\$2 OFF ADMISSION



join us

FEATURING THE

Sparks SPARKS BROWN BAG LUNCH **HEALTH SYMPOSIUM**

SATURDAY 12 NOON

FREE Brown Bag Lunch*

Presentation by Sparks Health Care Experts

FREE Ticket to Expo When You Attend Symposium

*Seating is limited, go to womenslivingexpo.com to register.

40/29 & THE ARKANSAS CW



I V I N G OCTOBER 19TH - 20TH FORT SMITH CONVENTION CENTER

\$6 GENERAL ADMISSION • \$4 WITH THIS AD CHILDREN 8 & UNDER FREE

































WWW.WOMENSLIVINGEXPO.COM



MEET THE 40/29 TEAM









SPARKS HEALTH PAVILION



Free Bone Density Screenings Free Blood Pressure Checks Free Chair Massage

Free Genetic Breast Cancer Risk Assessments Free Body Mass Index Checks

GET WEATHER READY



Chief Meteorologist Drew Michaels



COOKING WITH CRAIG









FABULOUS FOOD TASTINGS



Chef Blythe Beck



Sat. 12pm • Sun. 12:30pm



SMART CHICKEN **CELEBRITY** CHEF COOK-OFF

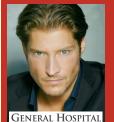






Sunday at 3:00pm

SPECIAL GUEST



HARRY ROBINSON BUICK

Sean Kanan A.J. Quartermaine

Saturday 1:00pm

COOKING AND ENTERTAINING WITH Sean Kanan



Sun. 2pm • Chef's Kitchen Stage

COOKING DEMOS



Kitchen Kimberley



FALL INTO FASHION

GET THE LOOK MAKEOVERS **RUNWAY FASHIONS**



