

# Schedule

Women's Wellness Summit 2024



## Opening

**8:30 AM**

Check-in and Expo opens / Grand Ballroom

**9:30 AM**

Welcome and Keynotes / Grand Ballroom

## Morning

**10:30 AM**

Breakout sessions begin

**11:30 AM**

Breakout sessions

## Break

**12:30 PM**

Lunch and Expo / Grand Ballroom

## Afternoon

**1:30 PM**

Breakout sessions

**2:30 PM**

Breakout sessions

**3:30 PM**

Breakout sessions

## Closing

**4:30 PM**

Closing and Keynotes

**5:15 PM**

Expo and wrap-up / Grand Ballroom

# Breakout sessions

Women's Wellness Summit 2024

Map: <https://www.uvu.edu/maps/map.html?id=382> | Mothers room in: SC 208



	Theater	SC 206 A	SC 206 B	SC 206 C	SC 206 G/H	SC 213 A	SC 213 B	SL 312 Dance room	SL 118 A Demo kitchen
<b>10:30 AM</b>	<b>Lisa Valentine Clark</b> The Council of Moms	<b>Jess Palu</b> Mending Loss through Art Therapy	<b>Sarah Carpenter</b> How to Network When You Don't Like Networking	<b>Clarissa Thomas (Hand &amp; Stone)</b> Build it Beautiful: You are the Architect	<b>Jeneanne</b> Women's Health: Breast Self-Exams	<b>Becca Post</b> Pocket Rituals	<b>Cimony Carter</b> Finding Financial Freedom	<b>Jhill Seraphina</b> Sound Healing for Self-Care	<b>Shelly Jo</b> Conquer Brain Struggles and Addictions
<b>11:30 AM</b>	<b>Jacqueline Smith</b> Mental Health: From Victim to Victor	<b>Common Spirit</b> Confidence to Save a Life	<b>Ana Lee Hjelm</b> The Sign You're Out of Alignment & What You Can Do to Change That	<b>Amy Asay</b> Intentional Breathwork for Your Mind, Body, and Soul	<b>Ruthann Cunningham, Katie Millar Wirig</b> Micro-Habits for Maximizing Leadership and Wellness	<b>Betsy Kanarowski, (Saprea)</b> Cultivating Self-Compassion	<b>Kahiki Hansen (HarmonizeHer)</b> Restoring Your Relationship With Food & Hormone Harmony	<b>Jhill Seraphina</b> Sound Healing for Self-Care	<b>Elizabeth</b> Bath Bombs
<b>1:30 PM</b>	<b>Aubrey Grossen</b> Finding Beauty in the Storm	<b>Common Spirit</b> Stop the bleed	<b>Kohl McCabe</b> Self-Defense for Everyday Safety (Beginner Friendly)	<b>My Elysium</b> Peace of Mind Through Estate Planning	<b>Rachel Lund</b> Body Acceptance In An Image Driven World	<b>Aubrey-Dawn Palmer</b> Helping Teens Navigate Relationships	<b>Crystal Williams</b> Mind-Body Reconciliation	<b>Marta DeBerard</b> Nourishing & Tuning Your Health with Light	<b>MixHers</b>
<b>2:30 PM</b>	<b>Rachael Curfew</b> Anxiously Engaged.... or Just Anxious?	<b>Cindy Toone</b> Evidence Based Holistic Solutions for Pain, Fatigue and Mental Distress	<b>Paige Kelly</b> A Place to Call Home	<b>Stacy Goulding</b> Practical Strategies for Managing Overwhelm	<b>Robbyn</b> Tech Skills You Need to Know to Prepare for the Jobs of the Future	<b>Kayla Jessop</b> A Compassionate Approach to Food and Body	<b>Jess Bjorling</b> Filling Your Cup: Redefining Self-Care	<b>Tayler Brown</b> Womb Awareness Yoga	<b>MixHers</b>
<b>3:30 PM</b>	<b>Molly (The Sweat House)</b> Contrast Therapy and the Benefits	<b>Korina Flint</b> Breathwork and Buteyko Breathing	<b>Janine Wittwer</b> The Art of Setting Boundaries	<b>BreeAnn Allred</b> Nurturing Your Pelvic Health	<b>Bank Girls</b> Why You Hate the Clothes in Your Closet & How to Stop Feeling that Way	<b>Natasha Fett</b> Making Sense of Menopause (and perimenopause)	<b>Michelle Diehl, Sally Epperson</b> The Power of Hormones	<b>Taylor Hoyt</b> Holistic Approaches to Postpartum Wellness	

