Join Us at the Main Stage ... And Other Happenings

Main Stage Located Outdoor Near Beer/Wine

Bonnie Hays

9 AM - 1:30 PM
LIVE MUSIC - BONNIE HAYS

Bonnie sings with a soulful, powerful voice that will take you away. Her voice has been engaged in singing the blues and classic rock since she was 3 years old. She played for 10 years in New York and New Jersey with her band 11:11. In addition, she has played with Freedom Festivals at Bethel Farm, New York, which were the pre-runner to the Woodstock reunions.

Contact: Bonnie34223@yahoo.com

Kevin Wind

10 AM - DEMONSTRATION
WOMEN'S SELF DEFENSE
Kioto Brazilian Jiu Jitsu

Most women who are attacked end up on the ground. Learn to defend yourself against attackers including techniques to escape the initial grab or attack to disable attacker.

Kevin is a trained and certified under Grand Master Francisco Mansor. He owns and operates Kioto Brazilian Jiu Jitsu in Port Charlotte, Florida.

Contact: Kiotokev@aol.com
www.Kiotobjjfl.com

Carla Peralta

11 AM- DEMONSTRATION
ZUMBA with CARLA TEAM

Carla lights up the stage with the hottest fitness craze - Zumba! Join her and "shake what your mama gave you!" Zumba offers fusion of latin and international rhythyms that create an exciting, dynamic fitness system.

Carla is an elite certified personal trainer and fitness instructor. She has been in the fitness industry for more than 25 years. At age 15 she began a professional dancing career with the National Peruvian Ballet Company. Born in Puru, her latin flare comes to life through ZUMBA!

Contact: zumbawithcarla@gmail.com
www.zumbawithcarla.webs.com

Mindy Bailey

12:30 PM - FASHION SHOW
MINDY BAILEY & A SELECT SALON
Transformation, New Beginnings, Growth, and the Cycle of Life

We are like butterflys, constantly changing. With the butterfly being the symbol of total transformation, it also represents courage. It takes courage to follow through with the changes necessary for growth. Join us for this upbeat fashion show and learn techniques, gain ideas and become acquainted with resources that will help you gracefully change and grow.

Mindy owns and operates A Select Salon in Port Charlotte, Florida. Her salon is the newest concept in hair styling salons, with each salon professional being independent, working out of a private studio.

Contact: aselectsoalon@aol.com
www.aselectsalon.com

INDOOR EXPO SPACE: Main Concourse Stage

Buzz Mallett

1:30 PM - 3:30 PM
LIVE MUSIC - BUZZ MALLETT

Buzz performs an eclectic mix of rootsy tunes, interpreting songs by various artists from Gillian Welch to the Stones. He entertains music lovers with his rhythmic guitar style and rich baritone vocals.

Contact: 941-830-0540
buzz@buzzmallett.com

feed your ears good stuff ... feed your body good stuff ... feed your ears good stuff ... feed your body good stuff ... feed your ears good stuff ... feed your body good stuff ... feed your ears good stuff ... feed your body

Stuff to Do Throughout the Day

Enter to Win a Carnival Cruise for 2!
All paid entrees of-age may participate.

Location to enter drawing: *Women's OutLook* Tent OUTDOOR
You could be relaxing on a Carnival Cruise for two! This opportunity is made possible by Women's EXPO of SWFL sponsor **Gale West of itravel4less.biz.** Visit the *Women's OutLook* Tent just outside the Mullen Center entrance to find an entry form. Only name, phone number and e-mail required. ***Drawing at 3:30 pm / Outdoor Main Stage. Must be present to win.***

NEW! Beer & Wine Libation Station
OUTDOOR
Hosted by **F.A.M.E** (Friends of the Advancement of Music Education), located OUTDOOR near the Main Stage. Join us for libations, kick back, and enjoy the line-up of live entertainment listed on the left side of this page.

NEW! Man Cave for Men
OUTDOOR near BEER TENT (where else?)
So, you and your guy are hanging out for the day? No problem. We invite him to walk around with you, or join the other guys in the Man Cave, or both! We love guys and are happy to welcome them to the Women's EXPO of SWFL.

NEW! Publix
OUTDOOR near FOOD COURT & BEER TENT
Publix is proud to feature fresh food exclusive to their supermarkets. Stop by and see what's new.

Cheese Sampling
INDOOR
Taste the best cheese in the world at the **Cabot Creamery** exhibit. Not only is cheese a great source of calcium, Cabot has made it even better by offering 50% reduced-fat cheese. Stop by and learn all about it.

Complimentary Vein Consultations
INDOOR
Do you have concern with the varicose veins on your legs? Stop by **McCormick Laser Vein Clinic** exhibit and receive a complimentary consultation or exam to determine your options.

Free Health Screenings
Upon entrance to Mullen Center
AARP/Walgreens Wellness Tour invites you to receive free health screenings (worth $140 in value). Their educational bus offers six free health screenings including: bone density, blood pressure, glucose levels, total cholesterol levels, waist circumference and body mass index. Many diseases can be detected through screenings long before any symptoms are noticed, making awareness the key to remaining healthy.

There are over 150 opportunities to make this day all about you at the Women's EXPO of SWFL. Hang out with us for the day and enjoy "Sisterhood Magnified."