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| 7:45 a.m. | Check-in Opens | Lobby – Main Entrance |
| 8 a.m. – 3 p.m. | Biggest Baby Shower: Maternity & Baby Boutique / Contests | Biggest Baby Shower |
| 8 a.m. – 3 p.m. | Women's Pavilion Vendors | Women's Pavilion |
| 10 – 10:30 a.m. | Debbie Phelps Book Signing | |
| 8:30 a.m. – 3 p.m. | Tranquility Garden: Chair Massage | Tranquility Garden |
| 8 a.m. – 1:15 p.m. | Stepping Stones to Health | Stepping Stones to Health |
| 8 a.m. – 1:15 p.m. | Conversations with Physician Specialists | Stepping Stones to Health |
| 8 – 10:30 a.m. | Cholesterol Screenings | Stepping Stones to Health |
| SESSION 1: 9 a.m. – 10:30 a.m. | CONCURRENT SESSIONS | LOCATION |
| 9 – 10:30 a.m. | Happiest Baby on the Block Workshop | Ballroom |
| 9 – 10:30 a.m. | Part 1: Raising Kids from the Inside Out Part 2: OMG, U R OCC! What your Media Savvy Kids Will Never Tell You but Every Parent Needs to Know | Family Garden |
| 9 – 10 a.m. | Blooming in the 2 nd Half of Life | Life Balance Garden |
| 9 – 10 a.m. | Surviving and Thriving: Our Story of Healing after Cancer | Healing, Health and Wellness Gardens |
| 9 – 9:45 a.m. | Tranquility Garden: Guided Imagery | Tranquility Garden |
| 10 – 10:30 a.m. | Tranquility Garden: Yoga for All | Tranquility Garden |
| 10:30 a.m. – 1:30 p.m. | Boxed Lunches Available – Seating in Pavilion and in Conference Dining Rooms 1 and 2 | Women's Pavilion |
| 10:30 a.m. – 1:30 p.m. | Tranquility Garden: Nordstrom Fragrance Specialist Pampering by Studio Branca | Tranquility Garden |
| SESSION 2: 10:45 – 11:45 a.m. | KEYNOTE PRESENTATION: Debbie Phelps | Ballroom |
| SESSION 3: 12 – 1 p.m. | CONCURRENT SESSIONS | LOCATION |
| 12 – 1 p.m. | Preparing your Pet for Baby | Ballroom |
| 12 – 1 p.m. | Secrets of an Organized Family | Life Balance Garden |
| 12 – 1 p.m. | The Exhaustion Cure | Family Garden |
| 12 – 1 p.m. | Optimal Health through Nutrition | Healing, Health and Wellness Gardens |
| SESSION 4: 1:15 – 2:45 | CONCURRENT SESSIONS | LOCATION |
| 1:15 – 2:45 p.m. | Happiest Toddler on the Block | Ballroom |
| 1:15 – 2 p.m. | How to Raise a Green Baby | Family Garden |
| 1:15 – 2 p.m. | Take It To Heart: Have Fun, Get Fit, Be Informed! | Healing, Health and Wellness Gardens |
| 1:15 – 2 p.m. | Women and Lifelong Learning: Empowerment through Education | Life Balance Garden |
| 1:15 – 2 p.m. | Tranquility Garden: Tai Chi | Tranquility Garden |
| SESSION 5: 2:15 – 3 p.m. | CONCURRENT SESSIONS | LOCATION |
| 2:15 – 3 p.m. | Varicose Veins: More than a Cosmetic Issue | Healing, Health and Wellness Gardens |
| 2:15 – 3 p.m. | Gynecologic Robotic Surgery: The Future is Now | Life Balance Garden |
| 2:15 – 3 p.m. | The Exhaustion Cure | Family Garden |
| 2:15 – 3 p.m. | Holistic Health and Integrative Medicine Q & A | Tranquility Garden |