

# THE MIDLIFE POWER SHIFT

FRIDAY & SATURDAY, MAY 1-2, 2026

## FRIDAY, MAY 1

8:30am	-	9:30am	Arrival   Registration   Continental Breakfast
9:30am	-	9:45am	Welcome
9:45am	-	10:45am	Keynote
10:45am	-	11:00am	Break
11:00am	-	11:45am	"Menopause 101"   <i>Dr. Alison Shea</i>
11:45am	-	12:30pm	"Taking A Jump, Journey to President"   <i>Dr. Susan Tighe</i>
12:30pm	-	1:30pm	Lunch
1:30pm	-	2:15pm	"Cardiovascular Health & Fitness & Cardio Activity"   <i>Dr. Sonia Anand</i>
2:15pm	-	3:00pm	"Bone Health & Menopause"   <i>Dr. Alexandra Papaianou</i>
3:00pm	-	3:30pm	Rhythmic Breathing & Mindful Movement Activity
3:30pm	-	4:30pm	"Power Dressing In Midlife"   Hanger 9 Formula   <i>Jo-Ann &amp; Lisa Fisher</i>
4:30pm		5:30pm	Make-up for Mature Skin   <i>Carole Nelson Brown</i>

## FRIDAY EVENING

5:30pm	-	6:30pm	Free time   Shopping Marketplace
6:30pm	-	7:30pm	Farm-To-Table Dinner
7:30pm	-	9:00pm	Hot Chocolate & Drinks by the Bonfire

## SATURDAY, MAY 2

7:30am	-	8:15am	Self-Guided Forest Bathing Mindful Walk   Yoga   Pilates
8:15am	-	9:00am	Breakfast
9:15am	-	10:00am	"Keeping Your Iron Up "   <i>Dr. Menaka Pai</i>
10:00am	-	10:45am	"Nutrition During Menopause"   <i>Dr. Russell De Souza</i>
10:45am	-	11:00am	Break
11:00am	-	12:00pm	Cooking Demo   <i>Dr. Russell De Souza &amp; Chef Jason Oszoli</i>
12:00pm	-	1:00pm	Lunch
1:00pm	-	4:00pm	Curated Activities As Below

## SATURDAY AFTERNOON CURATED ACTIVITIES

- Personal Screening Assessments | Blood Pressure, Weight, BMI, Measure Body Fat Waist Circumference, Fast Walk Cardio Assessment
- Strength Conditioning | Resistance Training | Mindful Movement
- Hot & Cold Hydrotherapy Circuit
- Recalibrate Mind & Body | BrainTap & Vibroacoustic Sound Lounge, Crystal Bowl Sound Rejuvenation