

# Women's Healthy Living Show

## **Women's Health Takes Centre Stage At Inaugural *Women's Healthy Living Show*, June 7 - 8 in Toronto**

**Panels, workshops, seminars and vendors will empower the physical, mental, social, emotional and financial wellness of women 30+**

**Featuring: TV hosts Dina Pugliese and Tracy Moore, sleep coach Alanna McGinn, alongside medical experts from Sinai Health and other healthcare professionals**



**(Toronto, ON - May 13, 2025)** - Women spend up to 50 per cent of their lives in a menopausal state (perimenopause, menopause and postmenopause), yet mature women's health remains an [understudied and under-resourced](#) area in healthcare. Despite the profound impact on women's mental, physical and emotional well-being, awareness and understanding surrounding menopause is still limited, with [one in two](#) women in Canada saying that they feel unprepared.

The inaugural [Women's Healthy Living Show](#), taking place on **Saturday, June 7** and **Sunday June 8** at the **Enercare Centre** in Toronto, aims to shift the narrative in how women's health is supported and prioritized. Curated for women aged 30 and over, the event offers an immersive and empowering experience that addresses the full spectrum of wellness, including mental,

emotional and physical health, as well as burnout, finances, relationships and more. The show will feature an inspiring lineup of seminars, panels and small group workshops. Plus, attendees can shop a diverse selection of products across health, wellness, beauty, sex, nutrition and self-care.

"Women's health has long been overlooked, and it's time to change that," says **Sandy Pedrogao, Show Director, Women's Healthy Living Show**. "Fostering a greater understanding of menopause and other major health milestones are at the heart of our programming. We're bringing together an exceptional group of trusted healthcare professionals and wellness leaders whose collective knowledge and expertise will inform women in a space dedicated to our needs."

Highlights include the **High Heels & Hot Flashes Stage**, which will dive into candid conversations across all stages of menopause and their wide-ranging effects, from sleep quality and skincare to mindset shifts, managing body discomfort, and more. On the **Women's Healthy Living Stage**, a dynamic roster of experts, including OB/GYNs, sexologists, relationship coaches, tarot card readers, and yoga instructors will provide actionable insights and guidance. As the event's official charity partner, **Sinai Health Foundation** will contribute leading medical voices to the conversation, helping to highlight and address critical gaps in women's healthcare. Also at the show, the **Become the CEO of Your Health Stage** is designed as a living learning lab, where expert-led conversations become experiential. The stage will bring together a community of preventive health professionals, including naturopaths, physiotherapists, massage therapists, and more, who will educate and demonstrate hands-on therapies, from breathwork to mobility hacks and light therapy tips.

Tickets are on sale now at [womenshealthylivingshow.com](https://womenshealthylivingshow.com). Visitors can opt-in to donate to support the Weston and O'Born Centre for Mature Women's Health, part of Sinai Health, when they purchase tickets to the event.

### PANELS, SEMINARS AND WORKSHOPS

Covering topics like somatic healing, sex and intimacy, sleep quality, menopause, preventative health strategies, yoga and more, the show's seminars, panels and workshops will get to the heart of issues that matter to women most. Highlights include:

- Headliners **Tracy Moore** (Saturday, June 7) and **Dina Pugliese** (Sunday, June 8) will take to the stage for candid, real-talk conversations, delving into their personal lives, health challenges, and offering insights on the importance of self-care.
- A **sleep workshop** with **sleep and stress management coach Alanna McGinn** addresses how to improve sleep and manage stress during major life transitions like career changes, caregiving, breakups and menopause.
- The **Sinai Health Foundation** panel will provide vital insights into key stages of women's health, including menopause, perimenopause and fertility. The discussion will address the complexities of women's healthcare, dispel common misconceptions, raise awareness of the challenges women encounter, and highlight emerging research and therapies. Featuring **Dr. Marie Christakis, Gynaecologist and Clinical Lead** at the Weston and O'Born Centre for Mature Women's Health, **Dr. Jennia Michaeli, M.D.** and menopause patient ambassador **Deborah Knight**.

