

	HAROLD SHENKMAN HALL	MUSIC HALL	RICHCRAFT THEATRE	DANCE STUDIO
9:00 AM	DOORS OPEN			
10:00 AM			Experience the Benefits of Amazing Fragrance Alchemy Oils   Lynne Smith	
10:15 AM		Jaw Pain, Headaches and Teeth Grinding   Eric Methot- Curtis (Bellefleur Physiotherapy)		
10:30 AM	My Journey   Lianne Laing			
10:45 AM			10 Detox Friendly Superfoods   Linda Houle	
11:00 AM	Is it Healthy or Not? Discover what is actually best for YOU!   Dr. Nathalie Beauchamp	Nutrition for Stress Management: Strategies to Overcome Adrenal Fatigue Naturally   Laura Mierzwa (Nutrichem)		
11:15 AM				
11:30 AM			Group Body Weight Workout   Mia St-Aubin (Parliament Hill Bootcamp)	
11:45 AM		Thyroid Optimization: Controversies and Latest Research for Hypothyroidism   Tanya Manikkam (Nutrichem)		
12:00 PM				
12:15 PM			Fashion Show	
12:30 PM		How to Make Your Health a Priority: Simple tips for making real food work for real life   Stephanie Kay (Kardish)		
12:45 PM				
1:00 PM	Leadership in Health Awards			
1:15 PM				Meditation Class   Manali Haridas-Scott (Zen for You)
1:30 PM	Your Brain: In Fitness, Injury & Aging   Dr Steven Geanopulos			
1:45 PM		The Stress Cure – Don't let stress rule your life!   Natalie Rivier (CSNN)	The What, When and How to Eat for Exercise   Kate Orlando (Nutrichem)	
2:00 PM				Yoga Class   Jessica Chiarello (Parliament Hill Bootcamp)
2:15 PM				
2:30 PM		Hot Chix, Hot Sex: How to Survive and Thrive in Menopause   Irene Hogan	Bootcamp Demonstration   Greco Orléans	
2:45 PM				
3:00 PM				Beginner Gratitude Meditation Class   Tania Perrier (This Is My Lifestyle)
3:15 PM		The Secrets of the Blue Zones: The top 16 things you need to do to live well into your 90s and beyond   Daniel Roy (Your Retirement Coach)	Eating for a Happy Heart   Lauren Duffell (Nutrichem)	
3:30 PM				
3:45 PM	HEAL Documentary Screening			
4:00 PM		Are Your Medications Doing More Harm Than Good: NutriChem Pharmacy's Deprescribing Program   Adam Livingston (Nutrichem)		Mobility/Stretch Class   Melissa Bourdeau (Evo Studio)
4:15 PM				
4:30 PM				
4:45 PM	Expert Panel			
5:00 PM	DOORS CLOSE			

\*Schedule is subject to change | Prenez note à la possibilité de modification de l'horaire.