






**9:30AM — 5:00PM : DOORS OPEN
EXPO HALLS OPEN**

10:30AM — 11:15AM




-  **HEART / NUTRITION** *Battle the Bulge the Heart Smart Way : ROOM 312*
-  **WOMEN'S HEALTH** *Mind Over Bladder: Understanding Female Incontinence : ROOM 313*
-  **NATURAL HEALTH/IMMUNITY**
Boosting Immunity: Nutrition, Supplements and Stress : ROOM 315
-  **ENVIRONMENTAL HEALTH** *The Weather, Changing Climate, Air Quality,
and Your Five Year Forecast : ROOM 412*
-  **MEMORY LOSS** *Running Low on Memory? : ROOM 414*

11:15 — SPEAKERS HALL OPENS





12:00 — KEYNOTE ADDRESS : Dr. Mehmet C. Oz, MD

1:15 — MUSIC : Eyewitness Blues Band

1:30PM — 2:15PM

-  **WOMEN'S ISSUES** *Empowering Women with Less Invasive Options
for Gynecologic Conditions : ROOM 312*
-  **ALTERNATIVE TREATMENTS** *Restoring Balance:
Reclaim Your Life from Self-Destructive Patterns : ROOM 313*
-  **ORTHOPEDIC**
Hip Resurfacing, An Alternative to Traditional Hip Replacement : ROOM 315
-  **BACK PAIN** *A Chronic Affair : ROOM 411*
-  **CHILDHOOD OBESITY AND DIABETES**
Action Plan for Stopping a National Epidemic : ROOM 412
-  **MENTAL HEALTH**
Your Greater Good: Finding Motivation in the Face of Anxiety : ROOM 414

3:00PM — 3:45PM

-  **WEIGHT LOSS** *Weight Loss, Popular Dietary Supplements:
What You Need to Know to Stay Healthy : ROOM 312*
-  **SLEEP DISORDERS** *Got Sleep? Fatigue May Be Harming Your Health : ROOM 315*
-  **COSMETICS :SURGICAL AND NONSURGICAL**
Putting Your Best Face Forward : ROOM 412
-  **ELDER CARE, ALZHEIMER'S, DEMENTIA**
Laughter & Tears in the Caregiving Years : ROOM 414

5:00PM — EXPO ROOMS CLOSE