### Lisa Valentine Clark: The Council of Moms

*The Lisa Show: Lisa Valentine Clark*

Host Lisa Valentine Clark (@thelishow) hosts a live episode of her podcast "Council of Moms." We all know that motherhood can be all the things: great, overwhelming, joyful, and stressful. When you have a question about mothering, sure, you might read an article or book, or google something, but when you really need to know what to do, you ask your trusted group of Mom friends. Join Lisa and her Council of Moms as they talk about the hard, ridiculous, and ever-changing questions surrounding what it's like to be the mom. After all, we're all making this up as we go, and we're all in this together. Council of Moms: Make with Real Moms. [byuradio.org/the-lisa-show](http://byuradio.org/the-lisa-show)

### Mending Loss through Art Therapy

*Prickly Paintbrush: Jessica Palu*

Infant loss can feel lonely and hard to describe or even put into words at all. I never knew how I was going to react to miscarriage until I found myself losing four babies in a year. Hearing that I had miscarried caused me to feel a lot of things, but one of the strongest was the feeling to share my story and experiences through talking and painting. I found that as I did, there were so many friends and family members that had experienced loss but didn't know how to talk about it or if they even wanted to and found comfort in the way I shared my story and connection to my art. Please come join me in a space of creation and healing, as I share my story in a way that allows others to feel and heal without needing to say anything. I pair painting and sharing into one to help mothers find some release and rest for one of the hardest experiences we face and have to endure but often don't talk about.

[pricklypaintbrush.com](http://pricklypaintbrush.com)

### How to Network When You Don't Like Networking

*Community Spark: Sarah Berry (Carpenter)*

We will explore the importance of community, the barriers that hold us back and creative ways we can work WITH our unique personalities to find people who enrich both our professional and personal lives. [spark.community](http://spark.community)

### Build it Beautiful: You are the Architect

*Hand and Stone Massage and Facial Spa: Clarissa Thomas*

Build it Beautiful flips the script on life's challenges. Learn how to architect hardships, setbacks, & growth moments into building blocks for an amazing life. Leave having tools of connection, confidence, & clarity to create lasting impact for you & those around you; no matter where you are now.

[handandstonepleasantgrove.com](http://handandstonepleasantgrove.com)

### Women's Health: Breast Self Exams

*A Bolder Way Forward / Know Your Lemons : Jeneanne Ka-makana-Iani Len Tai Lock*

Aloha, Breasties! In this Know Your Lemons session, you will learn all about taking care of your breasts. You'll learn about how to do a monthly breast self exam and the 12 potential indicators of breast cancer. Knowing your breasts, doing monthly breast self exams, having annual breast exams, getting a baseline mammogram and continuing to get regularly scheduled mammograms will contribute to your breast health. Knowing the 12 potential signs of breast cancer will help you know when it may be time to schedule an appointment with your healthcare provider. Join me in this informative women's health workshop. [abolderwayforward.org](http://abolderwayforward.org), [knowyourlemons.org](http://knowyourlemons.org)

