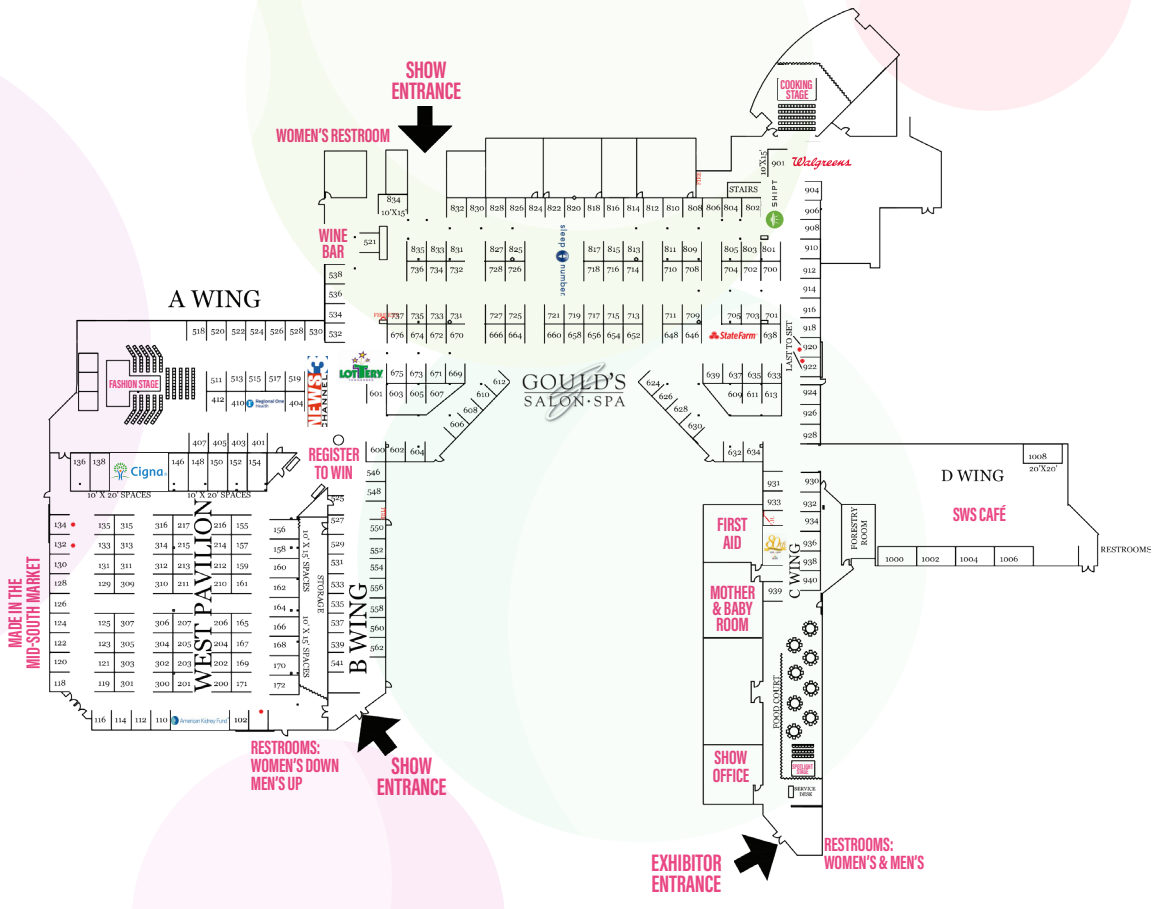


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\*SUBJECT TO CHANGE. CURRENT AS OF 2/8/19



**MARCH 1-3** at the **agricenter**

.....

tickets \$12 at door, \$6 for kids

.....

friday 10a-8p sat 10a-7p sun 11a-5p

**SAVOR. SHOP. SHARE THE FUN** : show specials : celebrities : live entertainment



**SAVANNAH CHRISLEY**  
from chrisley knows best



**SHOP 'TIL YOU DROP**  
hundreds of boutiques



**YACHECIA HOLSTON**  
from masterchef season 8





**BRAND NEW AT THIS YEAR'S SHOW** – the Southern Women's Show **POPSOCKET!** Text with one hand, snap better photos, and stop phone drops all while showing off your love for the Southern Women's Show! Available for purchase at the Show for \$5 from Simply Divine Ministries. PopSockets will *only be available while supplies last*. Simply Divine Ministries will also be selling Southern Women's Show **REUSABLE SHOPPING BAGS** again this year.

