



Schedule at-a-Glance— Saturday, September 21, 2019

8:00–8:45 AM REGISTRATION & CONTINENTAL BREAKFAST

8:45 AM WELCOME

Michaela Pereira, Host

Denise Pines, Founder, WisePause Lifestyle Summit; President, Medical Board of California

8:50 AM MAKE YOURSELF A PRIORITY: THE BEGINNING OF A NEW YOU

Karen Giblin, Founder, Red Hot Mamas

9:05 AM THE IDEAL PERIMENOPAUSE: GETTING THE MIND, BODY AND SPIRIT IN BALANCE

Dr. Pei Vuong, Naturopathic Physician; Founder, O'Hana Natural Health

Dr. Gail Jackson, MD, Obstetrician and Gynecologist specializing in bioidentical hormones

Dr. Shiroko Sokitich, MD, combines bioidentical HRT with remedies of Eastern Medicine

Moderator: **Denise Pines**, President, Medical Board of California

10:05 AM SHAPE SHIFTING: DRESS FOR THE BODY YOU HAVE TODAY

Candace Hanna, Style by Candace

10:20 AM BUILD A BRAIN FIT FOR LIFE: END BRAIN FOG AND MEMORY LAPSE

Dr. Susan Sklar, MD

10:45 AM BREAK

11:00 AM WHAT THE GUT IS GOING ON?!: THE CONDITIONS THAT DISRUPT OUR HORMONES

Julie E, MPH, RD

11:20 AM CAN I STILL HAVE HEART-STOPPING SEX?! REVIVE YOUR SEX DRIVE

Dr. Gail Wyatt, Psychologist, Sex Therapist, and Professor in the Department of Psychiatry and Biobehavioral Sciences at UCLA

Kamali Minter, Certified Tantra instructor, Space for Love

Moderator: **Michaela Pereira**

11:45 AM WHAT WOMEN AREN'T TALKING ABOUT, BUT SHOULD BE! (PUT AN END TO INCONTINENCE AND VAGINAL ATROPHY)

Kathryn Kassai, Physical Therapist and Author

Dr. Gail Jackson, MD, Obstetrician and Gynecologist specializing in bioidentical hormones

Moderator: **Michaela Pereira**

12:20 PM_ MENOPAUSE AND THE WORKPLACE

Deborah Garlick, Director, Henpicked/Menopause in the Workplace

12:30 PM LUNCH & TABLE TALKS

Table Talks Topics

1. How to Talk to Your Loved Ones About What's Happening to You - **Karen Giblin**
2. Tantra: Tap into the *Secrets of Female Pleasure* – **Kamali Minter**
3. Hormones and Brain Health- **Susan Sklar, MD**
4. How Do I get My Sex Drive Back? – **Dr. Gail Wyatt**
5. Curb the Craving for Sugar—**Dr. Susanne Bennett**
6. Tired of Being Tired: End Fatigue and Boost Energy - **Dr. Shiroko Sokitich, MD**
7. Gemstone Therapies for Menopause— **Dr. Eve**
8. Help Me Lose This Belly Fat – **Erich “Coach E: Nall**
9. Loving the Skin Your In – **Susan Carlson**
10. Essential Oils for Perimenopause and Menopause – **Dr. Mariza**
11. The Bathroom Key: Put an End to Incontinence - **Kathryn Kassai & Kim Perelli**
12. How to Partner with Your Doctor for the Best Outcome – **Dr. Gail Jackson**
13. Your Teeth and Menopause – **Bianca Barahona, James Tate D.S.S**
14. Why My Hair Thinning and What Can I Do About It? **Dr. Natalie H. Attenello, M.D.**
15. How Your Diet Impacts Your Symptoms – **Dr. Pei**
16. CBD and Women's Health –**Julie E.**
17. Secret Sauces for Healthy Meals – **Lynette Astaire**
18. Facial Rejuvenation: Botox, Fillers, Peels and More - **Dr. Karyn Grossman**
19. Getting Over Feeling Invisible After 50--**Susan Feldman, Get in the Groove**

1:50 PM I MISS MY WAISTLINE!: REDUCE BELLY FAT WITHOUT DEPRIVING YOUR TASTE BUDS

Dr. Susanne Bennett, Holistic Medicine Practitioner

2:10 PM BOTOX AND FILLERS AND FACE-LIFTS, OH, MY!: QUICK-FIXES TO RELIEVE THE SIGNS OF AGING

Dr. Karyn Grossman, Cosmetic Dermatologist

Susan Carlson, Microcurrent Specialist

Dr. Karina Hirani, Hirani Wellness Center

Moderator: **Michaela Pereira**

3:10 PM MOVE IT!: SMALL STEPS FOR BIG FITNESS RESULTS AT ANY AGE

Coach Erich Nall, Founder of Ultimate Transformations

3:30 PM IS REVERSAL REALLY POSSIBLE? HITTING PAUSE ON MENOPAUSE

Dr. Sam Najmabadi, MD, OB/GYN

Dr. Raquel Hammonds, ND

3:55 PM CLOSING

Denise Pines, President, Medical Board of California

4:00 PM to 6:00 PM BEST SELF EXPERIENTIAL STATIONS

4:30 PM YOGA (FOYER)