### Pocket Rituals

*Forward Healing Therapy + After: Becca Post*

In this workshop, you'll BYO toolbox of skills and coping mechanisms for #life. This workshop can be especially powerful if you're experiencing turbulence or transition, but is also a good opportunity to return to or reconnect with some of your favorite self-regulation tools. This isn't designed to make you feel bad about all the things you don't do but feel you should be doing. Instead, it will encourage you to build a tool box of options rather than one single fix. You'll walk away with the ability to compartmentalize in a healthy way; and a readiness to relinquish the need to have things go a certain way, because you can handle anything that comes up. [forwardhealing.co](http://forwardhealing.co)

### Finding Financial Freedom

*Cimony Carter - Financial Consultant*

In an age of technology and information, the demands and perceived expectation for women to be able to "Do it all" and "Have it all" have only increased. Adding motherhood to that mix increases those demands even further. So where in this mix of demands do you find the time and energy to plan for and secure your future financial freedom? Come join me as we explore different financial tools and strategies that can take you from where you are now to the freedom you always dreamed of. [instagram.com/legacyadvisors](https://www.instagram.com/legacyadvisors)

### Sound Healing for Self-Care

*Vibes of Light: Jhill Seraphina*

Come learn why our bodies are so receptive to sound healing and why it is a low hanging fruit when it comes to mental health. You will learn self-care techniques and get to personally experience the healing vibrations in a mini sound bath. [VibesofLightHealing.com](http://VibesofLightHealing.com)

### Conquer Brain Struggles and Addictions

*Shelly Jo Hypno Aminos, LLC: Shelly Jo Wahlstrom*

It's Simple - When you get to the root, your problems resolve. When you don't, your problems persist. When you learn what your brain, body, and emotions need, you have the keys to change your life. The more you search, the more confusing it can become. This class breaks down the basics of using amino acids, nutrition, and hypnotherapy to produce huge results - and Take Back Your Life. [hypnoaminos.com](http://hypnoaminos.com)

### Mental Health: From Victim to Victor

*Go Energy Foods, Inc. (E3 Energy Cubes): Jacqueline Smith*

Do you have drama over small things in your home, work, or family relationships? Do small things become big quickly? Do you or someone you love find yourself feeling or acting like a victim? Do you want to take control of your situation, and change the dynamic in your home with easy-to-understand and easy-to-implement tips for changing the drama to freedom? Join us to unlock the Drama Triangle, and flip it. Understand how your food could be affecting your mental health. Understand what gene mutations could be affecting your family. Let go of trauma, and heal. Go from Victim to Victor in just a few easy steps. [e3energycubes.com](https://e3energycubes.com)

### Building Confidence to Save a Life in an Emergency

*CommonSpirit Hospital*

Join us as RNs from the CommonSpirit Hospitals provide valuable training on what should be done in an emergency. Whether it's an adult or child, we'll provide you with tips on how to react, so you'll have the confidence to act when faced with a life-threatening situation. Adult: Heart, Stroke & Trauma: CPR, Stroke, Chest Pain, Stop the Bleed, Choking, Trauma/Emergency. [mountain.commonspirit.org](https://mountain.commonspirit.org)

### The Sign You're Out of Alignment & What You Can Do to Change That

*Bold Empowerment, LLC: Ana Lee Hjelm*

Learn how to use your emotions as data and get tips and techniques to help you shift from being out of alignment in your personal and professional life or feeling frustrated, to elevating your energy and natural superpowers to experience more fulfillment and success personally and professionally. [instagram.com/boldempowerment](https://instagram.com/boldempowerment)

### Breathe Through The Overwhelm: Intentional Breathwork For Your Mind, Body, and Soul

*The Intentional Crescent LLC: Amy Asay*

Feel the power of your own breath! This session is designed to guide you through powerful breathwork techniques that harmonize your mind, body, and soul. By intentionally adding these practices to your life, you'll learn to manage and reduce overwhelm and stress, enhance mental clarity, and strengthen your emotional resilience. Come breathe with me!