There are four key health numbers that you should know about yourself - blood pressure, blood sugar, cholesterol, and body mass index (BMI) – which Cigna calls the Core Four. Knowing your Core Four, you can identify potential risks for major chronic diseases such as diabetes and heart disease, plus knowing can help underlie health costs. **CIGNA'S HEALTH IMPROVEMENT TOUR** will offer biometric screenings and their health coaches will help you understand your Core Four numbers and explain what follow-up steps to take.



Looking for ways to reduce your home energy usage and save money in the process? **MEMPHIS LIGHT, GAS & WATER** 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.

**SLEEP SMARTER WITH THE MOST ADVANCED SLEEP TECHNOLOGY IN THE WORLD.** Resolutions are hard to keep, but proven quality sleep doesn't have to be. Only the new **SLEEP NUMBER** 360 smart bed intelligently senses your movements and automatically adjusts your comfort and support on both sides, your Sleep Number setting. Now ranked #1 in customer satisfaction with mattresses by JD Power.



sleep number.



Cheers to the good times! It's time to relax and unWine with your friends at the Southern Women's Show! Stop by the wine bar and purchase a glass of wine or mimosa from **MADONNA LEARNING CENTER**. Proceeds from wine sales will benefit Madonna Learning Center, a school and training center for children and adults with special needs.

Treat yourself on Girls Night Out! **GOULD'S SALON SPA** will be offering complimentary updos & blowouts for show guests in exhibit 618 on Friday from 5pm-8pm.



Make your way to the Southern Women's Show "Register to Win" located in the center of the show and enter to win a **\$500 COLOR BAR GIFT CERTIFICATE TO KENDRA SCOTT**.



Saturday is **MOTHER DAUGHTER DAY** sponsored by **GOULD'S SALON SPA**. The first 250 guests through the doors on Saturday will receive a gift bag from Gould's. Guests can compete in the Mother Daughter Look-A-Like Contest, create a masterpiece during Painting with a Twist's Mommy & Me Class or join in the fun at The Home Depot's Kids Workshop.

**SUNDAY IS TEACHERS DAY** sponsored by **WALGREENS**. The first 50 school employees to show their school ID at the ticket window on Sunday will receive a free Southern Women's Show Swag Bag. Select exhibits will be offering school employees discounts on Sunday as well.



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

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

**#677**

**FASHION & ENTERTAINMENT STAGE**

**FRIDAY, MARCH 1**

- KALEIDOSCOPE | 11:00AM**  
Presented by Chloe School of Etiquette and Modeling
- INHALE FASHION, EXHALE STYLE | 12:00PM**  
Presented by JCHIC LifeSTYLE Brand
- COASTAL FLARE | 1:00PM**  
Presented by Mermaid Cove
- PICK YOUR PURSE BINGO WITH Q 107.5 & SALENA'S ACCESSORIES | 2:00PM**
- LEARN MORE ABOUT WHO IS REGIONAL ONE HEALTH! | 2:30PM**  
Sponsored by Regional One Health
- RNR MODELING COMPANY PRESENTS A DESIGNER HANGER | 3:00PM**
- CAROLYN'S FINISHING ACADEMY'S FASHION EXTRAVAGANZA | 4:00PM**  
Presented by Carolyn's Finishing Academy, Featuring Clothing from Designer-TIENA, Designer-Stacey C and Simply Divine Fashions/Jackie's Closet
- PET OWNER LOOK-A-LIKE CONTEST | 5:00PM**  
Presented by Kix106, WGKX - Memphis Radio
- MEN OF DISTINCTION | 6:00PM**  
Presented by Chloe School of Etiquette and Modeling

