FASHION STAGE SCHEDULE

FRIDAY, OCTOBER 4

11:00AM | BALLROOM TO BALERO! Dance Along with Fred Astaire Greystone

12:00PM | LAUGHTER YOGA
Presented by Live with Zeal by Chaplain Kim Crawford-Meeks

1:00PM | ALL THAT GLITTERS IS GOLDEN
Presented by Adopt A Golden - Golden Retriever Rescue

2:00PM | BALLET, JAZZ, HIP HOP AND MORE Presented by Dance Et Cetera

3:00PM | BALLROOM TO BALERO!
Dance Along with Fred Astaire Greystone

4:00PM | ACT IS WHERE ITS AT Presented by ACT Models & Talent

5:00PM | FALL FASHION FOR EVERY SIZE AND AGE Presented by Wink Mobile Boutique

6:00PM | JACKPOT B-I-N-G-O! Win jewelry, Show Bucks or a Complete Closet Makeover!

SATURDAY, OCTOBER 5

11:00AM | SURVIVE & THRIVE
Presented by Susan G. Komen North Central Alabama

12:00PM | SEE VAL CHMERKOVSKIY OF DANCING WITH THE STARS

1:00PM | FALL FASHION FOR EVERY SIZE AND AGE Presented by Wink Mobile Boutique

2:00PM | SIXTH AVENUE SLIDE
Presented by the Sixth Avenue Sliders Line Dance Fitness Ministry

3:00PM | FALL FASHION SHOWCASE Presented by Oh My Soul Boutique

4:00PM | THE PAWFECT SHOW (YOU GOT TO BE "KITTEN" ME)
Presented by ACT Models & Talent

5:00PM | GET WILD AND CLOG ON Presented by The Clog Wild Cloggers

6:00PM | BALLROOM TO BALERO!
Dance Along with Fred Astaire Greystone

SUNDAY, OCTOBER 6

12:00PM | GOD BLESS OUR HEROES
Presented by ACT Models & Talent

1:00PM | FALL FASHION FOR EVERY SIZE AND AGE Presented by Wink Mobile Boutique

2:00PM | SING-ALONG WITH ELSA Presented by A Party Fit for a Princess

3:00PM | MOTHER DAUGHTER LOOK ALIKE CONTEST Sponsored by 89.9 Way FM

4:00PM | RL RECORDINGS ARTIST SHELBIE Z. FROM AMERICAN Idol season 15 & The Voice season 5

COOKING STAGE SCHEDULE

FRIDAY, OCTOBER 4

11:30AM | BOURBON APPLE DUMPLINGS WITH THE BITTER SOCIALITE
Presented by Trace Barnett, The Bitter Socialite

12:30PM | MAKING MEMORIES THROUGH MEALS W/KMARIE Presented by In the Kitchen W/KMarie

1:30PM | COOKING WITH GINGER BEER Presented by Interstellar

2:30PM | SUPERFOOD EATING WITH PEANUTS & PEANUT BUTTER
Presented by Southern Peanut Growers

3:30PM | FRUIT/VEGGIE AND CHEESE DISPLAY WITH A CUSTOM WATERMELON CARVING

Presented by Bright Star Catering Company, Chef Clifford William

4:30PM | BOIL YOUR OWN PEANUTS
Presented by Alabama Peanut Company

5:30PM | COOKING WITH GINGER BEER Presented by Interstellar

SATURDAY, OCTOBER 5

11:30AM | BE NOURISHED

Presented by MasterChef and Next Food Network Star Katie Dixon

12:30PM | CHICKEN ENCHILADAS
Presented by Chef Wendy Cruse

1:30PM | SUPERFOOD EATING WITH PEANUTS & PEANUT BUTTER
Presented by Southern Peanut Growers

2:30PM | AUTUMN SMALL BITES FOR ENTERTAINING AT HOME Presented by Chef Pleshette

3:30PM | BE NOURISHED

Presented by MasterChef and Next Food Network Star Katie Dixon

4:30PM | INSTANTPOT COOKING WITH KATHLEEN PHILLIPS
OF GRITSANDGOUDA COM

5:30PM | MAKING CANOES: PUERTO RICAN STYLE STUFFED SWEET PLANTAINS WITH CREOLE BEEF TOPPED WITH CHEESE Presented by Chef Luis Delgado of Miami Café