### Mastering Your Day: Micro-Habits for Maximizing Leadership and Wellness

*Associate Dean, Woodbury School of Business, UVU: Ruthann Cunningham, DHSc, MS and Katie Millar Wirig, MA*

Discover the power of small, daily actions in this interactive workshop. Learn how micro-habits can significantly enhance your leadership impact, presentation skills, and personal well-being. By implementing these consistent practices, you'll create ripple effects of positive change throughout your professional and personal life.

### Cultivating Self-Compassion

*Saprea: Betsy Kanarowski, PhD, LCSW, Chief Clinical Officer*

Many women feel pressured to achieve unattainable perfection and struggle with negative self-talk and judgment. What if we approached shortcomings with self-compassion and gave ourselves the same kindness and support we would give a friend? This session will explore ways to cultivate self-compassion to support self-care and overall well-being. [saprea.org](https://saprea.org)

### Harmonize Her: Restoring Your Relationship With Food & Hormone Harmony

*Eat Clean Be Whole, LLC: Kahiki Hansen*

Nourish to flourish by transforming your relationship with food, yourself, and your health! Topics that will be covered are restoring your food relationship, hormone-balancing foods, mind-body alignment, cycle-syncing nutrition, and nutrition for perimenopause and menopause. Leave feeling empowered to nourish your body and thrive! [eatcleanbewhole.com/](https://eatcleanbewhole.com/)

### Sound Healing for Self-Care (Repeat)

*Vibes of Light: Jhill Seraphina*

Come learn why our bodies are so receptive to sound healing and why it is a low hanging fruit when it comes to mental health. You will learn self-care techniques and get to personally experience the healing vibrations in a mini sound bath. [VibesofLightHealing.com](https://VibesofLightHealing.com)

### Making Bath Bombs

*Bare Spring Bubbles, LLC: Elizabeth Billings*

In this breakout session, we will learn the art of making bath bombs. [barespringbubbles.com](https://barespringbubbles.com)



## **Finding Beauty in the Storm**

*Aubrey Grossen*

More details coming soon.

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## **Stop the Bleed**

*CommonSpirit Hospital*

Join us as RNs from the CommonSpirit Hospitals provide valuable training on what should be done in an emergency. Whether it's an adult or child, we'll provide you with tips on how to react, so you'll have the confidence to act when faced with a life-threatening situation. Women & Kids: Child cpr, Choking, Stop the bleed, Concussions, Falls, Injuries and what to do when your child is hurt playing sports or just being a typical kid [mountain.commonspirit.org](https://mountain.commonspirit.org)

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## **Stand Strong: Self-Defense for Everyday Safety (Beginner Friendly)**

*Yarrow: Kohl McCabe*

Learn basic self-defense techniques to boost confidence and personal safety. This beginner-friendly class teaches practical moves and strategies for real-life situations.

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## **Peace of Mind Through Estate Planning: Securing Your Family's Future**

*Elysium Legal: Callie Stillman*

Join us for an informative session with an experienced estate planning professional from Elysium Legal. This educational class will delve into the critical importance of estate planning and how it plays a key role in safeguarding your family's financial future. We'll explore the reasons why a well-crafted estate plan matters and how it can provide peace of mind for you and your loved ones. This session is designed to empower you with the knowledge you need to understand the value of estate planning, ensuring that your family is protected, no matter what the future holds. [ut.myelysium.com](https://ut.myelysium.com)

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## **Body Acceptance In An Image Driven World**

*Rachel Lund*

Your body doesn't define you. No matter your size, shape, color, or ability, you deserve to take up space in this world. In this presentation, I will focus on size, sizeism, fat-phobia, and body acceptance. We will discuss the myths, lies, and realities of health, obesity, and the natural shapes of our community.