- A **metabolic syndrome** seminar with **cardiologist Dr. Vineeta Ahooja** explores how today's food environment affects longevity and impacts the risk of heart disease and stroke.
- **High Heels & Hot Flashes: The Ultimate Menopause Event.** Presented in partnership with trailblazers **Samantha Montpetit-Huynh** and **Nadine Woods**, this event puts women of colour at the forefront of the menopause conversation—a perspective too often overlooked in mainstream discourse. Rooted in community and inclusivity, the evening features a screening of *The M Factor: Shredding the Silence on Menopause*, followed by a lively panel discussion.
- **Intimacy Unlocked** with **podcast host and sexologist Serena Haines**. Audience members can anonymously submit their burning questions about sex, intimacy, pleasure and connection for an unfiltered conversation in a judgement-free setting.
- **Beyond Hot Flashes: Protecting Your Bones and Joints in Menopause** discusses the often-unspoken connection between hormonal changes and bone, muscle, and joint health. The panel features **OB/GYN Dr. Kristy Prouse**, **RMT Margaret Wallis-Duffy**, and **medical sonographer Megan Buhrmester**. One audience member will win a REMS scan - a safe, radiation-free bone health assessment.
- **Rise and Release: The Erotic Embodiment Journey** with **intimacy coach Gina Marie** and **yoga practitioner Jessica Ullathorne**. This workshop explores “erotic blueprints”, and awakens sensuality through intuitive movement, breath work and sound.
- **Sex educator Carolyn Eagle** leads a candid discussion of female pleasure, desire, and sex toys.
- Discover **The Art of Women Taking Up Space** with best-selling **author, illustrator and therapeutic arts practitioner Stephanie Chinn**. The guided workshop will use Chinn's powerful journaling coloring book to explore creative expression and how art can support emotional well-being.
- **Introduction to weaving** with **fibre artist Kathleen Yamazaki**. Participants will learn foundational techniques to create a one-of-a-kind wall hanging.

## FEATURES

- **The Creative Collective: Share, Create, Inspire:** Take a moment to create in a welcoming space where art, community, and conversation come together. Drop by to discover new passions and meet a vibrant community of like-minded hobbyists and DIY enthusiasts eager to share their skills. Experiment, free of charge, with hands-on art-inspired activities from painting to knitting designed to spark joy, mindfulness, and connection.

**For the full schedule of guest speakers, seminars and interactive workshops, visit [womenshealthylivingshow.com](http://womenshealthylivingshow.com).**

### Tickets

General Admission: \$25

Drive & Thrive - 4 general admissions + a parking pass: \$80

*Workshops range in price from \$30 - \$95 include admission into the show (\$25 value).  
Advance registration is suggested for select free seminars to reserve a spot.*

[PRESTO Perks](#): As a PRESTO cardholder, enjoy **\$5 off admission** when you use the code **PRESTO** at checkout! This special offer is available (online only) on show days, from June 7-8, 2025. For more info visit on PRESTO Perks visit: [PRESTO Perks](#)

#### Show Info

Saturday, June 7 | 9 am - 6 pm

Sunday, June 8 | 10 am - 5pm

Energicare Centre, Hall B, Exhibition Place  
100 Princes' Blvd, Toronto, ON, M6K 3C3

#### Social Media:

Facebook & Instagram: @womenshealthylivingshow

-30-

**Blue Ant Media** is an international production studio and rights business and channel operator. The company also produces consumer shows nationwide. Collectively, Blue Ant Media's consumer show business hosts over 200,000 people annually at the **National Home Show**, **Fall Home Show**, **Home & Backyard Show**, **Spring Cottage Life Show** and **Fall Cottage Life Show** in Toronto; **Ottawa Cottage Life & Backyard Show**; **Spring Baby Show Toronto**; **Fall Baby Show Toronto**; **Fall Baby Show Vancouver**; **The Women's Healthy Living Show** and **Seasons Christmas Show** in Toronto. [blueantmedia.com](http://blueantmedia.com) | [Instagram](#) | [LinkedIn](#) | [X](#) |

#### **Media Contact:**

Andrea McLoughlin, Centric PR  
[andrea@centricpr.ca](mailto:andrea@centricpr.ca)  
416.407.4321

Jakki Roussel  
Senior Communications Manager, Canada  
Blue Ant Media  
T: 905.484.1787  
E: [jakki.roussel@blueantmedia.com](mailto:jakki.roussel@blueantmedia.com)