



INFLUENCER STAGE

Influencers and experts will share personal stories and great tips on living a healthier life!

10AM

“The How and Why of Yoga” | Elizabeth Kittell

11AM

“How I Lost 90 lbs” | Melissa LeBlanc

1PM

“Benefits of Red Light & Infrared Therapies” | Brook Taylor

2PM

“Introduction to Plant Based Eating” | Kristen Pound & Jenn Williams

3PM

“Balance Your Hormones and Take Back Your Health” | Carlie Young

4PM

“Slaying Your Dragons: How to Eliminate One Thing That Will Reset Your Fit” | Jennifer Ludington

OCTOBER 5 | EXPO IDAHO | 10AM-5PM
#IDAHOFITNESSFEST

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