



POD CHAT DESCRIPTIONS & SCHEDULE

POD CHAT AREA A:

10:30 AM	"Soak it! 60 Second Facial"
11:00 AM	Hal Johnson & Joanne McLeod on Mainstage
12:00 NOON	"Beating Stress" by Krystal Roth, Yoga Therapist, Deep Physio
12:30 PM	"Food Sensitivities – what is a food sensitivity and how do you know if you have one?" by Dr. Ayla Andrus, ND, Oak Naturopathic Clinic
1:00 PM	Hal Johnson & Joanne McLeod on Mainstage
2:00 PM	"An Introduction to Mindfulness" by Alaine Sullivan, One Fitness & Yoga
2:30 PM	"What the heck IS Pilates anyway?" by Jordana Moxon, Deep Physio
3:00 PM	Skin Medica presents 'Aging'

POD CHAT AREA B:

10:30 AM	84 Logic Presents "The Tenkai Fitness Ball"
11:00 AM	Hal Johnson & Joanne McLeod on Mainstage
12:00 NOON	"An Introduction to Hormones/Bioidentical Hormone Replacement Therapy (BHRT)" by Dr. Kimberly Osterio BSc, ND of Kontinuum Naturopathic Medicine Inc.
12:30 PM	"Pain Management Acupuncture", by the House of Healing
1:00 PM	Hal Johnson & Joanne McLeod on Mainstage
2:00 PM	"Gut Health & the Candida Connection" by Rebecca McCord - Plexus
2:30 PM	"Live better, look better, feel better – a wholistic approach to aging!" by Teresa German, Nerium International
3:00 PM	"Less really does mean MORE! An introduction to minimalism" by Alaine Sullivan, One Fitness & Yoga