



Colorado Springs **WOMEN'S LIVING EXPO**

AUG 19-20, 2017 - COLORADO SPRINGS EVENT CENTER

www.womenslivingexpo.com

**For Immediate Release
June 15, 2017**

Colorado Springs, CO

The 12th annual **KRDO Colorado Springs Women's Living Expo** will be coming to the Colorado Springs Event Center August 19-20, 2017 with a *WHAT WOMEN WANT Event!* A weekend of fun, entertainment, community and connection featuring a blend of 165+ diverse exhibits, free fitness classes, fashion shows, beauty makeovers, cooking demos, enter to win contests and the best shopping in town. Two days of **Pure Fabulous!**

Show hours: Saturday, 10am to 6pm and Sunday, 11am to 5pm.

Tickets: \$7 general admission, \$5 with a Walgreens Balance Rewards Card or \$2 off Admission Coupon
Tickets available online beginning June 1, 2017.

Colorado Springs Event Center is located at 3960 Palmer Park Blvd.

NEWS CHANNEL 13 is very proud to be a sponsor of the Colorado Springs Women's Living Expo and we look forward to a very successful event this year and for many years to come.

Timothy Larson, General Manager, KRDO NEWSCHANNEL 13

KRDO FM/AM is excited to be the radio sponsor for the 2017 Women's Living Expo. Heavy promotion on our simulcasts via 105.5 FM, 92.5 FM, 1240 AM, Mobile Apps and live streaming on www.krdo.com will be sure to reach lots of female attendees this year. Don't miss this fun event!

Jo Anne Rowley, General Sales Manager

WALGREENS kicks off the Expo with the *Healthy Mom, Healthy Baby Breakfast* presented by the *Gazette, Perfectly Posh* and *Center Pointe Family Medicine*. The Breakfast catered by *Salt Of The Earth* with desserts by *Kiss My Buttercream* features "Top Doc" **Dr. Jack Tubbs** from *Associates in Obstetrics and Gynecology* and Walgreens Pharmacist, **Amy Burnquist**. Together they will guide you through your pregnancy by providing answers to your questions. Each attendee will receive a free gift bag and there are free giveaways and prizes. Seating is limited so reserve your ticket now. Tickets are available at www.womenslivingexpo.com

LOUIS van AMSTEL best known for his ten stunning turns on *Dancing with the Stars* will be promoting fitness through the power of dance with his popular *LaBlast* program. From the absolute beginner to the experienced dancer the classes offer a one of a kind workout. Join Louis on Sat. at 1pm and Sun. at 2pm and have a Blast!! Presented by **Phil Long Lincoln of Motor City**

COME DRESSED TO WORKOUT for our FREE Fitness CLASSES! Maybe your normal exercise routine has grown a bit boring and you are struggling to keep yourself motivated to stay on track. **STEP UP & BeFIT** offers free classes you want to try from Capri Fitness Studio, Fit Body Boot Camp, Orange Theory, Powers Fitness, The Exercise Coach, VillaSport, Yoga On Water and Z-Ultimate Self Defense. Don't forget to enter the **Step Up & BeFit Fitness Challenge** and you could win a membership or free classes.

THE WESTERN DAIRY ASSOCIATION Chef's Kitchen Stage features Chef Mo Montgomery, Director of Hospitality & Culinary Arts at Pueblo Community College. Mo has a passion for community involvement and advocacy for women. Grab your friends and your spatula and join Chef Mo for a fun filled cooking experience as she prepares *Easy Weeknight Dinners* and *Desserts With Dairy*.

The excitement is rising for the **CELEBRITY CHEF "MAC AND CHEESE" SHOWDOWN** on Sunday August 20th at 3pm. Chef Patrick Reitmayer owner and Executive Chef of *Salt of the Earth Catering* and Chef Josh Kelly from *Bonny and Read* will prepare their version of this popular dish for our panel of judges who will award a cash prize. Come taste melt in your mouth goodness and cheer for your favorite Chef. **Sponsored by WDA Dairy Farm Families of Colorado.**

The **SAFeway BACK 2 SCHOOL PAVILION** is designed to be an up to the minute resource for moms in the community with the latest mix of trends, tutors, schools, health tips, and entertainment. Annessa Chumbley partners with Safeway to create recipes, cooking videos, and nutritional tips and solutions for their shoppers nationwide. She looks forward to meeting you at her cooking demos...and providing you with yummy samples!

MTM Models walk the runway in clothes and accessories that you will want to take home and lucky for you they are all for sale! Feminine and trendy fashions from **ABC Farm** using Alpaca Fibers, from the romantic to the adventurous the versatility of **Agnes & Dora** provides effortless fashion for everyBODY, **fab'rik** offers on-trend affordable clothes for women of all ages, **LuLaRoe** women and kids clothing that is stylish and flattering to every body type, hand dyed batik & painted handbags and original jewelry made by women in Uganda from **Project Lydia** and the finest eyewear in Colorado Springs from **Caramel Lunettes**.

BEAUTY AT THE EXPO with Regis Stylists showing Current Hair Trends and offering \$10 haircuts all weekend. The Walgreens Beauty Consultants are ready to pamper you with Matchmade Services, Hand Massages, Makeup Application and Skin Consultations on Saturday 10am-4pm and Sunday 11am-3pm.

THE HOME DESIGN CENTER showcases a variety of companies that are Exceptional! Efficient! And Affordable! It's that little extra that makes your home go from ordinary to extraordinary. Meet local experts offering everything from kitchen design to cleaning and organizing.

Our **FOOD CELEBRATION** brings together the flavors of Colorado Springs. Food companies, bakeries, restaurateurs and Chefs serving tasty bites. **It's not just delicious, it's Expolicious!**

Prizes, Giveaways, Great Fun and the Best Shopping In Town!
Go to www.womenslivingexpo.com for more information