

2018 Alaska Women's Show Speakers VIP Room, Sullivan Arena

Friday, September 28, 2017

12 noon

Women's Health | **Elane Floyd**, doTerra/Oil4that.com

Find out natural ways to improve women's health and how oils can help deal with the stresses that so many of us face.

1 p.m.

Women's Self Defense | **Jacob Dempsey**, Head Instructor

Learn about situational awareness, verbal de-escalation and basic self-defense techniques. Ladies will leave with a great understanding of what self-defense is and avenues to pursue to keep themselves and those around them safe. Dempsey is a certified instructor through USA Judo and the International Judo Federation and has a black belt in Judo. This class is open to women and girls of all ages.

2 p.m.

Empowerment for the Future of Women Veterans | **Kathryn Taggart**, Final Salute Inc., Ms. Veteran America

Final Salute is a nonprofit supporting homeless, women veterans. This class will help empower women who are transitioning from active duty to civilian life and assist ladies in identifying what a veteran is, and why they need to come forward. Taggart also will show the documentary of Ms. Veteran America, "Served Like a Girl."

3 p.m.

What's In It For Me? First Time Homebuyer | **Andino Delve**, Realtor with The Huntley Team

Learn about the process for buying your first home, reasons why or why not to purchase a home. Delve also will give a current outlook on the Anchorage housing market. This class is perfect for current renters, people considering buying their first home or homeowners who are considering selling their current home and buying another.

4 p.m.

Mom or Dad Needs Help At Home – Now What? | **Kevin Turkington**, Midnight Sun Home Care, Inc.

Are you caring for, or anticipating that you may be caring for an elderly or disabled one in the future? Are you overwhelmed with what to do and where to go? Do you need help yourself? This presentation will guide you in understanding everything from if and when help is needed to what help is available, which is best for you or your loved one and what are the funding options, with a focus on in-home care. Turkington will include an explanation of the different resources available, as well as home modification and products designed to assist independence at home.

5 p.m.

Vision Mapping for Inner Peace and Success | **Tracy Roesch Williams**, Alaska Tracy

Learn how the practice of meditation can serve your soul in day-to-day challenges and celebrations of life. Roesch Williams will explain how the power of creating a Vision Map that serves as your compass will guide you to achieve successes beyond your wildest dreams. If you're tired of thinking about all of your hopes, dreams and goals and are ready to turn them into realities, this will be the hour of power for you.

Saturday, September 29, 2018

12 noon

Essential Oils and You | **Elane Floyd**, doTerra/Oil4that LLC

Find out how to use essential oils for your needs and wants. This class is perfect for anyone interested in finding natural solutions for their health issues.

1 p.m.

Hearing Healthcare | **Dr. Emily McMahan**, Alaska Hearing & Tinnitus Center

Gain some healthy hearing tips, learn ways you can protect your hearing in Alaska and how to prevent and/or manage hearing loss. Dr. McMahan is board certified in audiology and is a Doctor of Audiology.

2 p.m.

Job Search Strategies in a Tight Economy | **Deeta Lonergan**, Career Transitions

Studies show that only 20 percent of jobs that are open at any given time are advertised. Most job hunters focus on advertised jobs and wonder why the competition is so fierce. This seminar will focus on techniques



and strategies to tap into the hidden job market. Find unadvertised vacancies and create a job for yourself.

3 p.m.

Preparing for the Future: How to Assess, Approach and Advise Your Family in a Medical Crisis or During Declining Health | [Angie Gerken](#), Trinion Quality Care Services

Take away real life strategies, how-to's and resources for the 3-A's: How to Assess, Approach and Advise elderly parents and family members. Get a free family records organizer for yourself or a family member. Gerken has owned a senior care agency for 13 years in Anchorage.

4 p.m.

Core Savvy: What Is Core Strength and Why It Is Important? | [Amber Meinel](#) and [Stephanie Mergens](#), TopFit Boutique

Learn core basics and foundational strengthening and why this is so important to your overall health. Meinel owns a fitness studio and she and Mergens are both certified personal trainers.

5 p.m.

Learn To Love Your Body | [Sherry Coburn](#), NIA Technique

NIA stands for Neuro Muscular Integrative Action, and in this class you will learn about its health benefits and some of the movement forms. Coburn is a licensed, certified NIA practitioner and an NIA brown belt. Learn more at www.niabliss.com.

Sunday, September 30, 2018

12 noon

Healthy Living Revolution | [Mary Pate](#), Powerful Living/Juice Plus

Are you looking to make a change in your health? Join Mary for information on why we've become so unhealthy and how to make positive changes that can have huge impacts, including using Juice Plus products. Pate is a certified health coach through the Dr. Sears Wellness Institute.

1 p.m.

Maximizing Your Online Reach by Connecting Social Platforms | [Crystal Chapman](#), Sass Not Option Featuring Paisley Raye

Learn about the importance of connecting online platforms and how to create a funnel in which your customers can easily find you. Chapman also will talk about the importance of following up, especially when online. If you have a new business that wants to maximize its reach online and to gain new customers, this seminar is for you.

2 p.m.

The Art of Self-Renewal | [Deeta Longergan](#), Career Transitions

The only happy people are those who know how to reorganize, refocus and reinvent themselves. This seminar will explore the cycle of continuous change and will present a road map for successfully planning and navigating life transitions.

3 p.m.

Mood, Mind & Sleep | [Deb Stockburger](#), doTerra/Oil4that LLC

Learn how to use essential oils for enhancing moods, blessing the mind and improving sleep. If you are interested in natural alternatives for the things that ail you, this seminar is a great place to start.

4 p.m.

Women's Self Defense | [Jacob Dempsey](#), Head Instructor

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