




2022 CONFERENCE PROGRAM
PENTICTON TRADE & CONVENTION CENTRE
May 31 - June 3, 2022

PARTNERS PROGRAM

Tuesday, May 31

1:00pm – 5:00pm	EFMA 24 th Annual 9 Hole Golf Tournament	Penticton Golf & Country Club
2:00pm – 7:00pm	Registration	South Lobby
7:00pm – 10:00pm	Presidents Reception	North Lobby
10:00pm – 12:00am	Hospitality Suite – Everyone Welcome	

Wednesday, June 1

7:30am – 9:00am	Registration	South Lobby
9:00am – 10:00am	Meet & Greet Breakfast	Expo Lounge
9:30am – 11:30am	Macramé Hanger In this macrame class we are making a super cute mini macrame plant hanger with a faux plant included. This one is done in a "net style" knot and is great for a rear-view car charm or simply for your home.	
11:30am – 1:30pm	Opening Ceremonies Delegates, Exhibitors and Partners Luncheon Speaker: <i>Wayne Lee, Peak Performance Expert, Hall of Fame Speaker, Award Winning Entertainer</i>	
1:30pm – 3:30pm	Empower Hour: A Guided Self-Care Routine Foundational class designed to offer you the opportunity to empower your innate wisdom and promote natural healing. We will reconnect to your energies offering balance, clarity, resilience, and joy through Eden Energy Medicine. In this class I will share with you simple techniques and a guided Daily Energy Routine (DER) that can gently and efficiently help shift your energies into a harmonious state. From there you can begin to build a foundation and resilience to support your most vibrant self. I will also introduce you to the 9 energy systems and how they support your wellbeing when in balance.	Salon B/C
6:30pm – 9:00pm	Exhibitors Hosted Evening Costume: "Movie Characters"	Ballroom II/Salon A
9:00pm – 12:00am	Hospitality Suite – Everyone Welcome	

Thursday, June 2

9:30am – 11:30pm	Aging Wildly in a World that wants you to Calm Down Join Linda Edgecombe and Beth Hanishewski Co-Founders of "The Alive Revolution" for a dive into what midlife does and can look like. As the largest group of people in history have reached midlife, and many of us find ourselves at a turning point. We need to respond with new thinking and new practices that will help us to evolve and forge meaningful paths to what's next. Midlife needs to be approached with an expansive mindset and an unprecedented opportunity to recalibrate and design the life we want. We will work towards filtering out the chatter of expectations and get down to designing and living the kind of life YOU actually want to live. You will leave this presentation with some action steps to move towards creating the best YOU as you move through midlife. Being FINE will no longer be a part of your vocabulary. Linda and Beth guarantee you may have the best laugh you have had in a long time	
11:30am – 4:00pm	Followed by Wine Tour where an amazing lunch will be presented.	
6:00pm – 12:30am	Reception, Dinner and Social	Penticton Trade & Convention Centre