

2023.9.9 (Sat), Agenda	
Time	Schedule
8:30-9:00	Registration
9:00-9:10	Welcome
9:10-10:20	Topic: Adrenal Health: The Basics of the stress response Speaker: Dr. Lundquist
10:20-10:40	Tea Break
10:40-12:00	Topic: Stress and sleep: What's the Connection? Speaker: Dr. Lundquist
12:00-13:30	Lunch
13:30-14:50	Topic: Microbiome Speaker: Dr Briggs
14:50-15:10	Tea Break
15:10-16:20	Topic: Microgenderome Speaker: Dr. Briggs
16:20-17:00	Discussion / Q&A

2023.9.10 (Sun), Agenda	
Time	Schedule
8:30-9:00	Registration
9:00-9:10	Welcome
9:10-10:20	Topic: Menopause Speaker:Dr. Briggs
10:20-10:40	Tea Break
10:40-12:00	Topic: Neuroendocrine Immune Axis Speaker:Dr. Briggs
12:00-13:30	Lunch
13:30-14:50	Topic: Stress and Immune Health: A Natural Approach to Becoming More Resilient.**** Speaker: Dr. Lundquist
14:50-15:10	Tea Break
15:10-16:20	Topic: Thyroid Health: A comprehensive look at thyroid function and Hashimoto's disease. Speaker: Dr. Lundquist
16:20-17:00	Discussion / Q&A