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# SOUTHERN WOMEN'S SHOW 2017

SHOPPING / FOOD / FASHION  
HEALTH / BEAUTY / FUN

## OCTOBER 19-22

### 4 DAYS OF BLISS

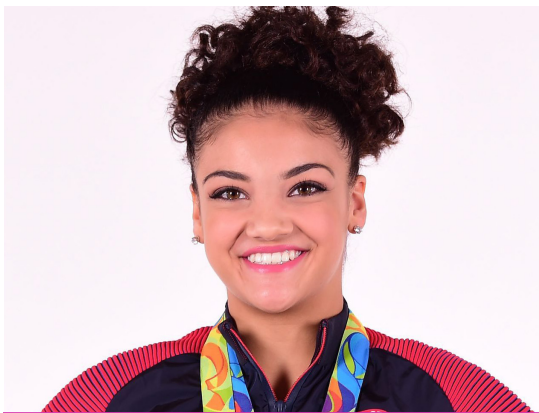
show specials  
celebrities  
live entertainment

## at the prime osborn convention center

thur 10a-7p fri 10a-8p sat 10a-7p sun 11a-5p



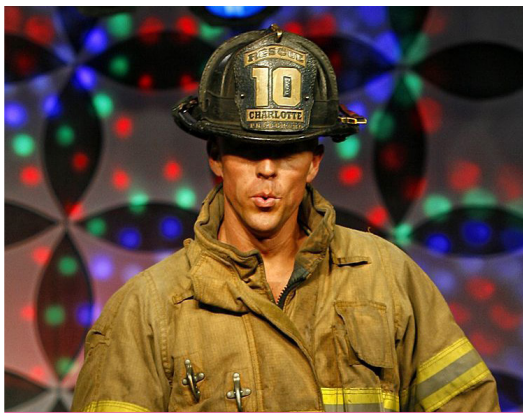
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MEET LAURIE HERNANDEZ  
sponsored by: FLORIDA DAIRY FARMERS



30<sup>TH</sup> ANNIVERSARY CELEBRATIONS  
all four days



FIREFIGHTER FASHION SHOWS  
friday & saturday



## CELEBRATING 30 YEARS OF FOOD, FASHION & FUN!

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**TO CELEBRATE THE 30TH ANNIVERSARY OF THE SHOW**, we will be giving away a **\$30 Belk gift card** every hour of the show. Sign up at the Official Show Register to Win.

**FLORIDA DAIRY FARMERS** is Florida's milk promotion group, working to raise awareness of the dairy farming industry and the nutrient-rich foods it provides. Stop by Florida Dairy Farmers exhibit space #100 - 102 on Thursday afternoon as the 2016 **Olympic gymnast Laurie Hernandez** signs autographs and takes pictures with guests. On Saturday and Sunday, learn about the importance of dairy in a woman's diet with a registered dietician and enter to win milk for a year!



**IT'S TIME TO FIND NEW ROADS™ WITH CHEVROLET**, the Official Vehicle of the Southern Women's Show. Whether you are looking for versatility, exhilarating performance or exceptional efficiency, Chevrolet has the perfect vehicle for your life's adventures. Receive a **\$10 Gift Card** when you take a **TEST DRIVE** and you'll be entered for a chance to **win a trip for two to the 2017 CMA Awards**. Be sure to stop by and **FIND NEW ROADS™ with Chevrolet**.



**THE BRIGHT FUTURES SCHOLARSHIP PROGRAM**, which is primarily funded by the **FLORIDA LOTTERY**, was created in 1997 by the Florida Legislature to assist students in pursuing postsecondary educational and career goals. Since the program's inception, the Lottery has contributed more than \$5 billion to send over 750,000 students to college.



**#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 FOCUS ON VISION DAY** Sponsored by **Dr. Ted Brink & Associates**. Dr. Ted Brink & Associates has been committed to providing eye care to North East Florida including Jacksonville, St. Augustine, and Gainesville for over 20 years.