SUNDAY, OCTOBER 6

11:30AM | AUTUMN SMALL BITES FOR ENTERTAINING AT HOME Presented by Chef Pleshette

12:30PM | MOTHER DAUGHTER CAKE DECORATING CONTEST
Presented by Three Earred Rabbit

1:30PM | MOMMY & ME: MAKE SOUTHERN CHURCH WINDOWS Hosted by Talk of Alabama's Nicole Allshouse and Daughter Adalee

2:30PM | SUPERFOOD EATING WITH PEANUTS & PEANUT BUTTER
Presented by Southern Peanut Growers

3:30PM | BE NOURISHED
Presented by MasterChef and Next Food Network Star Katie Dixon



SPOTLIGHT STAGE SCHEDULE

FRIDAY, OCTOBER 4

11:30AM | LEARN SELF DEFENSE WITH ACTION MARTIAL ART

12:30PM | DO IT YOURSELF DIP MANICURES WITH PEPPI GEL

1:30PM | PIRATES _ SKIPPING SCHOOL - BIRTH OF AN AUTHOR Presented by the Doughnut Tree

2:30PM | RECLAIMING OUR SUPER POWERS WITH DR LEESHA

3:30PM | BLINGED OUT BING-O WITH KENDRA SCOTT

4:30PM | DO IT YOURSELF DIP MANICURES WITH PEPPI GEL 5:30PM | PROPER BRA FITTINGS BY ESSENTIAL BODYWEAR

SATURDAY, OCTOBER 5

10:30AM | TAKE YOUR CRAFTING & HOME DÉCOR TO THE NEXT LEVEL WITH CHALK COUTURE

11:30AM | DO IT YOURSELF DIP MANICURES WITH PEPPI GEL

12:30PM | DON'T GIVE UP, DREAM UP with Talk of Alabama's Nicole Allshouse

1:30PM | LEARN SELF DEFENSE WITH ACTION MARTIAL ARTS

2:30PM | DO IT YOURSELF DIP MANICURES WITH PEPPI GEL

3:30PM | BLINGED OUT BING-O WITH KENDRA SCOTT

4:30PM | PROPER BRA FITTINGS BY ESSENTIAL BODYWEAR

SUNDAY, OCTOBER 6

11:30AM | TAKE YOUR CRAFTING & HOME DÉCOR TO THE NEXT LEVEL WITH CHALK COUTURE

12:30PM | DO IT YOURSELF DIP MANICURES WITH PEPPI GEL

1:30PM | LEARN SELF DEFENSE WITH ACTION MARTIAL ARTS

2:30PM | DO IT YOURSELF DIP MANICURES WITH PEPPI GEL

3:30PM | BLINGED OUT BING-O WITH KENDRA SCOTT





OCTOBER 4-6

SAVOR, SHOP, SHARE THE FUN

show specials celebrities
live entertainment

birmingham-jefferson convention complex

CELEBRATING 35 YEARS!

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



VAL CHMERKOVSKIY OF DANCING WITH THE STARS



SHOP 'TIL YOU DROP ALL WEEKEND LONG



MOTHER DAUGHTER DAY IS SUNDAY























WIN MONEY TO SHOP THE SHOW COURTESY OF AMERICA'S FIRST FEDERAL CREDIT UNION.

America's Every 20 minutes, one lucky show guest will wn \$20 in Show Bucks, which are good for any purchase at the show. Winners can pick up their Show Bucks at the America's First Federal Credit Union exhibit #101 - 105

FIND NEW ROADS™ WITH CHEVROLET, THE OFFICIAL VEHICLE SPONSOR OF THE **SOUTHERN WOMEN'S SHOW.** 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 **GIFT CARD** when you take a **TEST DRIVE** and you'll be entered for a chance to WIN A TRIP FOR TWO TO THE 2019 CMA AWARDS. Be sure to stop by and **FIND NEW ROADS™ WITH CHEVROLET.**







sleep A number.

