

Stage Schedule – SATURDAY
2017 Spring Edmonton Woman's Show

Time	Main Stage	HeARTfulness Booth (210) Creativity for Body Mind Spirit
9:00 am	SHOW OPENS	
9:30 am		
10:00 am		
10:30 am	<i>Nerium - The Science Behind Great Skin</i> presented by Tamara Scott and Tamara Rosas	
11:00 am	<i>Dear Brain - I Need Sleep!</i> presented by Kim Silverthorn of Tacit Knowledge	Zentangle Workshop
11:30 am	<i>Star Struck Style</i> presented by Fashion Astrologer Greg Polkosnik	
12:00 pm	<i>The Myths & Realities of Fat Loss</i> presented by Fitness Expert Paul Plakas	12:15p – Pilates Towel Demo
12:30 pm		
1:00 pm	<i>Skin & Hair Rejuvenating Solutions and Body Sculpting Technologies</i> presented by Dr. Jaggi Rao , Board Certified Dermatologist & Cosmetic Surgeon of Rao Dermatology	Zentangle Workshop
1:30 pm	<i>Eating Disorders – So Much More Than You Think</i> presented by Sue Huff of the Eating Disorder Support Network of Alberta	
2:00 pm	<i>The Power of Yes</i> presented by Atomic Improv's Donovan Workun and Graham Neil <i>Life Well Celebrated! This presentation has been sponsored by Dignity Memorial Hainstock's Funeral Home Memories Funeral Chapel First Memorial Harmony Chapel</i>	2:15p – Pilates Towel Demo
2:30 pm	<i>Operation Transformation</i> presented by CherryBomb Hair Lounge	
3:00 pm	<i>How To Shop Your Shape + Mother's Day Fashions</i> presented by Northern Reflections	Zentangle Workshop
3:30 pm	<i>Spring Forest Qigong:</i> A simple practice to improve your health and find balance presented by Sue Crites, MSc, NCP & Carolynne Melnyk, BEd, MA	
4:00 pm		4:15p – Pilates Towel Demo
4:30 pm	Show Closes at 5:00pm	
<i>*All presentations are subject to change without notice</i>		

Stage Schedule – SUNDAY
2017 Spring Edmonton Woman's Show

Time	Main Stage	HeARTfulness Booth (210) Creativity for Body Mind Spirit
11:00 am	SHOW OPENS	
11:30 am	<i>Spring Forest Qigong</i> : A simple practice to improve your health and find balance presented by Sue Crites, MSc, NCP & Carolynne Melnyk, BEd, MA	Zentangle Workshop
12:00 pm	<i>Skin & Hair Rejuvenating Solutions and Body Sculpting Technologies</i> presented by Dr. Jaggi Rao, Board Certified Dermatologist & Cosmetic Surgeon of Rao Dermatology	
12:30 pm	<i>The Power of Yes</i> presented by Atomic Improv's Donovan Workun and Graham Neil <i>Life Well Celebrated! This presentation has been sponsored by Dignity Memorial Hainstock's Funeral Home Memories Funeral Chapel First Memorial Harmony Chapel</i>	12:45p – Pilates Towel Demo
1:00 pm	<i>Runway to Reality</i> presented by CherryBomb Hair Lounge	
1:30 pm	<i>Fighting Fair - Making it a Win/Win for Both</i> presented by Kim Silverthorn of Tacit Knowledge	Zentangle Workshop
2:00 pm	<i>The Myths & Realities of Fat Loss</i> presented by Fitness Expert Paul Plakas	
2:30 pm		2:45p – Pilates Towel Demo
3:00 pm	<i>How To Shop Your Shape + Mother's Day Fashions</i> presented by Northern Reflections	
3:30 pm	<i>Star Struck Style</i> presented by Fashion Astrologer Greg Polkosnik	Zentangle Workshop
4:00 pm		
4:30 pm	Show Closes at 5:00pm	

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