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\*SUBJECT TO CHANGE. CURRENT AS OF 2/19/16



# SOUTHERN WOMEN'S SHOW 2016

SHOPPING / FOOD / FASHION  
HEALTH / BEAUTY / FUN

## march 11-13 MEMPHIS agricenter

friday 10am-8pm saturday 10am-7pm sunday 11am-6pm



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### PROUD SPONSORS





Looking for ways to reduce your home energy usage and save money in the process? **MLGW** can show you how! Stop by the MLGW exhibit for information about lowering your utility bill and MLGW's programs and services. Be sure to attend one of MLGW's daily do-it-yourself home weatherization workshops to learn how you can save money and preserve the environment. Workshop attendees will also receive an energy conservation kit to help get them started.

Cheers to the good times! It's time to relax and unWine with your friends at the Southern Women's Show! Stop by the bar and purchase a glass of wine from the **HUMANE SOCIETY OF MEMPHIS & SHELBY COUNTY**. Proceeds from wine sales will benefit the Humane Society of Memphis & Shelby County. Bar will be open from 11am to 8pm on Friday and 11am to 7pm on Saturday.



Friday Night is **GIRLS NIGHT OUT!** The brave Policemen of Memphis will take to the Fashion & Entertainment Stage Friday at 6:00pm to raise money for the Memphis Police Department's Community Outreach Program.

Saturday is **MOTHER DAUGHTER DAY** sponsored by **GOULD'S DAY SPA & SALON**. The first 250 guests through the doors on Saturday will receive a swag bag from Gould's.



Meet **KEEGAN ALLEN** from *Pretty Little Liars* on Sunday, March 13. He'll be appearing on the Fashion & Entertainment Stage at Noon. Afterwards, Keegan will meet fans and sign autographs.

Sunday will be **TEACHERS DAY** Sponsored by the **TENNESSEE EDUCATION LOTTERY**. The fun starts at the front door with a special gift (while supplies last) from the Tennessee Education Lottery. The first 100 teachers who visit the Show Office on Sunday and show their school ID will receive a free Women's Show reusable bag. Select exhibits will also offer specials to teachers on Sunday with their school ID.



Visit the **SIMPLE TRUTH COOKING STAGE SPONSORED BY KROGER** and check out hourly cooking demonstrations from local chefs and cookbook authors. You can even sample the recipes made on stage at the end of the demonstrations! Chef Ashton Hall will host "Cooking with Simple Truth Products" each day of the show.



## FASHION & ENTERTAINMENT STAGE

### FRIDAY, MARCH 11

**LULA ROE FASHION SHOW | 11:00AM**  
Presented By LuLa Roe EmilyMandi

**INTRODUCTION TO BELLY DANCING | 12:00PM**  
Presented by Mystic River Dancers

**CRYSTAL'S ANGELS | 1:00PM**  
Presented By Crystal Candles and Lingerie

**PICK YOUR PURSE BINGO WITH Q 107.5 & SALENA'S ACCESSORIES | 2:00PM**

**SPRING INTO SPRING AT DILLARD'S | 3:00PM**  
Presented By Carolyn's Finishing Academy and Dillard's Dept. Store

**TANGER OUTLETS SOUTHAVEN - WHAT'S IN STYLE | 4:00PM**

**GLITZ THE ENTERTAINER | 5:00PM**  
Time4Shine Game Show

**HOMETOWN HEROES FASHION SHOW FEATURING THE POLICEMEN OF MEMPHIS | 6:00PM**  
Emceed by Zaneta Lowe From News Channel 3 & Liz From The Q Morning Show

### SATURDAY, MARCH 12

**MOTHER DAUGHTER LOOK-A-LIKE CONTEST | 11:00AM**  
Presented by WRVR

**SPRING FANTASY FASHIONS | 12:00PM**  
Presented by Work of Art Models

**FIDO FASHION SHOW | 1:00PM**  
Presented by Humane Society of Memphis & Shelby County

**PICK YOUR PURSE BINGO WITH Q 107.5 & SALENA'S ACCESSORIES | 2:00PM**

**SPRING INTO SPRING AT DILLARD'S | 3:00PM**  
Presented By Carolyn's Finishing Academy and Dillard's Dept. Store

**SPRING FANTASY FASHIONS | 4:00PM**  
Presented by Work of Art Models

**GLITZ THE ENTERTAINER | 5:00PM**  
Time4Shine Game Show

### SUNDAY, MARCH 13

**KEEGAN ALLEN, STAR OF PRETTY LITTLE LIARS | 12:00PM**  
Sponsored by FM100

**PICK YOUR PURSE BINGO WITH Q 107.5 & SALENA'S ACCESSORIES | 2:00PM**

**SPRING INTO SPRING AT DILLARD'S | 3:00PM**  
Presented By Carolyn's Finishing Academy and Dillard's Dept. Store

**GLITZ THE ENTERTAINER | 4:00PM**  
Time4Shine Game Show

## SIMPLE TRUTH COOKING STAGE

PRESENTED BY KROGER  
APPLIANCES PROVIDED BY HOME DEPOT

### FRIDAY, MARCH 11

**A TASTE OF MONTEREY | 11:30AM**  
Presented by Jim Jagers of WREG News Channel 3

**GREAT RECIPES FOR GOING GLUTEN FREE OR NOT | 12:30PM**  
Presented by Martha White

**ALCENIA'S COOKING WITH SOUL TO SOUL AND LOVE | 1:30PM**  
Presented by Alcenia's

**COOKING WITH SIMPLE TRUTH PRODUCTS | 2:30PM**  
Presented by Kroger Delta

**COOKING WITH LEKEITHSAUCES.COM & KROGER | 3:30PM**  
Presented by LeKeith Sauces

**COOKING IN HEELS/D'SERV HEALTHY MEALS | 4:30PM**  
Presented by D'Serv Healthy Foods

**HOW TO HOST A MOTHER DAUGHTER TEA PARTY | 5:30PM**  
Presented by Christina Begines and Doehi Tea Blenders of the World

