

THE NATIONAL WOMEN'S SHOW

SHOW MAGAZINE

1ST ANNUAL

Presented by:
MAYFAIR®
DIAGNOSTICS

CALGARY
APRIL 22 - 23, 2023

Saturday: 10 am – 6 pm
Sunday: 10 am – 5 pm

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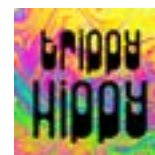
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SM PARTY BALLOONS
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NationalWomenShow.com

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MAIN STAGE

SATURDAY

11:15 am

Clairvoyant Kim Dennis
Connects Audience with Loved
Ones On the Other Side



12:00 pm

Musical Performance by the cast of
The Wedding Singer 1999
Presented by Jubilations Dinner Theatre

12:45 pm

Quirky & Bold Sustainable
Fashion Show
Presented by Trippy Hippy



1:30 pm

Bachelor, Peter Weber Tells All



3:00 pm

Calgary Firefighters x Tri It
Multisport Fashion Show



3:45 pm

Learn How to Update Your
Home For Spring with Flowers
presented by Flower Culture



4:30 pm

TikTok Sensation Evelyn
Randhawa Offers Quick &
Easy Natural Spring Glam Tips



SUNDAY

11:15 am

Quirky & Bold Sustainable
Fashion Show
Presented by Trippy Hippy



12:00 pm

Learn How to Update Your
Home For Spring with Flowers
Presented by Flower Culture



12:45 pm

Musical Performance by Kate Reid



1:30 pm

Musical Performance by the cast of Jubilations
Junior - Super Duper Mario Musical

2:15 pm

TikTok Sensation Evelyn Randhawa Offers
Quick & Easy Natural Spring Glam Tips



3:00 pm

Calgary Firefighters x Tri It Multisport Fashion Show

3:45 pm

Clairvoyant Kim Dennis Connects Audience
with Loved Ones On the Other Side

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DELICIOUS
BAKING



BEAUTIFUL
ENTERTAINING

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CULINARY STAGE



SATURDAY

11:15 am

Cake Design for Mothers

Lesi Lambert

Lambert Academy of Sugar Craft

12:00 pm

**Ricotta Gnocchi with a Creamy
Preserved Lemon Sauce**

Chef Judy Wood

Flavour YYC

12:45 pm

Seared Tuna Tiradito

Corporate Chef, Tyler Goddard

The Rooftop Restaurant

1:30 pm

Delicious Sugar Free Desserts

June Alexander

Sugar Free Please Foods Ltd

2:15 pm

Mixology With the Booze Brothers

Don Harrison

The Booze Brothers

3:00 pm

Making Delicious Moulded Bonbons

Mehrzad Afshari

Hermana Chocolate

3:45 pm

Make Your Own Chocolate Truffles

Tanya Armes

Cococo Chocolatiers

4:30 pm

Good Food Real Fast

Shay Kort

Epicure



SUNDAY

10:30 am

Make Your Own Chocolate Truffles

Tanya Armes

Cococo Chocolatiers

11:15 am

Good Food Real Fast

Marci McQueen

Epicure

12:00 pm

Mixology With the Booze Brothers

Don Harrison

The Booze Brothers

12:45 pm

**Dip Local, Dip In! A Modern Twist on
Your Favorite Traditional Dish, HUMMUS!**

Nada Choufi

Mother May I Hummus

1:30 pm

Upcycling and Why it Matters to you

Shawn Leggett

GroundUp Eco-Ventures

2:15 pm

Taste the Flavours of Africa

Adebola Esan

Flavours Restaurant

3:00 pm

Easy Gourmet Meals

Olayide Abe

IHOF Seasonings

Kitchen provided by:



LIFE AND LEARNING STAGE



SATURDAY

10:30 am

This is yOGa

Shalyn Madigan
The Real yOGi

11:15 am

The Importance of Eating Well & Exercising for Better Mental Health

Jari Love, Toddy Sylvestre-Dallow,
Tish Lethbridge, and Tracy Jeffrey
Xyngular

12:00 pm

The Future of Acne Treatment with AviClear

Dr. Ayesha Nazarali and Tobey St. Arnault
Jeunesse Med Spa and Wellness

12:45 pm

Breast Health & Wellness

Danielle Satchwell
Mayfair Diagnostics

Featured Speaker

MAYFAIR
DIAGNOSTICS

1:30 pm

Impacts of Stress on Hormones Balance and Immunity

Dr. Jewel Alfoure
Enerex

2:15 pm

Makeup Tips for Busy Moms

Denelle Brown
Limelife

3:00 pm

The Power of Exercise to Improve Health

Kimberly Hughes
LIVE WELL Exercise Clinic

3:45 pm

Three Diverse and Talented Canadian Authors!

