

## Milton's Women's Expo Schedule of Events

April 26, 2008 – 10am-2pm



**Sponsored by: Agard & Lipker Dental, Tranquility Massage, Investment Planning, LLC & King Capital**

Time	Description
10:00am-2:00pm	<b>Women's Expo &amp; Vendor Fair Open:</b> Visit vendors, Sign up for Door Prize & Raffle <i>(Upstairs &amp; Downstairs)</i>
10:00am-10:30am	<b>Essential Oils for Woman's Health and Everyday Use:</b> This will cover a little history on essential oils, everyday use in the home, uses for woman's health, and uses for children and animals and their therapeutic affects. Presented by Tammy Hubert from Mystic Healing. <i>(Upstairs: Library)</i>
10:15am-10:45am	<b>Relational Empowerment:</b> In professional and personal relationships, one needs to know how to make connections with others that are mutually beneficial. The mission of this presentation is to teach participants to gain confidence in relationships by developing and maintaining a solid, decisive and wise inner state that allows one to feel empowered in any relationship. Presented by Michele Bersell. Michele Bersell is the emotional well-being expert featured on television and radio as well as in Women's World Magazine. Her message enlightens readers and audiences alike with the truth regarding the purpose to our emotions. Besides being trained as a professional life coach, Michelle has earned a Masters in Clinical Psychology as well as a Masters in Education. <i>(Upstairs: Porch)</i>
10:30am-11:00am	<b>Belly Dancing Demonstration:</b> Shimmy and shake up your morning with Belly Dance. Have fun learning basic moves and simple choreography. Presented by Deb Weberpal, she has taken lessons in both Egyptian and Tribal Belly dance for 3 years and teaches beginning classes through the Whitewater Parks and Recreation Dept. <i>(Downstairs: Ceramics Room)</i>
10:30am-11:30am	<b>Get Organized:</b> Are you feeling unorganized? Have a cluttered house or life? You or a family member downsizing? Then get inspired to get your life back in order. Clutter is anything you own, possess, or do which does not enhance your life on a regular basis. Learn tips on how to get that drawer, closet, room, office, or house decluttered and organized. Presented by Julie Knutson, Living Organized. <i>(Upstairs: Library)</i>
11:30am-1:00pm	<b>Lunch Available:</b> Proceeds to benefit Senior Advisory Council at The Gathering Place <i>(Upstairs)</i>
11:30am-12:00pm	<b>Importance of Therapeutic Massage:</b> Therapeutic can be relaxation and relaxation can be therapeutic. Importance of therapeutic to give longevity in profession, increase range of motion and alleviate pain caused by stress. Presented by Patti Szemban from Tranquility Massage <i>(Downstairs: Ceramics Room)</i>
11:30am-12:30pm	<b>Keynote: Gayle Zinda, author of Pink Lemonade "Freshly Squeezed Insights to Stir Your Faith:"</b> To help people realize that life's lemons can be made into lemonade when stirred with faith! Gayle Zinda is a National Inspirational Speaker and author. For her book "Pink Lemonade", she received two national author awards. She is a Two Year Lunch Cancer Survivor, Past President of the American Cancer Society for three years in Kentucky. She is a former cancer care provider, owning a business called Image In Sights for 10 years which helped over 10,000 cancer survivors by fitting them with hair and breast prosthesis and doing skin care and makeup. Gayle was a guest on Living the Life that highlighted her efforts on making a difference and inspiring thousands across the country. <i>(Upstairs: Porch)</i>
12:30pm - 1:00pm	<b>The Caregiver Journey: Tips to Help You Help the One You Love:</b> This presentation will focus on support, skills, and techniques to help the caregiver cope with the unique emotional and physical journey of caring for a loved one. Additionally, caregivers face grief throughout their journey in unexpected ways, so valuable resources, tips and information will be offered to all who find themselves in the role of caregiver. Presented by Lisa Brown, HospiceCare Inc. - Community Outreach Manager <i>(Downstairs: Ceramics Room)</i>
1:00pm-1:45pm	<b>Spring Fashion Show:</b> Brides Number One & Pamela's Boutique: Brides Number One will feature formal wear in bright colored chiffons. Pamela's Boutique will be featuring new styles for spring including hand painted sweatshirts by Kunky's. Also, jewelry by Sapata and eyelash extenders by Large Marge. <i>(Upstairs: Porch)</i>
1:30pm-2:00pm	<b>Group Power Demonstration:</b> A preview of the 60-minute barbell program designed to strengthen all of you major muscle groups in motivating group environment. With simple movements, Group Power is a class for all age groups and fitness levels. The demo will be presented by Marsha Mayfield and Desh Sherman-Moeller from the YMCA of Northern Rock County. <i>(Downstairs: Ceramics Room)</i>
2:00pm	<b>Raffle Announcements:</b> Door prize and raffle winners announced. Need not be present to win.