

MIDLIFE POWER SHIFT

A Leadership Renewal Experience for Women at Midlife

FRIDAY & SATURDAY, MAY 1-2, 2026 | KINGBRIDGE CENTRE


Kingbridge Centre

McMaster
University



Mary Heersink School
of Global Health &
Social Medicine

AGENDA

FRIDAY, MAY 1

8:30am - 9:30am	Arrival Registration Continental Breakfast
9:30am - 9:45am	Welcome
9:45am - 10:45am	An Intimate Conversation with Jeanne Beker
10:45am - 11:00am	Break
11:00am - 11:45am	"Menopause 101" <i>Dr. Alison Shea</i>
11:45am - 12:30pm	"Taking a Leap, the Journey to Presidency." <i>Dr. Susan Tighe</i>
12:30pm - 1:30pm	Lunch
1:30pm - 2:15pm	"The Power Engine: Heart, Stamina, and Strength for Your Next Chapter" <i>Dr. Sonia Anand</i>
2:15pm - 3:00pm	"Unbreakable: Building the Physical Foundation for Midlife Reinvention" <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 & 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	"Fueling Your Drive: Energy, Iron, and Mental Sharpness in Midlife " <i>Dr. Menaka Pai</i>
10:00am - 10:45am	"Eating for Power: Nutrition That Supports Strength, Focus, and Reinvention" <i>Dr. Russell De Souza</i>
10:45am - 11:00am	Break
11:00am - 12:00pm	Cooking Demo <i>Dr. Russell De Souza & 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