**SATURDAY, MARCH 2**

- MOTHER DAUGHTER LOOK-A-LIKE CONTEST | 10:30AM**  
Presented by 104.5 The River, Emceed by Ron Olson and Karen Perrin
- RNR MODELING COMPANY PRESENTS A DESIGNER HANGER | 12:00PM**
- THE FASHION DASH | 12:45PM**  
Presented by Tanger Outlets
- SAVANNAH CHRISLEY FROM CHRISLEY KNOWS BEST | 1:00PM**  
Emceed by Ryan from the FM100 Morning Show

**SPOTLIGHT STAGE**  
SPONSORED BY MEMPHIS LIGHT, GAS & WATER

**FRIDAY, MARCH 1**

- MAKE AND TAKE WITH A MAKERS' STUDIO | 11:00AM**  
Presented by Amy Howard of A Makers' Studio
- ENERGYSMART MEMPHIS | 12:30PM**  
Presented by Memphis Light, Gas and Water
- ENCOURAGEMENTOLOGY - THE PRACTICE OF INSTILLING HOPE | 1:30PM**  
Presented by Kendall Boysen
- THE EYES HAVE IT | 2:30PM**  
Presented by Randi Pipkins and AVON
- USING SELF HYPNOSIS FOR RELAXATION | 3:30PM**  
Presented by Hypnotist Nick Toombs
- HOW TO LOSE WEIGHT THROUGH KETO LIFESTYLE | 4:30PM**  
Presented by Keto Works
- GIRLS NIGHT OUT PAINTING PARTY | 5:30PM**  
With Painting with a Twist

**SATURDAY, MARCH 2**

- MAKE AND TAKE WITH A MAKERS' STUDIO | 10:30AM**  
Presented by Amy Howard of A Makers' Studio
- ENCOURAGEMENTOLOGY - THE PRACTICE OF INSTILLING HOPE | 11:30AM**  
Presented by Kendall Boysen

**COOKING STAGE**

**FRIDAY, MARCH 1**

- BRUNCH WITH JIM | 11:30AM**  
Presented by Jim Jagers of WREG News Channel 3
- NUTRITIOUS AND DELICIOUS DIABETIC-FRIENDLY MEALS IN 30 MINUTES | 12:30PM**  
Presented by Skinny South
- HOW TO SHOP AND EAT HEALTHY ON A BUDGET | 1:30PM**  
Presented by Chef and Food Blogger Almetria Turner with Fit and Finally Free, Sponsored by Kroger
- HERB SWEET POTATO CORNBREAD BITES WITH "GREEN" MEATLESS CHILI | 3:30PM**  
Presented by Chef C. Hope from the American Culinary Federation
- FRESH AND EASY COOKING | 4:30PM**  
Presented by Elle Green of Chef Elle Green & Co.
- HOW TO SHOP AND EAT HEALTHY ON A BUDGET | 5:30PM**  
Presented by Chef and Food Blogger Almetria Turner with Fit and Finally Free, Sponsored by Kroger

**SATURDAY, MARCH 2**

- NUTRITIOUS AND DELICIOUS DIABETIC-FRIENDLY MEALS IN 30 MINUTES | 11:30AM**  
Presented by Skinny South
- ANDREA'S COOKTALES - A KEEPSAKE COOKBOOK | 12:30PM**  
Presented by Andrea's Cooktales - Andrea LeTard

**PICK YOUR PURSE BINGO WITH Q 107.5 & SALENA'S ACCESSORIES | 1:30PM**

- COASTAL FLARE | 2:00PM**  
Presented by Mermaid Cove
- LEARN MORE ABOUT WHO IS REGIONAL ONE HEALTH! | 2:30PM**  
Presented by Davin Johnson, MSN, CNM Nurse-Midwife & Ambrosia Scott, DPT, L/ATC, Mgr Rehab Services  
Sponsored by Regional One Health
- MODELS IN MOTION | 3:00PM**  
Presented by Dangerous Curves Jacksonville
- INHALE FASHION, EXHALE STYLE | 4:00PM**  
Presented by JCHIC LifeSTYLE Brand
- LIVING YOUR BEST LIFE | 5:00PM**  
Presented by Chloe School of Etiquette and Modeling
- CAROLYN'S FINISHING ACADEMY'S FASHION EXTRAVAGANZA | 6:00PM**  
Presented by Carolyn's Finishing Academy, Featuring Clothing from Designer-TIENA, Designer-Stacey C and Simply Divine Fashions/Jackie's Closet

