

Stage Schedule – **SATURDAY**

2017 Fall Edmonton Woman's Show

Time	Main Stage	HeARTfulness Booth (820) Creative Mindfulness with Zentangle	The Women Chefs & Restaurateurs (WCR) Culinary Stage
10:00am	SHOW OPENS		
10:30 am	Creative Mindfulness: Exercising your Creative Muscle presented by Nancy Thygesen, Creativity-in-Motion		
11:00 am	Just Breathe: Simple, helpful strategies to work with anxiety presented by Larisa Jeffares and Nicole Wiens of Wolf Willow Well-Being		
11:30 am	Be informed! Find Out How The Changes In The Mortgage Industry Affect You presented by Michele McGarvey, Mortgage Professional		The Italian Centre
12:00 pm	Stump Kitchen Live Demo presented by Alexis Hillyard	Try your hand at Zentangle with Nancy Thygesen, Creativity-in-Motion	
12:30 pm	How to Stay Cool During Menopause presented by Bayshore Home Health		
1:00 pm	How to Make Multiple Outfits With Minimal Pieces presented by Northern Reflections	Try your hand at Zentangle with Nancy Thygesen, Creativity-in-Motion	
1:30 pm	#ABFoodFight – Debunking Food Myths presented by Alberta Diabetes Foundation		Rge Rd & YEG Women in Wine
2:00 pm	YES You Can - With a Plan presented by Lynne Gerwing of Splash Interiors		
2:30 pm	Coping with Stress: Learning to Maintain Wellness in a Hectic Life presented by Kim Silverthorn of Tacit Knowledge		Speak Tiki
3:00 pm	From Date to Soulmate: 5 Keys to Discovering the Love of your Life presented by Nancy Thygesen, Creativity-in-Motion		
3:30 pm	Prevent Burnout, Live Well! presented by Larisa Jeffares and Nicole Wiens of Wolf Willow Well-Being		
4:00 pm	Gratitude & Healing presented by Daphne McDonagh of Daphne's Healing Hands and Dr. Sheryl Rist of Balanced Lifestyle and Wellness		
4:30 pm	Show Closes at 5:00pm		
<i>*All presentations are subject to change without notice</i>			

Stage Schedule – SUNDAY
2017 Fall Edmonton Woman's Show

Time	Main Stage	HeARTfulness Booth (820) Creative Mindfulness with Zentangle	The Women Chefs & Restaurateurs (WCR) Culinary Stage
11:00 am	SHOW OPENS		
11:30 am	Creative Mindfulness: Exercising your Creative Muscle presented by Nancy Thygesen, Creativity-in-Motion		
12:00 pm	Gratitude & Healing presented by Daphne McDonagh of Daphne's Healing Hands and Dr. Sheryl Rist of Balanced Lifestyle and Wellness		Cake Decorating presented by The Cheesecake Café and Jennie Marshall, Your Expert In Everything Edmonton
12:30 pm	Stump Kitchen Live Demo presented by Alexis Hillyard	Try your hand at Zentangle with Nancy Thygesen, Creativity-in- Motion	
1:00 pm	Be informed! Find Out How The Changes In The Mortgage Industry Affect You presented by Michele McGarvey, Mortgage Professional		Holiday Entertaining presented by Chef Luisa Rizzi from NAIT / Jennie Marshall
1:30 pm	How to Stay Cool During Menopause presented by Bayshore Home Health		
2:00 pm	How to Make Multiple Outfits With Minimal Pieces presented by Northern Reflections		
2:30 pm	From Date to Soulmate: 5 Keys to Discovering the Love of your Life presented by Nancy Thygesen, Creativity- in-Motion		Speak Tiki
3:00 pm	Dealing with Difficult People presented by Kim Silverthorn of Tacit Knowledge	Try your hand at Zentangle with Nancy Thygesen, Creativity-in- Motion	
3:30 pm	Just Breathe: Simple, helpful strategies to work with anxiety presented by Larisa Jeffares and Nicole Wiens of Wolf Willow Well-Being		
4:00 pm	YES You Can - With a Plan presented by Lynne Gerwing of Splash Interiors		
4:30 pm	Show Closes at 5:00pm		
<i>*All presentations are subject to change without notice</i>			