Visit their exhibit for free vision screenings, free glasses cleanings, to try on color contact lenses, to meet and greet their doctors, to ask their insurance specialists about how your medical insurance can help pay for your eye exam, and to receive information on the services they offer (such as contact lenses, ocular allergy treatment, dry eye treatment, annual diabetic eye exams and much more).

**The first 100 guests who visit the Dr. Brink space on Saturday will receive a free gift.**



## FASHION & ENTERTAINMENT STAGE

### THURSDAY, OCTOBER 19

**FASHION WORTH YOUR LIFESTYLE | 11:00AM**  
Presented by Bon Worth

**EXERCISE, NUTRITION, LIFESTYLE | 12:00PM**  
Presented by Delta Life Fitness

**SINGING, DANCING, AND FASHION | 1:00PM**  
Presented by A Seasoned Affair, Inc.

**PICK YOUR PURSE BINGO | 2:00PM**  
Presented by 96.1 WEIZ and Salena's Accessories

**MILLION DOLLAR LOOKS ON A SHOESTRING BUDGET | 3:00PM**  
Presented Petunia Patch

**HEARTS OUT AT SEA | 4:00PM**  
Presented by The Admiral's Daughters

**OLYMPIC GYMNAST & WINNER OF DANCING WITH THE STARS, LAURIE HERNANDEZ | 4:30PM**  
Sponsored by the Florida Dairy Farmers

**DIARY OF SYNSHA' FASHIONS | 5:30PM**  
Presented SynSha' Fashions

### FRIDAY, OCTOBER 20

**FASHION WORTH YOUR LIFESTYLE | 11:00AM**  
Presented by Bon Worth

**EXERCISE, NUTRITION, LIFESTYLE | 12:00PM**  
Presented by Delta Life Fitness

**SNAKES, SPIDERS, FIRE, COWBOYS AND RANCHERS: A FEMALE EXPERIENCE WORKING IN THE FLORIDA BACKCOUNTRY | 1:00PM**  
Presented by Fun4FirstCoastKids.com and Backcountry Hikes: A Guide to Hiking Florida's Water Management Districts

**PICK YOUR PURSE BINGO | 2:00PM**  
Presented by 96.1 WEIZ and Salena's Accessories

**ART OF A GODDESS | 3:00PM**  
Presented by Simply Ke'Say Boutique

**DIARY OF SYNSHA' FASHIONS | 4:00PM**  
Presented SynSha' Fashions

**ART OF A GODDESS | 5:00PM**  
Presented by Simply Ke'Say Boutique

**THE MAGIC MIKE EXPERIENCE | 6:00PM**  
Presented by Rock Hard Revue

**FIREFIGHTER FASHION SHOW | 6:30PM**  
Emceed by CJ of WAPE

### SATURDAY, OCTOBER 21

**FASHION WORTH YOUR LIFESTYLE | 11:00AM**  
Presented by Bon Worth

**ART OF A GODDESS | 12:00PM**  
Presented by Simply Ke'Say Boutique

## SPOTLIGHT STAGE

### THURSDAY, OCTOBER 19

**MOSAIC TRIVET DEMONSTRATION | 12:30PM**  
Presented by Beach Life Mosaic

**CHATANDCHALK WITH MARY JO - A FREE HANDS-ON CRAFT PROJECT | 1:30PM**  
Presented by Mary Jo Markel, Founding Designer, Chalk Couture

**GLORIA MARLOW, ROMANTIC SUSPENSE AUTHOR | 2:30PM**  
Presented by Two Stone Lions Press

**OLLIES - CHANGING THE WAY WE VIEW HUMANS | 3:30PM**  
Presented by Ollies

**CHATANDCHALK WITH MARY JO - A FREE HANDS-ON CRAFT PROJECT | 4:30PM**  
Presented by Mary Jo Markel, Founding Designer, Chalk Couture