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## **Tough Talks: Helping Teens Navigate Relationships**

*PeakU: Aubrey-Dawn Palmer*

In this breakout session, we'll explore effective strategies for engaging in meaningful discussions with your teens about relationships, including intimacy and consent. We'll cover how to create an environment where teens will be more likely and willing to share and address common concerns. We will also provide information on an important context for navigating these tough topics: adolescent development. Whether you're in the thick of parenting teens, or preparing for it, you'll gain practical tools to help your teen navigate dating, values, boundaries, and consent. [peaku.org](https://peaku.org)

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## **Mind-Body Reconciliation**

*In Every Condition Coaching: Crystal Williams*

Have you ever felt disconnected from yourself? This Mind-Body Reconciliation is designed to help you understand the disconnected nature of modern life and start reconnecting with the physical and emotional parts of yourself. You can look forward to a somatic exercise to calm your body followed by a guided mind-body listening practice. [ineverycondition.com](https://ineverycondition.com)

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## **Nourishing & Tuning Your Health with Light**

*Shine With Light LLC: Marta DeBerard*

Learn how light therapy is life therapy for the body, mind, and spirit. Understand the science and intuitive wisdom behind light and color and how they guide your energy metabolism, cell regeneration, healing, and life capacity. [shinewithlight.lumiceuticals.com](https://shinewithlight.lumiceuticals.com)

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## **TBD**

*MixHers*

More information is coming soon! [mixhers.com](https://mixhers.com)

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### Anxiously Engaged.... or Just Anxious?

*Rachael Curfew Private Coaching: Rachael Curfew*

Is anxiety keeping you from living your BEST LIFE, or what Rachael calls, "your Anxiously Engaged life?" If so, it's time to step out of the shadows and look at anxiety in a different way. In this breakout session, you will discover more about your unique anxiety signature pattern, why you are supposed to have anxiety, how to use it to empower you instead of keep you stuck, along with strategies that you can not only start to use immediately, but you will actually get to see and feel the results in today's session. You might even start to consider how "Anxiety is (Actually) a Gift?" [RachaelCurfew.com](https://RachaelCurfew.com)

### Evidence Based Holistic Solutions for Pain, Fatigue and Mental Distress

*Reenew Wellness Center: Cindy Toone*

Using our thermography machine and pictures taken in our center we will show before and after use of holistic frequency based modalities: reduction in: inflammation in the body ; also blood work samples will show free flowing blood that is carrying out toxins from the body. We will teach the class members about frequency based modalities and how they can help the body, mind and soul to heal with testimonials written and recorded. We will teach somatic movement to aid the body to be in the parasympathetic state, where healing begins. We will teach the value of lymph flow and how exercise impacts the lymph, we will teach about affirmations for mindset. If there's room we would love to demo our modalities during the break out session with class members using them as we teach about the value of each subject. For Somatic movement we will have them move and have them create a simple affirmation they can implement in their lives. [Reenewenergy.com](https://Reenewenergy.com)

### A Place to Call Home

*Rosebud Hill: Paige Kelly*

Our homes are the biographies of our lives. "I have a dear friend whose home is somewhere I love to be. The family does not have a lot of money. They live in a humble home in a humble neighborhood. Nothing is fancy there. Most, if not all, of the furniture are hand-me-downs. But it is clean and it is organized. The feeling of home, of love and inspiration are powerful and it feels wonderful to be there." You have within you the power to create a home that is safe, purposeful, and beautiful—a place to call home. Rosebud Hill warmly welcomes you to join us for education and inspiration centered on home and hearth as we share simple ways to create your home—a place you will love to be. [instagram.com/rosebudhill](https://instagram.com/rosebudhill)

### Calm the Storm: Practical Strategies for Managing Overwhelm

*Stacylyn Coaching: Stacy Goulding*

This breakout session helps participants identify and manage feelings of overwhelm from various life pressures. Through interactive discussions and practical coping exercises, you'll gain easy & effective tools to regain control and maintain balance during stressful times. You'll leave feeling calmer and capable for your life's storms. [stacylyncoaching.com](https://stacylyncoaching.com)

