

The Schedule

9:30 a.m.	H.E.R. MARKET & BREAKFAST
10:00 a.m.	WELCOME REMARKS
10:05 a.m.	SESSION I <i>Shattering Stigmas, Nurturing Minds: A Comprehensive Exploration of Women's Mental Health Across Life's Transitions</i>
10:45 a.m.	BREAK <i>Led by Hoag for Her Center for Wellness</i>
10:55 a.m.	SESSION II <i>Breaking Barriers, Empowering Desires: A Candid Conversation on Sexual Health</i>
11:35 a.m.	H.E.R. MARKET & LUNCH
12:30 p.m.	REMARKS
12:35 p.m.	SESSION III <i>Unveiling the Secrets to Radiant Health: Healthy Aging Inside and Out</i>
1:15 p.m.	KEYNOTE SESSION <i>Embracing Inner Wholeness: Empowering Women's Authentic Journey to Self-Fulfillment and Balance, Beyond Societal Expectations</i>
1:55 p.m.	CLOSING REMARKS

