



LIVE.

WISEPAUSE WELLNESS
Master your Hormones

Skirball Cultural Center

Saturday
Sep 9 2023

9 AM
to
6 PM

Time

Schedule

9:00 AM

Welcome

9:10 AM

Keynote:
Reclaim Your Power Using Tapping

9:20 AM

Stage, Not Age: Understanding the What, Why, and How to Thrive Through Menopause

9:40 AM

Master Your Hormones:
The Meno Self Care

10:20 AM

WisePause Lifestyle Showcase

10:30 AM

EXHIBITOR BREAK
Hormonal Havoc:
Humor in the Midlife Journey

10:50 AM

Elevate Your Style: Fashion Tips for Feeling and Looking Your Best

11:05 AM

Menopause Brain is Real! Solutions to Boost Concentration, Memory & Focus

11:25 AM

Revitalize Your Look! Quick Visual Fixes to Ease the Signs of Aging

11:45 AM

Ageless Vitality: The Synergy Between Movement and Nutrition

SPONSORS





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Schedule

12:15 PM

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

1:00 PM

Bone Loss: The Menopause Connection

1:20 PM

Embarrassing Leaks and Painful Sex! Say Goodbye to Incontinence and Dry Vaginas

1:40 PM

Master the Art of Sleep: Life-Changing Ways to Feel and Live Better

2:00 PM

EXHIBITOR BREAK

2:20 PM

Sex and Aging: A Candid Conversation

2:40 PM

MenoColor: What BIPOC Women Need to Know about Menopause

3:00 PM

Gut Check: End Bloating and Belly Fat with These Simple Steps

3:20 PM

WisePause Lifestyle Showcase

3:30 PM

Transitions

3:40 PM

Closing and Giveaway
(Products from the Live Show Presenters)

3:45 PM

Sound Bath (15 minutes)

4:00 PM – 6:00 PM

AfterParty Wine & Tapas
Exhibitors & Best Self Wellness Experience

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