### Stay Ahead of the Game: Tech Skills You Need to Know to Prepare for the Jobs of the Future

*Tech-Moms: Robbyn Scribner*

Economic and career wellness is essential for women's overall health, but many women, including returners and career transitioners, feel overwhelmed at the prospect of staying up to date with technology tools that are always changing. Come join us for an informative workshop discussing how every company is a tech company in 2024, and how we can stay on top of some core tech tools in order to be prepared to be successful in today's workforce. [Tech-moms.org](https://Tech-moms.org)

### Ditching Diet Culture: A Compassionate Approach to Food and Body

*Kayla Jessop Nutrition Company: Kayla Jessop*

In a world overflowing with conflicting messages about health and nutrition, it's easy to feel overwhelmed and unsure about how to approach food and your body. Should you follow the latest diet trend, or count every calorie? How do you reconcile the pressure to be thin with the reality of your body's needs? Join us for a transformative breakout session designed exclusively for women, where we will cut through the noise and empower you to embrace a more balanced, compassionate approach to eating and health. Our team of expert dietitians will guide you through the principles of intuitive eating and the Health at Every Size (HAES) movement, providing clarity and practical tools for your wellness journey. In this session, we'll explore key topics including: Taking Morality Out of Food: Break free from the harmful habit of labeling foods as "good" or "bad." We'll teach you how to view all foods neutrally and nourish your body with confidence, without guilt or shame. Transforming Our Language Around Food and Bodies: Discover the profound impact of the words we use to describe food and our bodies. You'll learn how to shift your language to promote body positivity and inclusivity, fostering a healthier relationship with yourself. The Power of Consistent Eating: Understand how regular meals and snacks can help you better tune into your body's natural hunger and fullness cues, leading to a more intuitive and satisfying eating experience. By the end of this session, you'll leave with actionable strategies to navigate the confusing world of health and nutrition with confidence, embracing a more intuitive, compassionate, and inclusive approach to food and body image. [kaylajessopnutrition.com](https://kaylajessopnutrition.com)

### Filling Your Cup: Redefining Self-Care

*Jess For Moms: Jess Bjorling*

In today's world, self-care is often reduced to superficial activities like manicures and spa days. But true self-care goes much deeper. In this transformative session, we'll dive into what it means to fill your cup and redefine self-care in a way that supports your well-being and helps you thrive. Drawing from personal experiences and a practical framework, you'll learn how to prioritize your needs without guilt and create a self-care routine that genuinely sustains you. Walk away with actionable insights to live a balanced, fulfilling life while giving your best to those you love. [jessformoms.com](https://jessformoms.com)

### Womb Awareness Yoga

*Discover U: Tayler Brown*

In womb awareness yoga, we will connect with our sacral chakra (our womb space) through a gentle meditation and yoga flow. The yoga flow will focus a lot on opening your hips and incorporating your breath to help realize, respect, and release what is held in this space. Attendees need to bring their own yoga mats.

### TBD

*MixHers*

More information is coming soon! [mixhers.com](https://mixhers.com)

### Contrast Therapy and the Benefits

*SweatHouz: Molly Anjewierden*

Sweathouz is a contrast therapy studio specializing in deliberate exposure to heat and cold, which is scientifically proven to enhance physical and mental health, boost moods and metabolism, and reduce mortality rate. [sweathouz.com](https://sweathouz.com)

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### Breathwork and Buteyko Breathing

*Better Breathing for Health: Korina Flint*

Our breath is vital and life-sustaining, but have you ever thought about how you could leverage your breath to improve your health? Buteyko Breathing is a type of breathwork used not only to increase calm and mindfulness, but also to improve symptoms of chronic disease, like shortness of breath, headaches, high blood-pressure, snoring/sleep apnea, chronic fatigue, and more. We'll briefly discuss the importance of the breath and the science behind the Buteyko method and why it can improve a wide variety of different symptoms, just through regular, daily breathing exercises. We'll then learn a simple technique to test your breathing and do a short breathwork. [betterbreathing4health.com](https://betterbreathing4health.com)

