

Featured Presenters




Carmen Okhmatovski

Round Table discussion with Safe Harbour Panel of professionals

Saturday, February 17 2:00 pm
Sunday, February 18 1:00 pm






Lucy Sloan

Storytime with Lil' Steps Wellness



Saturday, February 17 1:00 pm
Sunday, February 18 12:00 pm

Dr. Maria Cheung

Mindfulness Practice of Falun Gong



Saturday, February 17 11:30 am
Sunday, February 18 11:00 am

Kristen Schiener, R,H.N

From Restless to Restful:
How magnesium can help minimize stress and maximize sleep

Saturday, February 17 3:30 pm
Sunday, February 18 2:30 pm

Natalie Reimer Anderson

Discussing the values of Intermittent Fasting

Sunday, February 18 3:30 pm

