

Unplugged.
Informed. Free.

BOMA-USA VIRTUAL CONFERENCE 2026

📅 September 12, 2026

📍 Virtual

THE BILLINGS OVULATION METHOD® AND THE POWER OF BODY LITERACY

Join us for a transformative conference exploring how understanding your body unlocks freedom, knowledge, and confidence. Learn how male and female brains differ, discover the power of the Billings Ovulation Method® **to live reproductively aware without relying on technology**, and *gain practical tools for parents to have life-changing conversations with their children.*

Dive deeper into today's most pressing topics in reproductive and emotional health—**unpacking the stress response and how to restore balance, bringing clarity to complex conditions like PCOS/PMOS and endometriosis**, and navigating modern fertility concerns with confidence in an age of increasing anxiety and information overload.

Each session is thoughtfully designed to equip you with practical insight and a deeper understanding of your body—**so you can live truly unplugged, informed, and free.**



**Dr. Elizabeth Heyne, PA-C,
PsyD & Dr. Roy Heyne, MD**

Wired Differently: Understanding
the Male and Female Brain



Dr. Lek-Lim Chan

Freedom from Tech: How the
Billings Ovulation Method®
Empowers You



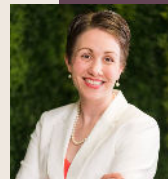
Clare Bivins

Be Prepared: Equipping
Parents for the "Talk"



**Dr. Jill Sauerheber,
PhD, LPCC-S, NCC**

Unplugging the Stress Response:
Science-Based Ways to Restore
Your Life



Dr. Monica Minjeur, M.D.

Endometritis Uncovered:
Recognizing the Signs, Restoring
Health



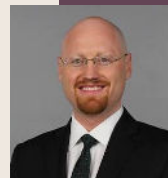
Dr. Kimberly Barrows, M.D.

PCOS/PMOS, Simplified: What's
Really Going On and What
Actually Helps



Dr. Tracey Parnell, M.D.

Fertility in the Age of Anxiety: What
You Really Need to Know About
Egg Count & Freezing



Dr. Anthony Jay, Ph.D.

The Estrogenation Effect: What
every Woman and Couple Should
Know



SCAN THE CODE TO
REGISTER FOR THE
CONFERENCE

Register before 8/29 for early bird pricing

BOMA-USA.ORG