

AGENDA

FRIDAY, SEPTEMBER 26

7:30am - 9:00am	Arrival Registration Continental Breakfast
9:00am - 9:15am	Melissa Grelo: Welcome
9:15am - 10:15am	Dr. Sheila Wijayasinghe: Menopause 101
10:15am - 10:30am	Break & Networking
10:30am - 11:30am	Dr. Alexandra Papaioannou: Bone Health & Menopause
11:30am - 12:30pm	Dr. Sonia Anand: Cardiovascular & Menopause
12:30pm - 1:30pm	Lunch Buffet
1:30pm - 2:30pm	Dr. Menaka Pai: Anemia
2:30pm - 3:30pm	Dr. Russell De Souza: Nutrition & Menopause
3:30pm - 3:45pm	Break & Networking
3:45pm - 5:00pm	Final Insights with our Presenters
5:00pm	Dr. Susan Tighe: Closing Remarks

EVENING

5:00pm - 6:00pm	Free time Enjoy property amenities
6:00pm - 7:00pm	Farm-to-Table Dinner
7:00pm - 9:00pm	Fire Dance Cacao Ceremony

SATURDAY, SEPTEMBER 27

7:30am - 8:30am	Forest Bathing Mindful Walk (self-guided) Yoga (optional)
8:00am - 9:00am	Breakfast Buffet
9:15am - 11:30am	Dr. Smita Halder & Jill Hillhouse: Gut Health & Cooking Demo
11:30am - 12:30pm	Mindful Movement with Synchronized Breathing
12:30pm - 1:30pm	Lunch Buffet
1:30pm - 4:30pm	Curated Series of Interactive Activities
4:30pm - 5:00pm	Wrap-up End of Retreat



CURATED ACTIVITIES

(Pre-registration Required)

- Hot & Cold Water Therapy Circuit
- Crystal Bowl Sound Rejuvenation
- Understand your Genetic Blueprint & Nutrigenomics (Optional Breakout Session)



INTERACTIVE WELLNESS DEMOS

- Rejuvenation Technologies | HRV Biometric Analysis (BrainTap & Vibroacoustic Sound Lounge)
- Urospot Chair Experience for Pelvic Physiotherapy Support
- Measure Body Fat and Waist Circumference
- 6 Minute Fast Walk Cardio Assessment
- Pure Radiance Esthetic Demonstration
- Breast Screen Thermography Demonstration