

# Talk Schedule

9:00-10:00

**Keynote Talk with Christina Marlett:** The Top 3 Mistakes Intelligent Women Make with Self-Care

11:00-12:00

**Mainstage:** Sam Bell **Breakout 1:** Heather Driedger **Breakout 2:** Dr. Joanny Liu

1:00-2:00

**Mainstage:** Lynn Profitt **Breakout 1:** Ramona Remesat **Breakout 2:** Lorna Selig

2:15-3:15

**Mainstage:** Irene Bryant **Breakout 1:** Michelle Carre **Breakout 2:** Michael Finch

3:30-4:30

**Mainstage:** Candace McKim **Breakout 1:** Patricia Yake **Breakout 2:** Charmaine Ironside