

## Alaska Women's Show Schedule of Events

Friday, September 23<sup>rd</sup>

1:00pm

NE LOUNGE “Lasting Beauty Through Science” Learn how to maintain a youthful appearance and age gracefully. Find out about free radicals and their sources – food we eat, environmental toxins and even our own metabolism. Get a complimentary galvanic spa demo and have your internal antioxidant level checked as well! Presented by your skin experts from Nu-Skin / Pharmanex

SE LOUNGE “Wellness – Much More Than Diet and Exercise” Would you like a different way of looking at your health? Are you sick of the diet cycle? Learn to look at the various factors that impact wellness and the simple, small changes you can make to improve your well-being! With Dr. Deborah Kiley, ANP, of Avante Medical Center

2:00pm

VIP LOUNGE “Woman-Owned Small Business (WASB / Federal) Program Overview” Info straight from the source about the WASB – how to compete for federal contracting opportunities, program overview, and eligibility requirements! Presented by Marichu Relativo of the Small Business Administration

NE LOUNGE “Dining With Diabetes” Are you or a loved one in your life diabetic? Would you like to learn some healthier eating tips? Information and recipes for delicious, nutritious meals! Presented by Leslie Shallcross, UAF /Cooperative Extension Professor of Health, Home and Family

SE LOUNGE “Upgrade Your Bathroom With a New Faucet & Accessories” One of the six “Do It Yourself” workshops sponsored by The Home Depot through the weekend, this presentation will address the selection and installation of the perfect faucet for your bathroom or kitchen! Brought to you by the decor experts from your local Home Depot stores

3:00pm

VIP LOUNGE “Has Simple Become Difficult?” This presentation is a must –see for anyone who cares for or anticipates caring for an elderly or disabled loved one. Find out when help is needed, what is available, funding options, as well as home modifications and products designed to assist independence at home! With Kevin Turkington, CSA and President of Senior Care of Alaska

NE LOUNGE “Using a Pressure Canner - Canning Fish, Meat and Vegetables In Jars” If you and your family fish, hunt, or garden, you'll want to preserve your hard work and enjoy all through the year – learn safety tips from field to table, including proper use a pressure canner! Presented by Leslie Shallcross, UAF /Cooperative Extension Professor of Health, Home and Family

SE LOUNGE “Permanent and Real Weight Loss” Get the skinny on why weight comes on, how to get it off, and how to keep it off while feeling younger and more energetic every day! Presented by Dr. Greg Sternquist of Alaska Health Improvement Center

4:00pm

MAIN STAGE “Southside Kickboxing – Like You’ve Never Seen Before” Want great fitness training for all ages and all skill levels? This demo covers boxing, tai kickboxing, and Tai-K – learn jab, cross hook, elbow and knee strikes and other real fighting moves choreographed to music! Students will perform – including some board breaking! Presented by Phillana Dobbs-Sager and her students from Southside Kickboxing

VIP LOUNGE “Fraud Targeted at Seniors” Did you know that out of 28 million fraud victims, 30% are seniors? Find out why seniors are likely targets, explore different types of fraud and scams, and how you can protect yourself or a loved one! Presented by Kevin Turkington , CSA and president of Senior Care of Alaska

NE LOUNGE “Projecting Confidence Through Body Language” This powerful training seminar will give you practical techniques, tools and strategies for using non-verbal communication. Would you like to inspire others? Command respect? Show a confident presence? This is great training for any profession! A hard copy of this lively power-point presentation will be available as a hand-out to each attendee! Presented by Jerry Balistreri, professional educator and trainer

SE LOUNGE “Transform Your Home With New Ideas on Flooring” One of the six “Do It Herself” Workshops” sponsored by The Home Depot through the weekend, this presentation will address the selection and installation of many types of flooring from laminate to carpet to tile! Brought to you by the decor experts from your local Home Depot stores

5:00pm

MAIN STAGE “Are You Ready For Some Zumba Fun?” Join us for a highly energetic, extremely fun Zumba Party for all ages! Time to get up and move! Presented by your fitness experts from the Alaska Club

VIP LOUNGE “Job Hunting in a Tight Economy” Learn techniques and strategies to tap into the hidden market, find unadvertised vacancies, and create your own job! With Deeta Lonergan, owner of Career Transitions

NE LOUNGE “Effective Treatment of Female Urinary Incontinence and Vaginal Prolapse”Gotta go right now? Get the newest in medical news in regard to these minimally invasive procedures! Presented by Roger C. Biehl M.D. of Alaska Women’s Advanced Pelvic Surgery and Urogynecology

