                      |                                                                                                                         | For health professionals                                                                            | Wellness Lounge                                                                                                                                         |                                                                                                                           |                                                                                                                                                                                            |                                                                                                            |
| 10:15 | 10:15 - 11:05<br>Nora Hendriks: "HRT in peri-meno"                                                                                                                                 | Break                                                                                                                                     | 10:15 - 11:15<br>Lena Perepelova from womeninvestorsclub.com: Workshop on first steps to investing (finance session) | Break                                                                                                                   | Break                                                                                               | Break                                                                                                                                                   |                                                                                                                           |                                                                                                                                                                                            |                                                                                                            |
|       |                                                                                                                                                                                    | 10:25 - 11:10<br>Filip De Groeve : "taBOOH and menopause at work"                                                                         |                                                                                                                      | Break                                                                                                                   |                                                                                                     | 10:25 - 11:10<br>Simone Olanipekun Fertility Reflections & Resilience Empathy Circle: "Fertility doesn't wait: facts, feelings, and finding your path." | Break                                                                                                                     | 10:20 - 11:40<br>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" |                                                                                                            |
| 10:30 |                                                                                                                                                                                    |                                                                                                                                           |                                                                                                                      |                                                                                                                         |                                                                                                     |                                                                                                                                                         |                                                                                                                           |                                                                                                                                                                                            |                                                                                                            |
| 10:45 |                                                                                                                                                                                    |                                                                                                                                           |                                                                                                                      |                                                                                                                         |                                                                                                     |                                                                                                                                                         |                                                                                                                           |                                                                                                                                                                                            |                                                                                                            |
|       |                                                                                                                                                                                    |                                                                                                                                           |                                                                                                                      |                                                                                                                         |                                                                                                     |                                                                                                                                                         |                                                                                                                           |                                                                                                                                                                                            |                                                                                                            |
| 11:00 |                                                                                                                                                                                    |                                                                                                                                           |                                                                                                                      |                                                                                                                         |                                                                                                     |                                                                                                                                                         |                                                                                                                           |                                                                                                                                                                                            |                                                                                                            |
|       | Break                                                                                                                                                                              | Break                                                                                                                                     | Break                                                                                                                | 11:10 - 11:55<br>Herman Depypere & Professionals: "Why Women Gain Weight in Menopause – And What the Data Really Shows" | Break                                                                                               |                                                                                                                                                         |                                                                                                                           |                                                                                                                                                                                            |                                                                                                            |
| 11:15 | 11:15 - 11:45<br>Sophie Kuizenga-Wessel: "Sh*t Just Got Hormonal"                                                                                                                  |                                                                                                                                           |                                                                                                                      |                                                                                                                         |                                                                                                     | Break                                                                                                                                                   | Break                                                                                                                     | Break                                                                                                                                                                                      |                                                                                                            |
|       |                                                                                                                                                                                    |                                                                                                                                           |                                                                                                                      |                                                                                                                         |                                                                                                     |                                                                                                                                                         |                                                                                                                           |                                                                                                                                                                                            |                                                                                                            |
| 11:30 |                                                                                                                                                                                    |                                                                                                                                           |                                                                                                                      |                                                                                                                         |                                                                                                     |                                                                                                                                                         |                                                                                                                           |                                                                                                                                                                                            |                                                                                                            |
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| 11:45 | Break                                                                                                                                                                              | Break                                                                                                                                     |                                                                                                                      |                                                                                                                         | Break                                                                                               |                                                                                                                                                         |                                                                                                                           |                                                                                                                                                                                            |                                                                                                            |
|       | 12:00 - 12:45<br>Mental Health in menopause panel with Louise Newson, Eveline van der Wel, Suzanne Rethans & Jeannette Bolck                                                       |                                                                                                                                           |                                                                                                                      |                                                                                                                         |                                                                                                     |                                                                                                                                                         |                                                                                                                           |                                                                                                                                                                                            |                                                                                                            |