Selly Principio-George, Lorna Selig
Tammy Plunkett, and Yvonne Winkler
Principio PR Inc.

4:30 pm

The 10 Most Common Dreams

Alexis & Emeline Mercier
UCM - Teaching and Research Center



SUNDAY

10:30 am

Breaking Limits: From Commercial Driver to Luxury Leather Purse Artisan

Theo Popilchak
ONE21

11:15 am

Mastering the Madness of Divorce

Hilary Heninger
4 Pillars Divorce

12:00 pm

What Kind of Yoga is Right for You

Shawna Zylstra
The Wine & Yoga Club

12:45 pm

Breast Health & Wellness

Danielle Satchwell
Mayfair Diagnostics

Featured Speaker

MAYFAIR
DIAGNOSTICS

1:30 pm

Boost Your Confidence!

Natasha B. Darby
NBR Global Solutions Inc.

2:15 pm

The Flower Therapy

Natalia Vita Senior
Flower Aura By Natasha

3:00 pm

Empowerment in the Beauty Industry

Vanessa de Mello
The Esthetic Institute Training Center

3:45 pm

Live Longer, Healthier!

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www.30minutehit.com/locations/calgarysouthwest-kickboxing-boxing-fitness.html 910

4 Pillars Divorce

www.4pillarsdivorce.com 1118

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Organic Baby Food 232

Abbey's Creations

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Adina Gifts

712

AG GROUP ENTERPRISE INC

www.aggroupenterpriseinc.com 625

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www.aisthetikos.ca 609

Alberta Animal Rescue Crew (AARCS)

www.aarcs.ca 1110

Alberta Jeep Dealers

www.Jeep.ca 930

Alberta Sheriffs Branch

www.sheriffs.gov.ab.ca 1336

Amino Snacks

www.aminosnacks.com 338

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artbyJFM

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Artisan Collective

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As The Planets Turn

www.astheplanetsturn.com 308

Athletic & Family Chiropractic

www.dremilvargas.com 525

B

Bäre Activewear

www.bareactivewear.com 722

Bear, Birdie + Bee

www.BearBirdieAndBee.com 1107

Becks Body Bar & Boutique

www.becksbodysbar.com 312

Birch Please! Workshop 1107

www.instagram.com/birchplease_workshop

BlackKnot Jewellery by Karen Kordic 1107

www.instagram.com/blacknotjewellery

Booze Brothers Moonshine

www.boozebroshine.com 330

Brandi's Salsa

www.brandisalsa.ca 235

Bourbon for Bogeys

www.bourbonforbogeys.ca 1340

Bullets n Beads

www.bullets-n-beads.square.site 825

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www.calgarychocosweeatsfactorie.ca 231

