

Seminars & Main Stage Entertainment

Friday September 22, 2017



12 noon | Seminar

Heather Kinzie of The Strive Group on Leadership

Today's workforce, marketplace and daily demands and challenges require bold leadership. Kinzie shares her thoughts on a leader's purpose and offers ideas on how we can amplify our activities and mindsets to become bold leaders.

1 p.m. | Seminar

Kevin Turkington of Midnight Sun Home Care, Oh Crap! Mom Needs Help, Now What?

This seminar walks you through the process, from the moment you realize you or your loved one needs help through the multiple decisions you need to make and resources that can help. Stay in control of your independence and live at home for as long as possible.

2 p.m. | Seminar

Sherry Coburn of NIA: NIA Dance

Learn what NIA is, the movement modalities and health benefits.

3 p.m. | Seminar

Debbie Rinckey with Market Wise: Why It's A Must to Converge Offline and Online Marketing

This class is aimed at business owners who need to know why they should be using all relevant marketing channels to deliver their company's message. Get several tips on how to implement an offline and online marketing strategy.

3 p.m. | Main Stage

NIA Dance Demonstration combining dance, martial arts and mindfulness into a holistic fitness practice.

4 p.m. | Seminar

Jerry Balistreri: Reading the Tells, Learning How to Read Body Language

Gain practical techniques, tools and strategies for understanding and using non-verbal communication for the highest impact. Whether you are a teacher, counselor, manager, principal, supervisor, sales person, attorney or HR professional, your career success will improve with your skills to communicate with others on the job.

4 p.m. | Main Stage

Alaska Fur Gallery: Fur Fashion Show

5 p.m. | Seminar

Deb Stockburger of SS Doterra/Oil4That: Using Essential Oils for Wellness

Learn how to use essential oils for natural health solutions. Enhance your sleep, moods, immune system and digestion.

Seminars & Main Stage Entertainment

Saturday September 23, 2017

12 noon | Seminar

Ginny Grabowski of AlaskaFit: The 4 Pillars of Life-Long Health

Have you lost weight only to gain it back a short time later? Have you done this again and again? Learn what you need to know to break this cycle and make real changes to your life and health.

12 noon | Main Stage

Dancers Workshop Youth Company – Girls ages 10 to 18 with a passion for dance

1 p.m. | Seminar

Kevin Turkington of Midnight Sun Home Care, Oh Crap! Mom Needs Help, Now What?

This seminar walks you through the process, from the moment you realize you or your loved one needs help through the multiple decisions you need to make and resources that can help. Stay in control of your independence and live at home for as long as possible.

1 p.m. | Main Stage


Laura Modeling & Talent Agency Presents: Mother-Daughter Contest

Sign up to participate in this fun Women's Show mainstay event.

2 p.m. | Seminar

Deeta Lonergan with Career Transitions: Is Your Career a Puzzle or Do You Have a Plan?

If you are under 35 today, you will likely job hunt every one to three years. If you are over 35, you will likely job hunt every five to eight years. Do you have a career plan? Downsizing, outsourcing, contract labor and accelerated change have altered how we work. Learn how to handle career transitions and position yourself for success in the workplace.



2 p.m. | Main Stage

Group Fitness Demonstration with The Alaska Club

See what some of the group fitness classes are all about, as demonstrated by some of the club's trained group fitness instructors.

3 p.m. | Seminar

Sina Sena of Crab Terror Island: Remember When You Realized You Could Do Anything?

If you have an idea, dream or goal, this seminar is for you. Learn why its important to believe you can do anything and how doubt can crush your dreams. Find inspiration, motivation and power that will help you succeed.

3 p.m. | Main Stage

Vocal Showcase by Killoran Productions

Come listen to several of Alaska's most promising vocal students singing for the crowd.

4 p.m. | Seminar

Lynnette Feusner of Forever: Save Your Photos – Go from Overwhelmed to Overjoyed!

Learn the ABCs of photo organization and how to put a plan in place to protect your photos before a disaster hits. Find out the importance of safeguarding photos and the best ways to permanently secure your memories.

4 p.m. | Main Stage

NIA Dance Demonstration combining dance, martial arts and mindfulness into a holistic fitness practice.

5 p.m. | Seminar

Brenda Trefren, Majority Arms Firearm Training: Selecting a Self Defense Firearm for a Woman

Learn criteria for a self-defense gun, revolver vs semi auto, firearm safety and hands on with different guns that work great in Alaska.

Seminars & Main Stage Entertainment

Sunday September 24, 2017

12 noon | Seminar

Rage City Rollergirls: What is Roller Derby and How Can I Get Involved?

Come learn about this sport and ways to learn about it and get involved.

1 p.m. | Seminar

Kevin Turkington of Midnight Sun Home Care, Oh Crap! Mom Needs Help, Now What?

This seminar walks you through the process, from the moment you realize you or your loved one needs help through the multiple decisions you need to make and resources that can help. Stay in control of your independence and live at home for as long as possible.

1 p.m. | Main Stage

Hafi Harim Middle Eastern Dancers

Experience the beauty, mystique and magic of Middle Eastern dance as the members of Hafi Harim present a variety of dances showcasing modern choreography in cabaret style.

2 p.m. | Seminar

Deeta Lonergan with Career Transitions: Managing Life Chapters and Navigating Life Transitions

Learn how to author your future, no matter what your situation or age. Lives and careers are filled with constant change, tap your core values and plan for the future YOU want.

2 p.m. | Main Stage

Group Fitness Demonstration with The Alaska Club

See what some of the group fitness classes are all about, as demonstrated by some of the club's trained group fitness instructors.

3 p.m. | Seminar

Brenda Trefren, Majority Arms Firearm Training: Selecting a Self Defense Firearm for a Woman

Learn criteria for a self-defense gun, revolver vs semi auto, firearm safety and hands on with different guns that work great in Alaska.

3 p.m. | Main Stage

Rage City Rollergirls: Juniors Roller Derby Demonstration

4 p.m. | Seminar

Jerry Balistreri: Reading the Tells, Learning How to Read Body Language

Gain practical techniques, tools and strategies for understanding and using non-verbal communication for the highest impact. Whether you are a teacher, counselor, manager, principal, supervisor, sales person, attorney or HR professional, your career success will improve with your skills to communicate with others on the job.

4 p.m. | Main Stage

Alaska Fur Gallery: Fur Fashion Show