

SCHEDULE

wisepause.com

SATURDAY 9 AM TO
SEPT 10, 2022 6 PM
Skirball Cultural Center



9:00 AM

Welcome

9:10 AM

Keynote: I Love My Age

9:20 AM

Master Your Hormones: What's Happening?
Why it's Happening? and What you Can Do
About It?

10:05 AM

Doc, What Do You Think? You Have Questions
and We Have Answers!

10:25 AM

WisePause Lifestyle Showcase

10:35 AM

BREAK – Can We Laugh About It? '
Menopause Comedy

10:55 AM

Yes, I'm Still Trying to Fit into Those Skinny
Jeans: Dress for the Body You Have Today

11:10 AM

Got Meno Brain? Managing Brain Fog, Anxiety
and Mood Swings

11:25 AM

Feel Better in Minutes! Simple Solutions for
the Body, Brain and Gut

11:45 AM

Movement, the Weight Gain Changer

12:15 PM

TABLE TALKS & LUNCH
(Meet and speak with our doctors & specialists)

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SCHEDULE

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SATURDAY 9 AM *TO*
SEPT 10, 2022 6 PM
Skirball Cultural Center



1:00 PM

WisePause Lifestyle Showcase

1:15 PM

Cannabis, Menopause and Women's Health

1:25 PM

I Can't Hold My Pee! (Put an End to Incontinence and Vaginal Atrophy)

1:50 PM

Sleep Deprived? Ways to Sleep, Feel and Live Better

2:05 PM

WisePause Lifestyle Showcase

2:15 PM

OMG! They're Talking About Sex

2:45 PM

The Basics for Getting Rid of Belly Fat

3:00 PM

Wrinkles Be Gone! Quick Visual Fixes to Relieve the Signs of Aging

3:20 PM

Menopause Ritual: A Queening Ceremony

3:50 PM

Closing and Giveaway – All products from the Live Show presenters

3:55 PM

Sound Bath (15 minutes)

4:20 PM to
6:00 PM

AfterParty Wine & Tapas
Exhibitor & Best Self Wellness Experience

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