



What Season Are You In? The Science of Living Well Now

Led by Dr. Michelle Jorgensen • Friday, June 26 from 7:00-8:30 p.m.

WHAT YOU'LL LEARN: Modern health advice assumes everyone needs the same plan — one-size-fits-all. But it doesn't! Your body does not operate on trends — it operates in seasons.

In this interactive opening session, Dr. Michelle introduces the foundational Living Well framework: how cellular needs shift based on life stage, stress load, inflammation levels, and environmental rhythms. Through guided reflection and assessment, you'll begin identifying your current "season" — whether your body needs renewal, replenishment, grounding, or protection.

You'll learn:

- Why energy is cellular, not just hormonal
- How inflammation and stress alter your internal season
- The difference between forcing change and aligning with your biology
- The four core cellular needs: Supply, Support, Security, and Signals

You will leave the evening with clarity and a lens for getting what you need out of the rest of the weekend.

Faculty Biography

Dr. Michelle Jorgensen, DDS, FAGD, TNC, CNAS is an internationally recognized health educator, author, and pioneer in biologic and integrative dentistry. After mercury exposure from traditional dental practice left her seriously ill, she rebuilt her health by combining modern science with seasonal, nature-based living — and has since helped thousands do the same.

Founder of Living Well with Dr. Michelle and creator of the Total Care Dental & Wellness Way, she teaches a refreshingly practical approach to wellness: give your cells what they need, in the season they need it. Her work blends cellular health, circadian biology, nutrition, movement, and lifestyle alignment into a grounded, doable framework for women today.

Dr. Michelle is known for making complex health concepts simple, empowering, and immediately actionable.





Shift Your Inflammation

Led by Dr. Darla Booth • Saturday, June 27 from 9:00-10:15 a.m.

WHAT YOU'LL LEARN: Chronic inflammation — what researchers call inflammaging — quietly ages our joints, stiffens our tissues, keeps us in pain, and creates a body more prone to disease. But it's not inevitable. The choices we make every day either fuel that fire or put it out.

You'll learn to manage inflammation through:

- Lifestyle changes appropriate for your season
- Supplement and nutritional support
- Supporting these pillars of your health: sleep, detox pathways, hormones, blood sugar, microbiome, and more

Faculty Biography

Dr. Darla Booth helps people improve their health by making incremental shifts in their everyday lives.

Dr. Darla Booth, DC, AFMC specializes in helping patients with complex health issues identify their root cause, improve symptoms, and stack habits to optimize their health with functional medicine protocols. Her care complements the support patients receive through Western medicine; taking a big picture approach to health through lab work analysis, lifestyle adjustments, and nutritional support.

In addition to her background in kinesiology and chiropractic, she is both an Advanced Functional Medicine Clinician and a Certified Functional Nutritionist. Dr. Booth treats patients locally in her Los Gatos office, offers telehealth consultations and is the founder of the Shift: an online wellness community offering courses, live coaching calls, and a community of people all working to shift their health one habit at a time.





Seasonal Pelvic Health Workshop

Led by Denise Alberto, PT • Saturday, June 27 from 11:00 a.m.-12:00 p.m.

WHAT YOU'LL LEARN: A four-part, hands-on educational experience designed to help you understand, connect with, and optimize your pelvic floor health for the season you're in.

You'll learn:

- Coordinated diaphragm & pelvic floor breathing
- Self-massage & hands-on techniques to support pelvic floor tone, psoas release, digestive motility
- Proper pelvic floor contraction techniques

This session provides education in a respectful, supportive environment designed to build confidence and body literacy.

Faculty Biography

Denise Alberto is an orthopedic-trained physical therapist with nearly 30 years of experience. Denise has developed a unique and highly effective approach to treating chronic pain musculoskeletal syndromes and pelvic floor dysfunction. She was among the first pelvic health physical therapists in the Bay Area and has a distinct passion for "fixing the problem." Denise takes a proactive, whole-person approach to care. She actively involves community collaborative practitioners in women's and men's health treatment plans, encouraging participation in home exercise programs to support recovery and strengthen connection. Her work emphasizes the mind-body relationship, helping patients recover from post-traumatic stress and long-standing pain patterns through compassionate, integrative care.





Rooted Radiance: The Gut-Skin Connection Through the Seasons

Led by Rowena Arnold • Saturday, June 27 from 11:00 a.m.-12:00 p.m.

WHAT YOU'LL LEARN: Join regenerative skin specialist and Derma Bella Skin Studio founder Rowena Arnold for an exploration of how gut health and seasonal rhythms influence the skin. Drawing on over 25 years of experience, Rowena will share practical strategies to support clear, resilient, radiant skin from the inside out.

Faculty Biography

Rowena Arnold is a regenerative skin specialist and the founder of Derma Bella Skin Studio in Santa Cruz, California. With more than 25 years of experience studying skin health, she takes a source focused approach to common skin concerns such as acne, inflammation, and visible aging.

Her work blends advanced facial therapies with internal wellness strategies, helping clients support their skin through hormonal shifts, stress, gut health changes, and the natural aging process. Rowena is passionate about educating women on how to work with their biology, using regenerative, inside out approaches that restore skin vitality and long term radiance.





Your Body is Brilliant. Build the Environment that Helps it Thrive

Led by Dr. Mindy Pelz • Saturday, June 27 from 1:15-2:45 p.m.

WHAT YOU'LL LEARN: Women often believe their bodies are failing them. Weight gain. Fatigue. Hormone chaos. Mood swings. But what if the problem is not your body at all?

