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SHOW ENTRANCE

WOMEN'S

STAIRS

EXHIBITOR ENTRANCE

FOOD COURT ENTRANCE

FOOD COURT

D WING

E.M.T.

C WING

B WING

WEST PAVILION

REGISTER

WOMEN'S DOWN

WOMEN'S MEN'S UP

SHOW ENTRANCE

EXHIBITOR ENTRANCE

WOMEN'S MEN'S

A WING

Gould's SALON-SPA

EXHIBITOR ENTRANCE

FOOD COURT

D WING

E.M.T.

C WING

B WING

WEST PAVILION

REGISTER

WOMEN'S DOWN


WOMEN'S MEN'S UP

SHOW ENTRANCE

EXHIBITOR ENTRANCE

WOMEN'S MEN'S

*SUBJECT TO CHANGE. CURRENT AS OF 2/14/18



SOUTHERN
WOMEN'S
SHOW²⁰¹⁸

SHOPPING / FOOD / FASHION
HEALTH / BEAUTY / FUN

TICKETS \$8
IN ADVANCE AT
Walgreens

MARCH 9-11


3 DAYS OF
BLISS

show specials
celebrities
live entertainment


at the agricenter

tickets \$10 at door, \$5 for kids


fri 10a-8p sat 10a-7p sun 11a-6p



MEET VERN YIP
from TLC's trading spaces





SHOP 'TIL YOU DROP
all weekend long



MEET NAJA
from LA hair

SOUTHERN WOMEN'S SHOW.COM



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Gould's SALON-SPA

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FOR ALL FOR LESS.

LOTTERY

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800.849.0248 A Southern Shows, Inc. Production



The first **100 GUESTS** each day will receive a **SOUTHERN WOMEN'S SHOW CAN KOOZIE**. We'll be giving away **\$20 IN SHOW BUCKS** every hour. Sign up at the Official Show Register to Win. Many exhibits will be giving away prizes as well!



#COMMITTOSLEEP AND ACCOMPLISH MORE WHEN YOU'RE AWAKE. No coffee? No problem! Make sleep your source of energy with a **SLEEP NUMBER** mattress. Don't believe it's possible? Stop by your local Sleep Number store or visit their exhibit space at the Southern Women's Show to learn how their innovative sleep solutions can help you gain the quality sleep you need that will lead to a healthier wellbeing.



SATURDAY IS MOTHER DAUGHTER DAY sponsored by **GOULD'S SALON & SPA**. The first 250 guests through the doors on Saturday will receive a swag bag from Gould's. Gould's will also offer a complimentary braid bar on Saturday to help us celebrate Mother Daughter Day.



VERN YIP, nationally known designer, author + TV host, will be appearing at the Show on **SATURDAY**. Vern is perhaps best known from HGTV and for his four seasons on TLC's popular design-swap reality show, **TRADING SPACES**, which aired from 2000 to 2008, and is now making a spring 2018 return to TLC featuring Vern and many of the original cast of designers.

Vern Yip's appearance is presented by **ACADEMY SPORTS + OUTDOORS**, where they make it easier for everyone to enjoy more sports and outdoors. Stop by exhibit space 410 to see their great products.

Across the country, **CIGNA'S HEALTH IMPROVEMENT TOUR** will bring mobile clinics for biometric screenings to communities where people can learn their blood pressure, blood sugar, cholesterol, and body mass index (BMI) – which Cigna calls the Core Four. These are the key health numbers that underlie the majority of health costs, as evidenced in recent Cigna studies showing that knowing the Core Four can identify risks for major chronic diseases such as diabetes and heart disease. Health coaches will be onsite to help people understand their Core Four numbers and explain how to take follow-up steps.



