

WOMEN, HEALTH, INNOVATION

The Future of Healthcare for Women: A Global Perspective

2025 Final Agenda

Opening Session

- **Opening Remarks & Welcome**
Emcee: Jocelyn Laidlaw
 - **Land Acknowledgement & Opening Remarks**
City of Burlington: Anita Cassidy
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Session 1: Emotional & Mental Health

Topic: *Weight of the World on Women*

(Under-researched, under-diagnosed & overlooked — global perspectives)

- **Speaker:** Mandy Grewal (WYLO)
- **Moderator:** Dina Sergi (WellHealth)

Showcase: Trusti – Selina Ahmad

Session 2: Financial Health

Topic: *Planning Ahead: Tools & Strategies for Canadian Women*

- **Speaker:** Micha Choi (Guardian Capital)
- **Moderator:** Baljit Sidhu (WHI Chair)

Breathwork Break (15 mins)

Showcase: ASK Ellyn

Lunch Break

Showcase

- **Collect**
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Panel Discussion: Menopause Education & Management

Topic: *The Future of Menopause Education & Management*

- **Speaker:** Dr. Natalie Perkins (PAUZ Health)
 - **Moderator:** Shann (WHI Co-Chair)
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Break

Breathwork (15 mins)

Showcase: Amanda Bradley (MedWELLCV)

Keynote Address

Topic: *The Future of Healthcare for Women: A Global Perspective*

- **Keynote Speaker:** Dr. Zayna Khayat
 - **Q&A:** Baljit Sidhu
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Closing Session

- **Closing Remarks & How to Get Involved**
Baljit Sidhu
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Networking

- **Cocktail Hour & Gift Giveaway (4:00 – 5:00 PM)**
Location: Spa at Pearle