



**QUT Health Clinics**

# Healthy Living Stage

## SATURDAY

TIME	PRESENTER	TOPIC
10:45am	<b>Desi Carlos and Lisa Peterson Two Greek Girls</b>	How To Get What Every Woman Desires - Learn To Get Weight Off, Keep It Off, Look Good, Feel Great, Live Longer (Cooking Demonstration)
11:30am	<b>Dr Vanessa Spiller QUT Health Clinics</b>	Skills In Slow: The Art of Mindfulness
12:30pm	<b>Valerie &amp; Courtney Ferdinands My Kitchen Rules</b>	Valerie & Courtney Spice Up Healthy!
1:15pm	<b>Lisa Curry Happy Healthy You</b>	Navigate Your Way Through Menopause
2:00pm	<b>Sandy Sanderson Elektra Magnesium</b>	Magnesium: The Anti-Aging Mineral

## SUNDAY

TIME	PRESENTER	TOPIC
10:15am	<b>Toni Miller ARIIX</b>	Your Skin - A Reflection Of Your Inner Health
10:45am	<b>Desi Carlos and Lisa Peterson Two Greek Girls</b>	How To Get What Every Woman Desires - Learn To Get Weight Off, Keep It Off, Look Good, Feel Great, Live Longer (Cooking Demonstration)
11:30am	<b>Sandy Sanderson Elektra Magnesium</b>	Soothe Menopause Symptoms With Magnesium
12:30pm	<b>Valerie &amp; Courtney Ferdinands - My Kitchen Rules</b>	Valerie & Courtney Spice Up Healthy!
1:15pm	<b>Lisa Curry Happy Healthy You</b>	How The Teenage Years Affect Your Future
2:00pm	<b>Emily Gill QUT Health Clinics</b>	Love Your Food, Love Your Body

PRESENTED BY

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