| 12:00 |                                                                                                                                                                                    |                                                                                                                                           |                                                                                                                      |                                                                                                                         |                                                                                                     | Break                                                                                                                                                   |                                                                                                                           |                                                                                                                                                                                            |                                                                                                            |
| 12:45 | Break                                                                                                                                                                              | Break                                                                                                                                     | Break                                                                                                                | Break                                                                                                                   | Break                                                                                               | Break                                                                                                                                                   |                                                                                                                           |                                                                                                                                                                                            |                                                                                                            |
|       | 13:30 - 14:15<br>Dr William DeClerck UMA Sponsor: "From Blind Spot to Hot Spot: Digital Innovation in Menopausal Care"                                                             | 13:25 - 14:25<br>The M Factor                                                                                                             | 13:30 - 14:10<br>Rianne Toenhake: "Rooted in Rhythm: How Your Nervous System Dances with Cycles and Seasons"         | 13:25 - 14:10<br>Lauren Valbert: "Identifying and Overcoming Imposter Syndrome Blocks in Yourself"                      | 13:30 - 14:15<br>Louise Newson & Professionals                                                      | 13:25 - 14:10<br>Katrin Yoga Nidra: "The magic journey between wakefulness & sleep."                                                                    |                                                                                                                           |                                                                                                                                                                                            |                                                                                                            |
| 13:30 |                                                                                                                                                                                    |                                                                                                                                           |                                                                                                                      |                                                                                                                         |                                                                                                     |                                                                                                                                                         |                                                                                                                           |                                                                                                                                                                                            |                                                                                                            |
| 13:45 |                                                                                                                                                                                    |                                                                                                                                           | Break                                                                                                                | Break                                                                                                                   |                                                                                                     | Break                                                                                                                                                   | Break                                                                                                                     |                                                                                                                                                                                            |                                                                                                            |
| 14:00 |                                                                                                                                                                                    |                                                                                                                                           |                                                                                                                      |                                                                                                                         |                                                                                                     |                                                                                                                                                         |                                                                                                                           |                                                                                                                                                                                            |                                                                                                            |
| 14:15 | Break                                                                                                                                                                              | Break                                                                                                                                     | Break                                                                                                                | Break                                                                                                                   | Break                                                                                               |                                                                                                                                                         |                                                                                                                           |                                                                                                                                                                                            |                                                                                                            |
|       | 14:25 - 15:10<br>Melianthe Nicolai: "Stay sexually vital in (peri)menopause"                                                                                                       |                                                                                                                                           |                                                                                                                      |                                                                                                                         |                                                                                                     | Break                                                                                                                                                   | 14:30 - 15:15<br>UMA Panel/Workshop Dr. Mattie Raick                                                                      | 14:25 - 15:10<br>Evelyn Pacitti: "Tech as an Ally for Ease (Dance Robot Dance)"                                                                                                            | 14:25 - 15:10<br>Sound Healing                                                                             |
| 14:30 |                                                                                                                                                                                    |                                                                                                                                           |                                                                                                                      |                                                                                                                         |                                                                                                     |                                                                                                                                                         |                                                                                                                           |                                                                                                                                                                                            |                                                                                                            |
| 14:45 |                                                                                                                                                                                    |                                                                                                                                           |                                                                                                                      |                                                                                                                         |                                                                                                     |                                                                                                                                                         |                                                                                                                           |                                                                                                                                                                                            |                                                                                                            |
| 15:00 |                                                                                                                                                                                    |                                                                                                                                           |                                                                                                                      |                                                                                                                         |                                                                                                     |                                                                                                                                                         |                                                                                                                           |                                                                                                                                                                                            |                                                                                                            |
| 15:15 | Break                                                                                                                                                                              | Break                                                                                                                                     | Break                                                                                                                | Break                                                                                                                   | Break                                                                                               | Break                                                                                                                                                   |                                                                                                                           |                                                                                                                                                                                            |                                                                                                            |
|       | 15:25 - 16:10<br>Melissa Schuman: "From Surviving to Thriving: The Science of Female Biohacking for Optimal Health, Energy and Balance"                                            |                                                                                                                                           |                                                                                                                      |                                                                                                                         |                                                                                                     |                                                                                                                                                         | 15:20 - 16:05<br>Melianthe Nicolai & Penny Pijnenburg: "Genitourinary Syndrome of Menopause: What every woman must know." | 15:25 - 16:10<br>Jorna Wierts: "Speaking and Feeling into Ethical Non-Monogamy"                                                                                                            | 15:20 - 16:05<br>Diana Siepmann: "Hormones, Health & HRT: Navigating Menopause with Insight and Integrity" |