**SUNDAY, MARCH 3**

- MISS SOUTHERN GIRL 2019 | 12:00PM**  
Presented by Glitzy Girlz Modeling
- PICK YOUR PURSE BINGO WITH Q 107.5 & SALENA'S ACCESSORIES | 1:00PM**
- INHALE FASHION, EXHALE STYLE | 1:30PM**  
Presented by JCHIC LifeSTYLE Brand
- MODELS IN MOTION | 2:00PM**  
Presented by Dangerous Curves Jacksonville
- RNR MODELING COMPANY PRESENTS A DESIGNER HANGER | 3:00PM**
- CAROLYN'S FINISHING ACADEMY'S FASHION EXTRAVAGANZA | 4:00PM**  
Presented by Carolyn's Finishing Academy, Featuring Clothing from Designer-TIENA, Designer-Stacey C and Simply Divine Fashions/Jackie's Closet

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

- KIDS WORKSHOP | 1:30PM**  
Sponsored by The Home Depot
- MAGIC MR. NICK MAGIC SHOW | 2:30PM**
- MOMMY & ME PAINTING PARTY | 3:30PM**  
With Painting with a Twist
- BOTOX HAPPY HOUR AND FUN FACIAL | 5:30PM**  
Presented by Cordova Medical & CosMedic Solutions

**SUNDAY, MARCH 3**

- BOTOX HAPPY HOUR AND FUN FACIAL | 11:30AM**  
Presented by Cordova Medical & CosMedic Solutions
- ENCOURAGEMENTOLOGY - THE PRACTICE OF INSTILLING HOPE | 12:30PM**  
Presented by Kendall Boysen
- WALGREENS SPOTLIGHT ON BEAUTY TRENDS | 1:30PM**  
Presented by Walgreens
- DO-IT-HERSELF WORKSHOP | 2:30PM**  
Sponsored by The Home Depot
- MAKE AND TAKE WITH A MAKERS' STUDIO | 3:30PM**  
Presented by Amy Howard of A Makers' Studio

**HOW TO SHOP AND EAT HEALTHY ON A BUDGET | 1:30PM**  
Presented by Chef and Food Blogger Almetria Turner with Fit and Finally Free, Sponsored by Kroger

- SASSY SOUTHERN SOUL FOOD | 2:30PM**  
Presented by Yachecia Holston from Season 8 of MasterChef
- FRESH AND EASY COOKING | 3:30PM**  
Presented by Elle Green of Chef Elle Green & Co.
- A NEW PIZZA TWIST BY D'SERV | 4:30PM**  
Presented by D'Serv Healthy Foods
- HOW TO SHOP AND EAT HEALTHY ON A BUDGET | 5:30PM**  
Presented by Chef and Food Blogger Almetria Turner with Fit and Finally Free, Sponsored by Kroger

**SUNDAY, MARCH 3**

- HOW TO SHOP AND EAT HEALTHY ON A BUDGET | 12:30PM**  
Presented by Chef and Food Blogger Almetria Turner with Fit and Finally Free, Sponsored by Kroger
- STACEY'S BLACKENED SALMON WITH A NEW ORLEANS TWIST | 1:30PM**  
Presented by Stacey Irby with Blessed by Vision
- A NEW PIZZA TWIST BY D'SERV | 2:30PM**  
Presented by D'Serv Healthy Foods
- HOW TO SHOP AND EAT HEALTHY ON A BUDGET | 3:30PM**  
Presented by Chef and Food Blogger Almetria Turner with Fit and Finally Free, Sponsored by Kroger