



TORONTO & LIVESTREAM CONFERENCE SCHEDULE SATURDAY, MAY 6th, 2023

8:00 am – 9:00 am	Registration, Networking & Exhibitor Trade Show Opens
9:00 am – 9:15 am	Opening Remarks: Andrea Donsky, R.H.N., Master of Ceremonies
9:15 am – 10:15 am	SPEAKER: Jessica Ward-King, PhD Mental Health and Mental Illness: Why it Matters in Modern Practice
10:15 am – 10:30 am	Break, Networking & Exhibitor Trade Show
10:30 am – 11:30 am	SPEAKER: Dr. Kimberly Ramberan, ND The Glymphatic System: A Road Map to Cognitive Resilience
11:30 am – 11:35am	Andrea Donsky, R.H.N., MC Welcomes Calgary
11:35 pm – 12:50 pm	SPEAKER: Leslie Korn, PhD, MPH, LMHC, FNTF Nutritional Therapies for Post Traumatic Stress and its Physical Sequelae
12:50 pm – 2:15 pm	Lunch, Networking & Trade Show
2:15 pm – 2:30 pm	7th Annual Holistic Nutrition Awards Ceremony
2:30 pm – 3:30 pm	SPEAKER: Dr. Jacqueline Cooper, ND First Line Defense Strategies for Anxiety, Depression & Other Mental Health Concerns
3:35 pm – 4:35 pm	SPEAKER: Cindy Spratt, R.H.N. Holistic Strategies for Working with Dysfunctional Eating
4:35 pm – 4:45 pm	Break, Networking & Trade Show
4:45 pm – 5:45 pm	SPEAKER: Ellen Vora, MD The Anatomy of Anxiety
	Closing Remarks

**Note: This schedule is subject to change*