SHOP, SAVE & SUPPORT! You can do it all by purchasing a reusable shopping bag to fill up with treasures from your day of shopping. Best of all, you will be supporting a worthy cause – **SIMPLY DIVINE MINISTRIES!**



**ALL IT TAKES
IS A
DOLLAR OR TWO**



**STOP BY THE
TENNESSEE LOTTERY BOOTH
TO PURCHASE TICKETS!**

#677

play RESPONSIBLY

FASHION & ENTERTAINMENT STAGE

FRIDAY, MARCH 9

- STYLE EVOLUTION | 12:00PM**
Presented by JCHIC & Memphis Fashion Week
- NAJA RICKETTE FROM WETV'S, LA HAIR | 1:00PM**
- PICK YOUR PURSE BINGO | 2:00PM**
with Q 107.5 & Salena's Accessories
- STYLE EVOLUTION | 3:00PM**
Presented by JCHIC & Memphis Fashion Week
- BELLY DANCE FANTASY SHOW | 5:00PM**
Presented By Mystic River Dance
- CAROLYN'S FINISHING ACADEMY'S FASHION EXTRAVAGANZA | 6:00PM**
Presented by Carolyn's Finishing Academy, Featuring Clothing from Designer-TIENA, Designer-Stacey C and J'CHIC Styling Firm
- SATURDAY, MARCH 10**
- MOTHER DAUGHTER LOOK-A-LIKE CONTEST | 10:30AM**
Presented by 104.5 The River, Emceed by Ron Olson and Karen Perrin
- BRINGING OUT THE WORK OF ART IN YOU | 12:00PM**
Presented by Work of Art Models
- NAJA RICKETTE FROM WETV'S LA HAIR | 1:00PM**

SPOTLIGHT STAGE

FRIDAY, MARCH 9

- THE SECRET FOR BEAUTIFUL SKIN, SEE BOTOX ISN'T SCARY!
HEALTHY WEIGHT LOSS WITH IDEAL PROTEIN! | 11:30AM**
Presented by De La Belle Wellness & Spa
- ENERGYSMART MEMPHIS | 12:30PM**
Presented By Memphis Light, Gas and Water
- UNDERSTANDING WOMEN AND INVESTING | 1:30PM**
Presented by Edward Jones Investments
- LET'S GET CRAFTY! CUSTOM WOOD SIGN MAKING CLASS | 2:00PM**
Presented by CharleeJack Designs
- LET'S TALK ABOUT YOUR HEALTH:
A PANEL DISCUSSION WITH REGIONAL ONE HEALTH | 3:30PM**
Presented by Amanda Best, Nurse Practitioner; Breia Loft, Certified Nurse Midwife; Amber Peasley, Certified Nurse Midwife; Edna Tucker, Certified Nurse Midwife
- FACIAL MAKEUP: THE EYES HAVE IT | 4:30PM**
Presented by Inez Avon Shop
- SATURDAY, MARCH 10**
- THE SECRET FOR BEAUTIFUL SKIN, SEE BOTOX ISN'T SCARY!
HEALTHY WEIGHT LOSS WITH IDEAL PROTEIN! | 11:30AM**
Presented by De La Belle Wellness & Spa

COOKING STAGE

FRIDAY, MARCH 9

- BRUNCH WITH JIM | 11:30AM**
Presented by Jim Jaggers of WREG News Channel 3
- CITY LIVING – COUNTRY HEART.
FIVE HEALTHY MEALS IN LESS THAN 30 MINUTES | 12:30PM**
Presented by Skinny South
- FRESH AND EASY WITH CHEF ELLE | 1:30PM**
Presented by Chef Elle Green & Co.
- DINNER IN 30 MINUTES OR LESS! | 2:30PM**
Presented by Karman Meyer, Registered Dietitian and Tennessee Beef Council
- COOKING WITH LEKEITH SAUCES...MMMM IT'S GOOD! | 3:30PM**
- SATURDAY, MARCH 10**
- EATING WITH INTENT: WILTED KALE WITH SUNFLOWER SEEDS
AND MATCHA GREEN TEA VINAIGRETTE | 11:30AM**
Presented by Cooking with Hope and the American Culinary Federation

