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 Sokitch, 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 Sokitch, 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
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)