| 15:30 |                                                                                                                                                                                    |                                                                                                                                           |                                                                                                                      |                                                                                                                         |                                                                                                     |                                                                                                                                                         |                                                                                                                           |                                                                                                                                                                                            |                                                                                                            |
| 15:45 |                                                                                                                                                                                    |                                                                                                                                           |                                                                                                                      |                                                                                                                         |                                                                                                     |                                                                                                                                                         |                                                                                                                           |                                                                                                                                                                                            |                                                                                                            |
| 16:00 |                                                                                                                                                                                    |                                                                                                                                           |                                                                                                                      |                                                                                                                         |                                                                                                     |                                                                                                                                                         |                                                                                                                           |                                                                                                                                                                                            |                                                                                                            |
|       | 16:20 - 17:05<br>Saron Petronilia, Amanda MacRea, Melissa Schuman & Nicolette Lazarus: "Reclaiming Your Inner Wisdom: A Journey Through Emotion, Identity & Leadership in Midlife" | Break                                                                                                                                     | Break                                                                                                                | Break                                                                                                                   | 16:20 - 17:05<br>Suzanne & Eveline van der Wel: "DNA, Neurotransmitters and Hormones." (Dutch only) | 16:15 - 17:10<br>Claire van der Vaart: "The Power of Rest"                                                                                              |                                                                                                                           |                                                                                                                                                                                            |                                                                                                            |
| 16:15 |                                                                                                                                                                                    |                                                                                                                                           |                                                                                                                      |                                                                                                                         |                                                                                                     |                                                                                                                                                         |                                                                                                                           |                                                                                                                                                                                            |                                                                                                            |
| 16:30 |                                                                                                                                                                                    |                                                                                                                                           |                                                                                                                      |                                                                                                                         |                                                                                                     |                                                                                                                                                         |                                                                                                                           |                                                                                                                                                                                            |                                                                                                            |
| 16:45 |                                                                                                                                                                                    |                                                                                                                                           |                                                                                                                      |                                                                                                                         |                                                                                                     |                                                                                                                                                         |                                                                                                                           |                                                                                                                                                                                            |                                                                                                            |
| 17:00 | Break                                                                                                                                                                              | 16:15 - 17:00<br>Nicola Cloherty: "Information is nothing without integration – how to make the most of the information from the weekend" | 16:20 - 17:05<br>Nkemakonam (Nkem) Linda Ijeh: "Reclaiming Resilience: Culture, Story & Nervous System Healing"      | Break                                                                                                                   | Break                                                                                               | Break                                                                                                                                                   |                                                                                                                           |                                                                                                                                                                                            |                                                                                                            |
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| 17:15 |                                                                                                                                                                                    |                                                                                                                                           |                                                                                                                      |                                                                                                                         |                                                                                                     |                                                                                                                                                         |                                                                                                                           |                                                                                                                                                                                            |                                                                                                            |
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|       | Drinks (Sponsored by NoNo Zero)                                                                                                                                                    |                                                                                                                                           |                                                                                                                      |                                                                                                                         |                                                                                                     | Break                                                                                                                                                   |                                                                                                                           |                                                                                                                                                                                            |                                                                                                            |
| 17:15 |                                                                                                                                                                                    |                                                                                                                                           |                                                                                                                      |                                                                                                                         |                                                                                                     |                                                                                                                                                         |                                                                                                                           |                                                                                                                                                                                            |                                                                                                            |
|       | 17:25 - 18:10<br>Louise Newson: "The Risk of Not Taking HRT and Q&A"                                                                                                               |                                                                                                                                           |                                                                                                                      |                                                                                                                         |                                                                                                     |                                                                                                                                                         |                                                                                                                           |                                                                                                                                                                                            |                                                                                                            |
|       | 18:10 - 18:25<br>Closing & Thank You's                                                                                                                                             |                                                                                                                                           |                                                                                                                      |                                                                                                                         |                                                                                                     |                                                                                                                                                         |                                                                                                                           |                                                                                                                                                                                            |                                                                                                            |

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