### FRIDAY, OCTOBER 20

**OLLIES - CHANGING THE WAY WE VIEW HUMANS | 11:30AM**  
Presented by Ollies

**CHATANDCHALK WITH MARY JO - A FREE HANDS-ON CRAFT PROJECT | 12:30PM**  
Presented by Mary Jo Markel, Founding Designer, Chalk Couture

**KATHRYN J BAIN, INSPIRATIONAL AND CHRISTIAN AUTHOR | 1:30PM**  
Presented by Two Stone Lions Press

**MOSAIC TRIVET DEMONSTRATION | 2:30PM**  
Presented by Beach Life Mosaic

**CHATANDCHALK WITH MARY JO - A FREE HANDS-ON CRAFT PROJECT | 3:30PM**  
Presented by Mary Jo Markel, Founding Designer, Chalk Couture

**OLLIES - CHANGING THE WAY WE VIEW HUMANS | 4:30PM**  
Presented by Ollies

**COME GLAM WITH US | 5:30PM**  
Presented by Belk

### SATURDAY, OCTOBER 21

**AUTHOR VICKIE KING, WESTERN HISTORICAL ROMANCE | 11:30AM**  
Presented by Salt Run Publishing

**CHATANDCHALK WITH MARY JO - A FREE HANDS-ON CRAFT PROJECT | 12:30PM**  
Presented by Mary Jo Markel, Founding Designer, Chalk Couture

**AUTUMN DAYS ARE HERE AGAIN | 1:00PM**  
Featuring Clothing from Dillard's at St Johns Town Center  
Models by Sessions Modeling & Talent Agency

**MOTHER DAUGHTER LOOK-A-LIKE CONTEST | 2:00PM**  
Emceed by Jenese Harris of WXT Channel 4

**MODELS IN MOTION | 3:00PM**  
Presented by Dangerous Curves Jacksonville

**PRETTY GIRLZ WEAR PEARLZ! A WORLD OF PEARLS! | 4:00PM**  
Presented by Boutique 3:16

**THE MAGIC MIKE EXPERIENCE | 5:00PM**  
Presented by Rock Hard Revue

**FIREFIGHTER FASHION SHOW | 5:30PM**  
Emceed by Mark Kaye of WAPE

### SUNDAY, OCTOBER 22

**MILLION DOLLAR LOOKS ON A SHOESTRING BUDGET | 11:15AM**  
Presented Petunia Patch Fashion Express

**EXERCISE, NUTRITION, LIFESTYLE | 12:00PM**  
Presented by Delta Life Fitness

**SOUTHERN FASHION | 1:00PM**  
Presented by Buttons & Bows and Dreams Come True

**AUTUMN DAYS ARE HERE AGAIN | 2:00PM**  
Featuring Clothing from Dillard's at St Johns Town Center  
Models by Sessions Modeling & Talent Agency

**MODELS IN MOTION | 3:00PM**  
Presented by Dangerous Curves Jacksonville

**BELLE & MOANA MEET & GREET | 1:30PM**  
Presented by Party Princess Productions

**BETTY CARPENTER, SOUTHERN INSPIRATION/HUMOR AUTHOR | 2:30PM**  
Presented by Two Stone Lions Press

**CHATANDCHALK WITH MARY JO - A FREE HANDS-ON CRAFT PROJECT | 3:30PM**  
Presented by Mary Jo Markel, Founding Designer, Chalk Couture

**MOSAIC TRIVET DEMONSTRATION | 4:30PM**  
Presented by Beach Life Mosaic

### SUNDAY, OCTOBER 22

**OLLIES - CHANGING THE WAY WE VIEW HUMANS | 11:30AM**  
Presented by Ollies

**CHATANDCHALK WITH MARY JO - A FREE HANDS-ON CRAFT PROJECT | 12:30PM**  
Presented by Mary Jo Markel, Founding Designer, Chalk Couture

**MOSAIC TRIVET DEMONSTRATION | 1:30PM**  
Presented by Beach Life Mosaic

**CHATANDCHALK WITH MARY JO - A FREE HANDS-ON CRAFT PROJECT | 2:30PM**  
Presented by Mary Jo Markel, Founding Designer, Chalk Couture