- STAR OF TRADING SPACES, VERN YIP | 2:00PM**
Sponsored by Academy Sports, Emceed by Ryan and Michelle of FM 100
- PICK YOUR PURSE BINGO | 3:00PM**
with Q 107.5 & Salena's Accessories
- BRINGING OUT THE WORK OF ART IN YOU | 4:00PM**
Presented by Work of Art Models
- ATS AND TRIBAL FUSION BELLY DANCE | 5:00PM**
Presented by Karsilama Tribal Belly Dance
- CAROLYN'S FINISHING ACADEMY'S FASHION EXTRAVAGANZA | 6:00PM**
Presented by Carolyn's Finishing Academy, Featuring Clothing from Milano Men's Store and Suits U
- SUNDAY, MARCH 11**
- STYLE EVOLUTION | 12:00PM**
Presented by JCHIC & Memphis Fashion Week
- GARRETT MILLER FROM MTV'S SIESTA KEY | 1:00PM**
Presented by Q 107.5
- BRINGING OUT THE WORK OF ART IN YOU | 2:00PM**
Presented by Work of Art Models
- PICK YOUR PURSE BINGO WITH Q 107.5 & SALENA'S ACCESSORIES | 3:00PM**
- TRIBAL STYLE BELLYDANCE | 4:00PM**
Presented by Alima Tribe
- CAROLYN'S FINISHING ACADEMY'S FASHION EXTRAVAGANZA | 5:00PM**
Presented by Carolyn's Finishing Academy, Featuring Clothing from Lansky's 123 and Dillard's at Oak Court

- ENERGYSMART MEMPHIS | 12:30PM**
Presented By Memphis Light, Gas and Water
- UNDERSTANDING WOMEN AND INVESTING | 1:30PM**
Presented by Edward Jones Investments
- LET'S GET CRAFTY! COMPLIMENTARY CUSTOM WOOD SIGN MAKING CLASS | 2:00PM**
Presented by CharleeJack Designs
- HEALTHY SKINCARE AND JOINT CARE FOR THE WHOLE FAMILY | 3:30PM**
Presented by Rheumatology and Dermatology Associates/ Big River Silk Skincare
- LET'S GET CRAFTY! CUSTOM WOOD SIGN MAKING CLASS | 4:30PM**
Presented by CharleeJack Designs
- SUNDAY, MARCH 11**
- PERMASEAL: NEVER SEAL YOUR WOOD OR CONCRETE AGAIN! | 12:30PM**
Presented by Permaseal
- UNDERSTANDING WOMEN AND INVESTING | 1:30PM**
Presented by Edward Jones Investments
- LET'S GET CRAFTY! COMPLIMENTARY CUSTOM WOOD SIGN MAKING CLASS | 2:00PM**
Presented by CharleeJack Designs
- HEALTHY SKINCARE AND JOINT CARE FOR THE WHOLE FAMILY | 3:30PM**
Presented by Rheumatology and Dermatology Associates/ Big River Silk Skincare

- POWER GRAIN BOWLS FOR LUNCH! | 12:30PM**
Presented by Karman Meyer, Registered Dietitian and Sprouts Farmers Market
- FRESH AND EASY WITH CHEF ELLE | 1:30PM**
Presented by Chef Elle Green & Co.
- CITY LIVING – COUNTRY HEART.
FIVE HEALTHY MEALS IN LESS THAN 30 MINUTES | 2:30PM**
Presented by Skinny South
- DINNER IN 30 MINUTES OR LESS! | 3:30PM**
Presented by Karman Meyer, Registered Dietitian and Tennessee Beef Council
- COOKING WITH LEKEITH SAUCES...MMMM IT'S GOOD! | 4:30PM**
- SUNDAY, MARCH 12**
- QUICK HEALTHY MEALS WITH CHEF DEVIN FREEMAN | 2:30PM**
Presented by Morrison Healthcare
- COOKING WITH LEKEITH SAUCES...MMMM IT'S GOOD! | 3:30PM**