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### Prioritize What Matters: The Art of Setting Boundaries

*Inner Harmony Coaching: Janine Wittwer*

Have you ever paused to reflect on what truly matters to you? Or do you, like many women, find yourself constantly reacting to demands and requests that may not align with your values? Many women were raised to be people pleasers, often conditioned to believe that setting boundaries—or simply saying no—is selfish. However, boundaries are essential for maintaining healthy, respectful relationships and safeguarding our well-being. Without them, we risk feeling resentful, unseen, and overextended. Clear boundaries can prevent misunderstandings and conflicts before they arise. Establishing boundaries can be broken down into these key steps: \*Identify what is truly important to you. \*Determine the boundaries needed to protect those priorities. \*Communicate your boundaries clearly. \*Consistently enforce your boundaries. In this breakout session, we will walk through these steps together and practice them in small groups. The goal is for each participant to leave with a clear plan to set at least one meaningful boundary moving forward. [innerharmonycoaching.com](https://innerharmonycoaching.com)

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### Strong Foundations: Nurturing Your Pelvic Health

*Luna Physio: BreeAnn Allred*

At "Strong Foundations: Nurturing Your Pelvic Health," women will gain essential insights into understanding and caring for their pelvic floor. The presentation will cover: Anatomy and Function: Learn about the anatomy and function of the pelvic floor muscles and their role in supporting core strength, bladder control, and sexual function. Common Issues: Explore common pelvic floor issues such as urinary incontinence, pelvic organ prolapse, and pelvic pain, and understand the factors that contribute to these conditions. Preventive Strategies: Discover preventive strategies and lifestyle modifications that promote pelvic floor health, including exercises, posture awareness, and dietary considerations. Pelvic Floor Exercises: Learn effective pelvic floor exercises and techniques to strengthen and support the pelvic floor muscles, enhancing overall well-being and quality of life. By attending this presentation, women will leave feeling empowered with practical knowledge and strategies to prioritize and nurture their pelvic health for a vibrant and fulfilling life. [www.lunaphysio.com](https://www.lunaphysio.com)

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### Why You Hate the Clothes in Your Closet and How to Stop Feeling that Way

*The Banks Girls: Alyssa Banks and McKenna Banks*

What if the feeling you got from buying an Anthropologie dress could be duplicated? Every day. There's a reason we all hate our clothes. (And it's avoidable.) We'll talk some of our favorite hacks to love the clothes in your closet – and the best ways to shop your favorite pieces. See you soon, cutie. [banksgirls.com](https://banksgirls.com)

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### Making Sense of Menopause (and Perimenopause)

*Engage Physical Therapy & Wellness: Natasha Fett*

If you reached a certain age and wondered, "What is happening to my body??" this is for you! Dr. Natasha Fett, PT gives tangible advice on exercise, nutrition, stress, and pelvic floor health for longevity and thriving in your 40's and beyond. You are not broken! You simply need different things! [engageptutah.com](https://engageptutah.com)

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### The Power of Hormones

*Vibrant Life: Michelle Diehl and Sally Epperson*

Come learn about the power of hormones through the lifespan. Understand how bioidentical and synthetic hormones differ. Recognize the symptoms of hormone imbalance, how hormones help reduce risk for chronic disease, improve health outcomes and maximize quality of life. [myvibrantlife.co](https://myvibrantlife.co)

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### Holistic Approaches to Postpartum Mental Health and Wellness

*The Perinatal OT: Taylor Hoyt*

Addressing postpartum depression, anxiety, and the emotional challenges that often accompany new motherhood. Discuss the role of creating realistic, sustainable self-care practices that fit into women's busy lives, with a focus on mental health, physical recovery, and well-being. [theperinatalot.com](https://theperinatalot.com)

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