## COOKING STAGE

Coordinated by Clara White Mission & Ashley Street Catering

### THURSDAY, OCTOBER 19

**COOKING DEMONSTRATION WITH A DIETITIAN | 10:30AM**  
Presented by YMCA of Florida's First Coast

**COOKING FOR TWO - FAST, FRUGAL AND FUN! | 11:30AM**  
Presented by Chef Warren Caterson

**FALL FAVORITES WITH PEANUT BUTTER | 12:30PM**  
Presented by Southern Peanut Growers

**WHAT YOU NEED TO EAT FOR BEAUTIFUL SKIN | 1:30PM**  
Presented by Beauty Chef and Makeup Artist Noreen Young

**CLASSIC CHINESE COOKING | 2:30PM**  
Presented by Chef Dennis Chan of Blue Bamboo

**EFFORTLESS ENTERTAINING | 3:30PM**  
Presented by the Culinary Team at Ashley Street Catering  
Sponsored by Clara White Mission School of Culinary Arts

**HEALTHY FAMILY STYLE MEALS IN 30 MINUTES OR LESS | 4:30PM**  
Presented by Gold Meat, USA

**CARIBBEAN HOMECOOKING | 5:30PM**  
Presented by The Uncensored Home Cook

### FRIDAY, OCTOBER 20

**CARIBBEAN HOMECOOKING | 10:30AM**  
Presented by The Uncensored Home Cook

**COOKING FOR TWO - FAST, FRUGAL AND FUN! | 11:30AM**  
Presented by Chef Warren Caterson

**FALL FAVORITES WITH PEANUT BUTTER | 12:30PM**  
Presented by Southern Peanut Growers

**HOW TO MAKE A SPA AT HOME IN A JAR...FOR HOLIDAY GIFT GIVING. A GIFT TO YOURSELF OR SOMEONE ELSE! | 1:30PM**  
Presented by Beauty Chef and Makeup Artist Noreen Young

**EFFORTLESS ENTERTAINING | 2:30PM**  
Presented by the Culinary Team at Ashley Street Catering  
Sponsored by Clara White Mission School of Culinary Arts

**COOKING FOR TWO - FAST, FRUGAL AND FUN! | 3:30PM**  
Presented by Chef Warren Caterson

**HEALTHY FAMILY STYLE MEALS IN 30 MINUTES OR LESS | 4:30PM**  
Presented by Gold Meat, USA

**GIRLS NIGHT OUT PAINTING PARTY | 5:30PM**  
Presented by Wine & Canvas

### SATURDAY, OCTOBER 21

**MOMMY & ME PAINTING PARTY | 10:00AM**  
Presented by Wine & Canvas

**MOTHER DAUGHTER CAKE DECORATING CONTEST | 12:30PM**  
Presented by Cinotti's Bakery  
Hosted by Clara White Mission School of Culinary Arts

**FALL FAVORITES WITH PEANUT BUTTER | 1:30PM**  
Presented by Southern Peanut Growers

**HEALTHY FAMILY STYLE MEALS IN 30 MINUTES OR LESS | 2:30PM**  
Presented by Gold Meat, USA

**EAT GREAT, LOSE WEIGHT! | 3:30PM**  
Presented by Jane Simmons of Metabolic Research Centers

**COLLARD GREEN FESTIVAL | 4:30PM**  
Presented by Boys & Girls Clubs of Northeast Florida

**EFFORTLESS ENTERTAINING | 5:30PM**  
Presented by the Culinary Team at Ashley Street Catering  
Sponsored by Clara White Mission School of Culinary Arts

### SUNDAY, OCTOBER 22

**HEALTHY FAMILY STYLE MEALS IN 30 MINUTES OR LESS | 11:30AM**  
Presented by Gold Meat, USA

**FALL FAVORITES WITH PEANUT BUTTER | 12:30PM**  
Presented by Southern Peanut Growers

**EAT GREAT, LOSE WEIGHT! | 1:30PM**  
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