

OFFICIAL EVENT GUIDE

SECOND HALF EXPO 2026



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1700 NE 63rd Street
Oklahoma City, OK

Saturday, October 17th

8am - 1pm



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Lifestyle

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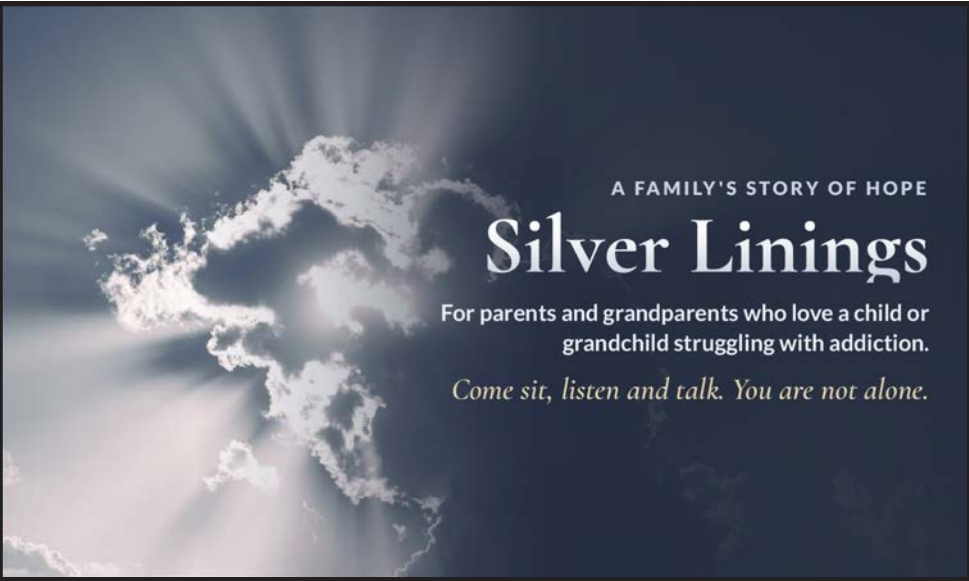
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8:30 - Learn How to Stay Safe with Tech

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9:00 - Balance From the Ground Up

Marcia Noah

Program Director, YMCA
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9:30 - Healthy Eating & Blood Sugar Balance

Robin Marshall

Nutritional Health Coach,
Natural Grocers

Practical ways to eat for steady blood sugar, from a nutritional health coach.



10:00 - Can You Trust What You See? Information in the Age of AI

Tiffany Corson Bednar

President of TruLata

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11:00 - Medicine You Can Taste. Science You Can Use.

Dr. Lauren Powell, MD

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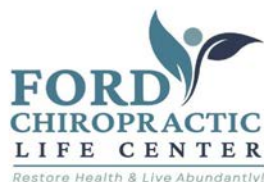
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