In this session, Dr. Mindy Pelz explains why a woman's body behaves like an ecosystem. Just like nature, it responds to its environment. Food, stress, sleep, toxins, relationships, and even the messages we tell ourselves shape how our hormones function. When the environment is supportive, the female body becomes resilient, energized, and capable of healing itself. When the environment is stressful or misaligned, symptoms appear.

Dr. Mindy will show you how to rebuild the environment your female body needs to thrive.

Faculty Biography

Dr. Mindy Pelz is a New York Times bestselling author and a leading voice in women's health and hormone science. Her books *Fast Like a Girl*, *Eat Like a Girl*, *The Menopause Reset*, and *Age Like a Girl* teach women how to sync with their hormones, strengthen metabolic health, and approach menopause as a time of awakening and power. Through her *Resetter Podcast*, YouTube channel with over 110 million views, and global *Reset Academy* community, she is helping women everywhere remember that their bodies are designed for strength, resilience, and leadership at every age.

Strength & Stability in Every Season

Led by Dr. Darla Booth • Saturday, June 27 from 3:30-4:15 p.m.

WHAT YOU'LL LEARN: *A Women's Guide to Moving Well at Every Age* — this talk takes women through a hands-on exploration of the physical markers that predict how well we age: grip strength, core stability, flexibility, and the ability to get up off the floor.

Through simple movement assessments, we'll uncover what your body is telling you right now, why these markers matter more than the number on the scale, and what you can start doing today to move better, hurt less, and stay strong and independent for decades to come.





Rewire from Within: The Art & Science of Self-Hypnosis

Led by Sara Mirza • Saturday, June 27 from 7:30-8:30 p.m.

WHAT YOU'LL LEARN: Unlock the power of your own mind in this transformative session on self-hypnosis. In this educational and practical session, you'll discover how focused relaxation, skillful deepening, and full sensory engagement can help you access a state of heightened clarity and influence. You'll learn how embodiment and visualization amplify results, how to create and use a personal anchor for rapid state change, and how metaphor can rewire patterns at a subconscious level. We'll bring it all together with a guided hypnotherapy experience designed to regulate your nervous system, release tension, and leave you feeling grounded, calm, and empowered. Walk away with tools you can use anytime to reset, refocus, and reconnect with your inner resources.

Faculty Biography

Sara Mirza is a coach, educator, and hypnotherapist on a mission to help individuals, teams, and organizations do well and be well. Sara uses a variety of tools and frameworks rooted in humanistic psychology, narrative therapy, and energetics to support her high-performing clients through career transitions and personal growth.

Weaving together her education in psychology, neuroscience, and design thinking with her lived experience as an educator and HR leader, Sara empowers individuals, couples, and teams to cultivate emotional mastery and relational intelligence, transforming the way they lead, connect, and thrive.

In addition to her coaching and hypnotherapy practice, Sara also teaches Psychology at Laney College in Oakland. Tune into her podcast where she explores how people design and discover their way to fulfilling careers: Ace of Pentacles podcast (on YouTube, Spotify and Apple).





Hormone Detox Demystified: Supporting Healthy Estrogen & Stress Hormone Clearance

Led by Lisa Cross • Sunday, June 28 from 9:15-10:00 a.m.

WHAT YOU'LL LEARN: Hormone balance isn't just about what your body produces, it's also about how well it clears what it makes. This becomes especially important during perimenopause, menopause, and for women using or considering hormone replacement therapy (HRT).

In this practical, science-informed session, functional nutritionist Lisa Cross will explain how the liver, gut, and metabolic systems work together to metabolize estrogen and stress hormones, and how modern stress, blood sugar instability, and environmental exposures can strain these pathways.

You'll learn how to recognize when hormone clearance may need support and explore evidence-based nutrition and lifestyle strategies that strengthen the body's natural detoxification systems, without extreme cleanses or trends.

Walk away with a clearer understanding of your changing hormones and simple, sustainable ways to support them

Faculty Biography

Lisa Cross is a Functional Nutritionist with a Master of Science in Human Nutrition and Functional Medicine with additional training from the Institute of Functional Medicine. She specializes in metabolic health, blood sugar regulation, and nutrition for women in perimenopause and menopause. Lisa also has experience supporting individuals with autoimmune conditions, informed by both her professional training and personal health journey. Her expertise includes the clinical application of continuous glucose monitoring (CGM) to guide personalized nutrition and lifestyle strategies. Lisa integrates evidence-based nutrition science with practical tools to help clients improve metabolic resilience, energy, and overall well-being.



Living Well in Your Season: Intention, Integration & Next Steps

Led by Dr. Michelle Jorgensen • Sunday, June 28 from 10:30 a.m.-12:00 p.m.

WHAT YOU'LL LEARN: You will learn so much this weekend, but without integration, you won't see the change you want and need. Transformation requires a plan.

In this collaborative closing session, participants will gather in seasonal groups to translate inspiration into action. Guided by Dr. Michelle and faculty moderators, you'll design your personalized Living Well plan for the next 90 days.

Together, we will explore:

- What will you eat in this season?
- How will you move?
- What rhythms need protecting?
- Where do you need more supply, support, security, or signals?
- What small daily habit will anchor your shift?

Through structured reflection, group discussion and journaling, you will leave with:

- A clear wellness plan for your body and season
- One key daily ritual
- A nutrition and movement plan
- A rhythm reset checks and balances system

This is not about just motivating you – it's about making change a reality in your life. You will walk away knowing exactly what your next right step is.