### SATURDAY, MARCH 12

**ORZO SALAD WITH A DUO OF SHRIMP | 11:30AM**  
Presented by Chef Evan Moore of Southwest Tennessee Community College

**GREAT RECIPES FOR GOING GLUTEN FREE OR NOT | 12:30PM**  
Presented by Martha White

**COOKING WITH SIMPLE TRUTH PRODUCTS | 1:30PM**  
Presented by Kroger Delta

**ALCENIA'S COOKING WITH SOUL TO SOUL AND LOVE | 2:30PM**  
Presented by Alcenia's

**COOKING WITH LEKEITHSAUCES.COM & KROGER | 3:30PM**  
Presented by LeKeith Sauces

**WANT VITALITY? GET COOKING WITH ESSENTIAL OILS! | 4:30PM**  
Presented by Wellness Pathfinders - Young Living Essential Oils

**HOW TO HOST A MOTHER DAUGHTER TEA PARTY | 5:30PM**  
Presented by Christina Begines and Doehi Tea Blenders of the World

### SUNDAY, MARCH 13

**COOKING WITH SIMPLE TRUTH PRODUCTS | 12:30PM**  
Presented by Kroger Delta

**ALCENIA'S COOKING WITH SOUL TO SOUL AND LOVE | 1:30PM**  
Presented by Alcenia's

**COOKING WITH LEKEITHSAUCES.COM & KROGER | 2:30PM**  
Presented by LeKeith Sauces

**COOKING IN HEELS/D'SERV HEALTHY MEALS | 3:30PM**  
Presented by D'Serv Healthy Foods

**HOW TO HOST A MOTHER DAUGHTER TEA PARTY | 4:30PM**  
Presented by Christina Begines and Doehi Tea Blenders of the World

## SPOTLIGHT STAGE

### FRIDAY, MARCH 11

**THE OTHER SIDE: VISIT NOW! | 11:30AM**  
Presented By Quantum Hypnosis and Amethyst Press

**ENERGYSMART MEMPHIS | 12:30PM**  
Presented By Memphis Light, Gas and Water

**FLORAL ARRANGING/WREATHS | 1:30PM**  
Presented By ce'leste & John Mark Sharpe

**IDEAL PROTEIN - YOUR LAST DIET | 2:30PM**  
Presented By De La Belle Wellness & Spa

**THE MURRAY'S CHEESE LET'S MAKE A DEAL GAME SHOW | 3:00PM**  
Presented by Kroger Delta

**ENERGYSMART MEMPHIS | 3:30PM**  
Presented By Memphis Light, Gas and Water

**CANDLE MAKING WORKSHOP | 4:30PM**  
Presented By Crystal Candles and Lingerie

**GIRLS NIGHT OUT PAINTING PARTY | 5:30PM-8PM**  
With Painting with a Twist

### SATURDAY, MARCH 12

**HYPNOSIS AND THE POWER OF THE MIND | 11:30AM**  
Presented By Quantum Hypnosis Group

**ENERGYSMART MEMPHIS | 12:30PM**  
Presented By Memphis Light, Gas and Water

**SKIN & BEAUTY INJECTABLE - NEW YEAR, NEW YOU | 1:30PM**  
Presented By De La Belle Wellness & Spa

**THE MURRAY'S CHEESE LET'S MAKE A DEAL GAME SHOW | 2:00PM**  
Presented by Kroger Delta

**COURAGEMAKERS: PEOPLE OF FAITH IN A CLIMATE OF DOUBT | 2:30PM**  
Presented By Carolyn Bendall and Debra Norwood

**CANDLE MAKING WORKSHOP | 3:30PM**  
Presented By Crystal Candles and Lingerie

**TRIBAL FUSION BELLY DANCE | 4:30PM**  
Presented By Alima Tribe

**THE OTHER SIDE: VISIT NOW! | 5:30PM**  
Presented By Quantum Hypnosis and Amethyst Press

### SUNDAY, MARCH 13

**ENERGYSMART MEMPHIS | 12:30PM**  
Presented By Memphis Light, Gas, and Water

**HYPNOSIS AND THE POWER OF THE MIND | 1:30PM**  
Presented By Quantum Hypnosis Group

**COURAGEMAKERS: PEOPLE OF FAITH IN A CLIMATE OF DOUBT | 2:30PM**  
Presented By Carolyn Bendall and Debra Norwood

**KIDS PAINTING PARTY | 3:30PM**  
With Painting With a Twist

Don't forget to stop by the Official Show Register to Win and sign up to win great prizes. We will be giving away a **\$20 KROGER GIFT CARD** every hour on Friday. We will be giving away a **\$25 WALGREENS GIFT CARD** every hour on Saturday. We will be giving away **PRODUCTS FROM ROCK YOUR HAIR** every hour on Sunday.