

Kingbridge Centre



Mary Heersink School
of Global Health &
Social Medicine

WOMEN'S HEALTH SYMPOSIUM

SEPTEMBER 26-27



ADDRESSING WOMEN'S HEALTH TOGETHER

Join us for the first in a series of Women's Health Symposia, hosted by The Kingbridge Centre in collaboration with McMaster University and the Mary Heersink School of Global Health and Social Medicine.

Bringing together leading experts, researchers, and health practitioners, these events explore both conventional medical advancements and holistic wellness approaches to optimize health and well-being.

Designed as a retreat-style experience, the symposium goes beyond information sharing, and equips you with practical tools to seamlessly integrate knowledge into your daily life.

What to Expect

- Expert Insights: Gain access to the latest scientific research and evidence-based solutions.
- Interactive Experiences: Engage in hands-on activities and thought-provoking discussions.
- Practical Takeaways: Learn actionable tools that fit seamlessly into daily life.
- Networking Opportunities: Connect with like-minded individuals and top professionals in the field.

Who Should Attend

This symposium is designed for women who are navigating hormonal transitions, want to enhance overall well-being, and are seeking insights into healthy aging.

Key Topics Covered

- Hormonal Health & Menopause Management
- Cardiovascular Health
- Bone Health & Osteoporosis Prevention
- Integrative & Preventative Modalities

RESERVE YOUR SPOT
**REGISTER
NOW!**



Dr. Susan Tighe
PhD, PEng, FCAE,
FCSCE, FEIC, C.Dir.



Dr. Sonia Anand
MD, PhD, FRCPC



Dr. Menaka Pai
MSc, MD, FRCPC



**Dr. Alexandra
Papaïannou**
BScN, MD, MSc,
FRCP(C), FACP, FCGS



Dr. Smita Halder
MBChB, MRCP, MRes, PhD



Dr. Alison Shea
MD, PhD, FRCSC, MSCP



Dr. Russell De Souza
ScD, RD

A RETREAT-STYLE SYMPOSIUM

FRIDAY | Lectures and Panel
SATURDAY | Apply Your Learning

The second day focuses on turning insights into action through a curated series of interactive experiences that explore:

- Bone Density Enhancing Work-out Session
- Hydrotherapy Circuit
- Mindful Movement and Synchronized Breathing
- Cooking Demonstration
- Sound Bowl Healing
- Personal Screening and Demo

WHY STAY OVERNIGHT?

This symposium is designed to offer a unique opportunity to apply your learning in a beautiful setting, engaging with fellow attendees and experts while seamlessly bridging knowledge and practice.

SYMPOSIUM | \$350

September 26, 2025 | 8:00am-5:30pm

2-DAY SYMPOSIUM & RETREAT | \$699

September 26-27, 2025 (All prices are subject to 13% HST)

A portion of ticket sales and event revenue will go toward Student Bursaries at McMaster School of Global Health.

AGENDA

FRIDAY, SEPTEMBER 26

7:30am - 9:00am	Arrival Registration Continental Breakfast
9:00am - 9:15am	Welcome
9:15am - 10:15am	Dr. Alison Shea: 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

FRIDAY 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: Gut Health
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
- Yoga



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