LEADER IN SLEEP INNOVATION. Sleep Number delivers proven, quality sleep through their effortless, adjustable comfort and biometric sleep tracking. Check out their revolutionary 360° smart bed and proprietary SleepIQ° technology platform and learn the connection between sleep and well-being.

GUS MAYER. Gus Mayer is the leading designer specialty store in Birmingham, AL, specializing in luxury clothing & accessories, cosmetics, handbags & gifts. Stop by their exhibit at the Southern Women's Show to find a curated selection of luxury fragrances from brands like Bond No.9, House of Creed, and Mason Kirkdijan, along with gifts, hair care, fur vests and lightweight jackets. Visit space #114 to shop!





COOKING WITH KATIE DIXON OF MASTERCHEF. Katie Dixon competed on the 2016 Season of MasterChef and made it through 15 rounds before being eliminated. It was her likability and demeanor that caught the attention of the Food Network and they selected her to compete for the *Next Food Network Star*. Katie, is constantly impressing people with her bubbly personality and her recipes that burst with flavor. She'll share her heart for nourishing people through food on the Cooking Stage at the Southern Women's Show on Saturday and Sunday.



Friday is Girl's Night Out!

- Complimentary cocktail from Ketel One Botanicals *coupon required, while supplies last
- Treat Bar compliments of the Three-Earred Rabbit & Marcrumb Cookies
- Beer tasting with Intersteller Brewing





CHECK YOUR NUMBERS. There are four key health numbers that you should know about yourself blood pressure, blood sugar, cholesterol, and body mass index (BMI) - called the Core Four. Knowing your Core Four, you can identify potential risks for major chronic diseases such as diabetes and heart disease. 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.

NICOLE ALLSHOUSE. Host of TALK OF ALABAMA, NICOLE ALLSHOUSE will be appearing at the show on Saturday and Sunday. She is an Emmy nominated Journalist and AP Best Reporter Award Winner. In her spare time, Nicole is a motivational speaker - talking to churches, schools and organizations. Nicole also runs her own media consulting business. This year, Nicole launched her own lifestyle blog, nicoleallshouse.com where she dives into the life of a working mom, sharing stories of her home life, faith, recipes and interior design. *See Nicole on the Spotlight Stage Saturday at 12:30pm and don't miss her on Sunday at 1:30 for Mommy & Me: Make Southern Church Windows with her daughter Adalee.





EXPERIENCE THE WORLD GAMES. The World Games 2021 Experience Delivered by Shipt will have an interactive van on-site where you can participate in the Trivia Challenge and "Get to Know The Games". They will also have a photo opportunity to test your weight lifting skills, a rock climbing wall and sumo wrestling! Stop by the experience to learn more about The World Games, and win one of TWG 2021 prizes!

CASH, CLOSET AND BLING B-I-N-G-O! Hit up the Fashion & Entertainment Stage Friday at 6pm for your chance to win high-end prizes from Kendra Scott and the for the final round, one lucky player will win a \$2,500 custom closet makeover from Classic Closets + \$250 in boutique bucks to shop the show and fill your new closet!



Brookwood Baptist



Jam packed with food fashion and fun for moms, daughters, sisters and friends! Highlights include:

- Making a special appearance at this year's show is Elsa from Frozen! Gather up all your little princesses for a magical story time and sing-a-long provided by A Party Fit for a Princess. She will be appearing on the Fashion & Entertainment Stage on Sunday at 2:00 pm

 Kelly Corday from 89.9 WAY FM is hosting the Mother Daughter Look-A-Like Contest on the Fashion and Entertainment Stage at 3pm on Sunday, October 6. Wear your best matching outfit and get ready to strut your stuff! One lucky duo will win a grand prize!

Put your creativity to the test with a Mother Daughter Cupcake Decorating Contest at the Cooking Stage on Sunday at 12:30pm. Guests can watch as contestants display their piping, frosting and sprinkling skills while picking up tips and tricks for your baking arsenal! Register at the Cooking Stage on Sunday at 11:30

 Enjoy Complimentary muffins and mimosas brought to you by Piggly Wiggly Available on Sunday, October 6, 12noon - 3pm