SE LOUNGE “Discover Essential Oils for Health and Wellness” What are essential oils? How are they made? Why do they work so powerfully with the body? Which oils are best to use for

which health condition? Find the answers to these questions and more! Presented by expert Asti Atkinson from doTERRA Essential Oils

Saturday, September 24<sup>th</sup>

Noon

MAIN STAGE “Are You Ready For Some Zumba Fun?” Check out Zumba (high energy dance), Zumba Gold (break down of the moves - a gentler approach) and Zumbatonic (all for kids)! Guaranteed to get you movin’ regardless of age or fitness level! Presented by your Zumba experts from The Alaska Club

VIP LOUNGE “Caregiving As An Occupation” Interested in becoming a caregiver in the health field? Have a passion for helping older adults, persons with disabilities or children? A career as a professional or part-time caregiver can be one of the most rewarding jobs you’ll ever do – find out more about what it takes to be a caregiver! With Kevin Turkington, CSA and President of Senior Care of Alaska

NE LOUNGE “How to Boost Your Credit Score” Credit scores mean more and more these days – get information, tips and advice on how to improve your credit score! With financial expert Gubby Distapundhu from Northern Skies Federal Credit Union

SE LOUNGE Part I “What’s New in Interior Paint?” Does your home need an easy, inexpensive touch up or two? One of the six “Do It Herself” Workshops” sponsored by The Home Depot through the weekend, this can’t miss presentation will cover new products available in interior paint! Brought to you by the decor experts from your local Home Depot stores

1:00pm

MAIN STAGE “Alaskanette Baton & Show Corps– Celebrating 42 Years of Twirling in Alaska” Join us in watching twirlers ages 5-18 perform dance, baton and flag twirling, both in solo and groups, to a variety of music styles! A try-it session will invite the audience to try a twirl on stage. Presented by Kathy Freeman & Youth Members of the Alaskanette Baton Corp, an Alaskan non-profit youth sports organization

VIP LOUNGE “Avoiding Weight Loss Scams – Separating FAT From Fiction” Great information that will dispel weight loss myths and bring to reality the benefits of long-term solutions! With Dr. Douglas Luther of Burn Fat Alaska

NE LOUNGE “Projecting Confidence Through Body Language” This powerful training seminar will give you practical techniques, tools and strategies for using non-verbal communication. Would you like to inspire others? Command respect? Show a confident presence? This is great training for any profession! A hard copy of this lively power-point presentation will be available as a hand-out to each attendee! Presented by Jerry Balistreri, professional educator and trainer

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2:00pm

MAIN STAGE “Vacation & Cruise Wear Fashion Show” Winter is certainly in the air! Get ready to travel in style with the latest and hottest in swim & beachwear for 2010! Featuring fashions by Tommy Bahama! Presented by Run To The Sun Tanning Salon & Swimwear Boutique

VIP LOUNGE “Designing Your Next Chapter” Would you like to learn how to author your own career future, no matter what age of situation? Lives and careers are filled with constant change – tap your core values and plan the future you want! With Deeta Longergan, owner of Career Transitions

NE LOUNGE “Insurance 101” Is insurance one of your biggest monthly expenses? Shouldn’t you find out more about what you are actually paying for? Learn more about auto, home, life and the all-important, long-term care insurance you have been wondering about! Presented by Diane Johnson with Allstate Insurance

SE LOUNGE “Spa Facial – The Science of Beautiful Skin” A personalized skin analysis is what you will get from this seminar! Learn about new technology that allows you to create a personal, scientifically advanced skin care regimen – leave with a spa facial sample card! Presented by your skin expert, Linda Volkman with BeautiControl

3:00pm

MAIN STAGE “Are You Ready For a Zumba Experience?” Group Kick/Group Centergy – the Yin and the Yang for your workout experience! High energy fight conditioning followed by a yoga and pilates fusion! Presented by your fitness experts from The Alaska Club

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NE LOUNGE “Effective Treatment of Female Urinary Incontinence and Vaginal Prolapse” Gotta go right now? Get the newest in medical news in regard to these minimally invasive procedures! Presented by Roger C. Biehl M.D. of Alaska Women’s Advanced Pelvic Surgery and Urogynecology

SE LOUNGE “Ending the Blood Sugar, Weight Gain, and Fatigue Roller Coaster” Do you feel like you are running in a hamster cage every day? Does your morning start with resolve that

dissipates by day's end? If you want to understand what is going on with your body, this seminar is for you! Presented by Dr. Greg Sternquist of Alaska Health Improvement Center

