



40/29 & The Arkansas CW - Northwest Arkansas **WOMEN'S LIVING EXPO**

January 9-10, 2016 - Holiday Inn & NWA Convention Center, Springdale

www.womenslivingexpo.com

For Immediate Release

Springdale, Arkansas, December 4, 2015 –

Mark your Calendars for the return of the 6th annual 40/29 & The Arkansas CW Northwest Arkansas Women's Living Expo January 9-10, 2016 at the Holiday Inn & NWA Convention Center. The Convention Center is located at 1500 S 48th Street in Springdale and there is free parking.

This *What Women Want Event* offers a weekend of fun and entertainment, with a blend of more than 150 diverse exhibits, fashion shows, makeovers, health screenings, cooking demos, celebrities, shopping, enter to win contests and lots of free goodies.

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

Tickets: \$7 general admission, \$5 with a discount coupon and children 8 and under are free. \$2 off admission coupons available at participating Harps stores.

Go to www.womenslivingexpo.com for more information.

SHOW HIGHLIGHTS:

40/29 & THE ARKANSAS CW ARE PROUD SPONSORS OF THE WOMEN'S LIVING EXPO!

"We so enjoy being a part of the Women's Expo," said KHBS/KHOG-TV President and General Manager, Shawn Oswald. "Our news, sports and weather teams look forward to visiting with all the Expo attendees.

"Stop by the Arkansas CW Booth and meet the Arkansas CW Crew - Shelby, Dustin, Kaitlyn & Drew will be waiting to meet you! Grab a photo with your friends for free at our Photo Booth! And enter the HARPS Cake Decorating Contest!"

DANCING WITH THE STARS' Louis Van Amstel is a three-time world dance champion, Emmy nominated choreographer and professional dancer. With his *LaBlast* dance fitness program Louis will show you how to dance like a star and have a blast! The best news is anyone can do it. Saturday January 9th courtesy of **FFO Home**. Watch 40/29 for a chance to win a dance with Louis at the Expo.

The 40/29 GET READY WEATHER TEAM are the area's most accurate and dependable weather forecasters . Learn more about your favorite team and how they prepare to bring you get ready forecast morning, noon and night.

CHEF'S DANNY LANE AND REBECCA WOODARD, Harps award winning bakers, Salute The All Mighty Cupcake! Competitors and Winners in many challenges and competitions and with a combined 50 plus years of cake artistry experience, they are among some of the "original" icing slingers!! This is your chance to learn how to decorate cupcakes from the pros.

YOU TAKE THE CAKE DECORATING CONTEST provides all participants with an iced cake and plenty of decorations. The winner will be chosen by the Chef Danny Lane, Chef Rebecca Woodard and the CW Crew. All entries will take home their decorated cakes and the contest winner will receive a Gift Certificate for a Specialty Cake from HARPS Bakery. Sign up online or at the Arkansas CW booth.

ASK THE DOCTORS is a wonderful way for women to get their questions answered by health care professionals each chosen for their expertise in their noted field. Dr. Andrea Horne from BoozmanHof and Dr. Lisa Bearden will separate fact from fiction and what works and what doesn't. Refreshments will be served and you can enter to win a Beat The Blahs Belle Journee Spa Package....Your Beautiful Day Awaits!

ARKANSAS BEEF COUNCIL CHEFS KITCHEN features cooking demos throughout the weekend. Learn time saving tips, watch simple cooking techniques and enjoy delicious tastings. Follow the aroma to our stage and taste wonderful foods while being delightfully entertained.

ARKANSAS BEEF COUNCIL CELEBRITY CHEF COOK-OFF features the kitchen clash between defending champion Chef Justus Moll from River Grille and Chef Susan Beard from the Holiday Inn. Cheer on your favorite as our judges, award the grand prize.

COUNTDOWN TO BEAUTY where experts demonstrate their best beauty secrets. On our stage beauty professionals reveal tips and techniques to enhance your beauty. Discover the perfect hairstyle and polished makeup looks to start the year refreshed and reinvented.

RUNWAY FASHION SHOWS featuring clothes and accessories that you will want to take home. Shop the latest looks from our boutiques Elle & Co., Little Birdie's Boutique, One Loom Designs, Platos Closet, Rhapsody Faith & Fashion, Southern Style, Snap To it, The Burlap Bag, Willow Dust, 838 designs and many more. Models courtesy of **N.c.K Talent Management**

IF YOUR NEW YEARS RESOLUTION IS TO GET FIT then take heart. Ballistic Fitness, The Jones Center and your Total Fitness Shop will be offering you a variety of workouts that will challenge, restore, and enhance!

ENTER TO WIN THE GRAND PRIZE GIVEAWAY: A 2 night stay for two people at the Holiday Inn Springdale.

Prizes, Giveaways, Great Fun and the Best Shopping In Town!