4:00pm

MAIN STAGE "Partycraft Halloween Fashion Extravaganza" Halloween is right around the corner! Don't be caught without a great costume – come check out the newest and hottest Halloween fashions from Partycraft – it will be BOO-tiful!! Brought to you by your Halloween and holiday experts from Partycraft

VIP LOUNGE "Fraud Targeted at Seniors" Did you know that out of 28 million fraud victims, 30% are seniors? Find out why seniors are likely targets, explore different types of fraud and scams, and how you can protect yourself or a loved one! Presented by Kevin Turkington, CSA and president of Senior Care of Alaska

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SE LOUNGE "Is Your Home Ready For Winter?" One of the six "Do It Herself" Workshops" sponsored by The Home Depot through the weekend, this presentation will address the special needs of living in an Alaskan home! Winterization of pipes, extra attic insulation, caulking around your windows, replacing furnace filters and of course, checking your fire and CO2 batteries will be discussed! Prepare yourself! Brought to you by the winter efficiency experts from your local Home Depot stores

5:00pm

MAIN STAGE "Dances of the Middle East" Prepare to be amazed and entertained by a dance troupe that has performed together for 15 years – specializing in Turkish and Egyptian styles, they also include many other countries of the region in their performance! Enjoy the beauty, grace and history of all these dances! Presented by the phenomenal Hafi Harim Middle Eastern Dancers

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Sunday, September 25<sup>th</sup>

Noon

MAIN STAGE “Runway Fashion Show With Anchorage’s Newest Boutique” Catch the newest and coolest in fabulous clothing, handbags and accessories –with the Eternally Hip in Mind! Presented by The Beauty Room Day Spa and their new Beauty Boutique

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MAIN STAGE “Home Optics Parade of Stars” Check out real clients of Home Optics sporting their own choices in the newest eyewear styles for both young and mature! Imagine eye fashion that can bring out the youth and beauty in everyone! Fun, unusual, and custom designs will all be shown! Presented by the Optical Matchmakers from Home Optics

VIP LOUNGE “Career Development – Puzzle or Plan?” The average adult spends more time planning their vacations than their careers. Do you have a career plan? Learn how to handle career transitions and best position yourself in the workplace! With Deeta Lonergan, owner Career Transitions

NE LOUNGE “Avoiding Weight Loss Scams – Separating FAT From Fiction” Great information that will dispel weight loss myths and bring to reality the benefits of long-term solutions! Presented by Dr. Douglas Luther of Burn Fat Alaska

SE LOUNGE “Spa Facial – The Science of Beautiful Skin” A personalized skin analysis is what you will get from this seminar! Learn about new technology that allows you to create a personal scientifically advanced skin care regimen – leave with a spa facial sample card! Presented by your skin expert, Linda Volkman with BeautiControl

2:00pm

MAIN STAGE “Alaska Dance Promotions Showcase” Couples and groups dancing in a variety of segments which will include everything from Ballroom and Swing to Salsa and Hip Hop – expect everything! Presented by the Alaska Dance Promotions Dance Classes and Dance Teams

VIP LOUNGE “Job Hunting in a Tight Economy” Learn techniques and strategies to tap into the hidden market, find unadvertised vacancies, and create your own job! With Deeta Lonergan, owner of Career Transitions

NE LOUNGE “How to Boost Your Credit Score” Credit scores mean more and more these days – get information, tips and advice on how to improve your credit score! With financial expert Gubby Distapundhu from Northern Skies Federal Credit Union

SE LOUNGE “Insurance 101” Is insurance one of your biggest monthly expenses? Shouldn’t you find out more about what you are actually paying for? Learn more about auto, home, life and the all-important, long-term care insurance you have been wondering about! Presented by Kay Rodriguez and Michele Tabler with Allstate Insurance

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4:00pm

MAIN STAGE “Get Up and Dance To Latin Dance Mix and Hip-Hop” Catch the latest and hippest club style moves - guaranteed to energize, motivate, make you smile and heal the soul! With the amazingly talented choreographer, Jackie Schaeffer-Mathis and Qatalina & Company

SE LOUNGE “What’s New in Interior Paint?” Does your home need an easy, inexpensive touch- up or two? One of the six “Do It Herself” Workshops” sponsored by The Home Depot through the weekend, this can’t miss presentation will cover new products available in interior paint! Brought to you by the decor experts from your local Home Depot stores