Calgary Firefighters Burn Treatment Society

www.cfbts.org 832

Calgary Humane Society

www.calgaryhumane.ca 1016

Calgary Police Service

www.join.calgarypolice.ca 1338



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Fashion Show



Beauty Bar



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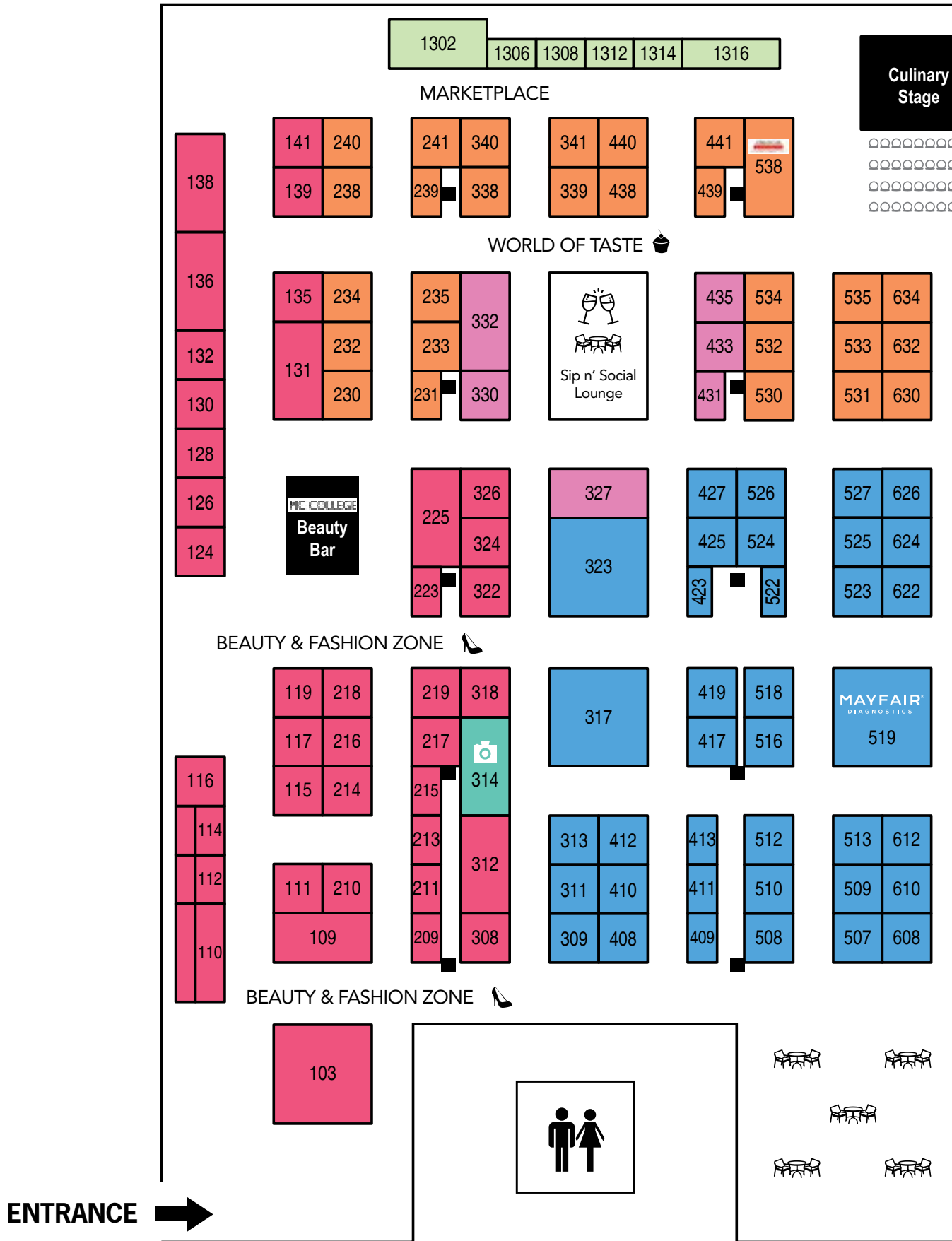
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MEDICAL

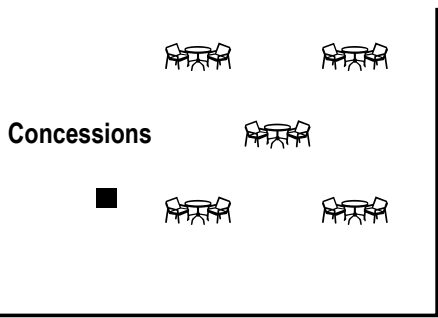
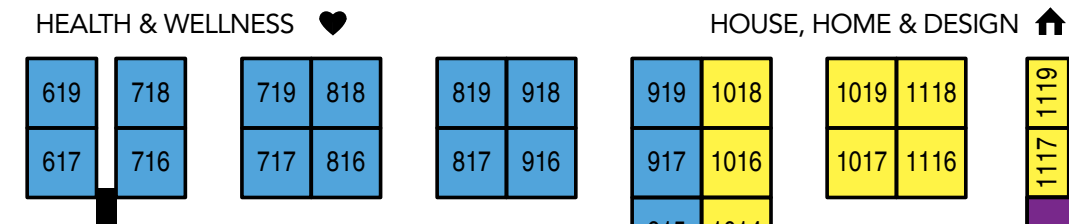
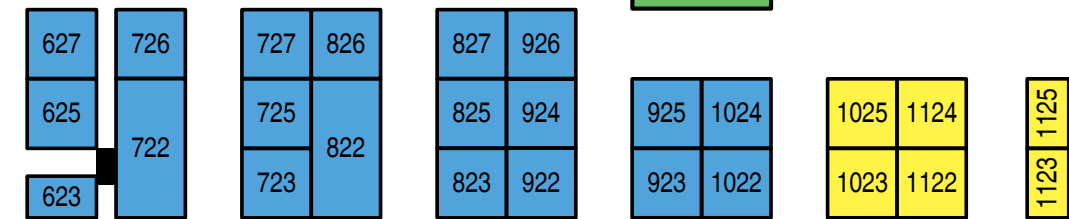
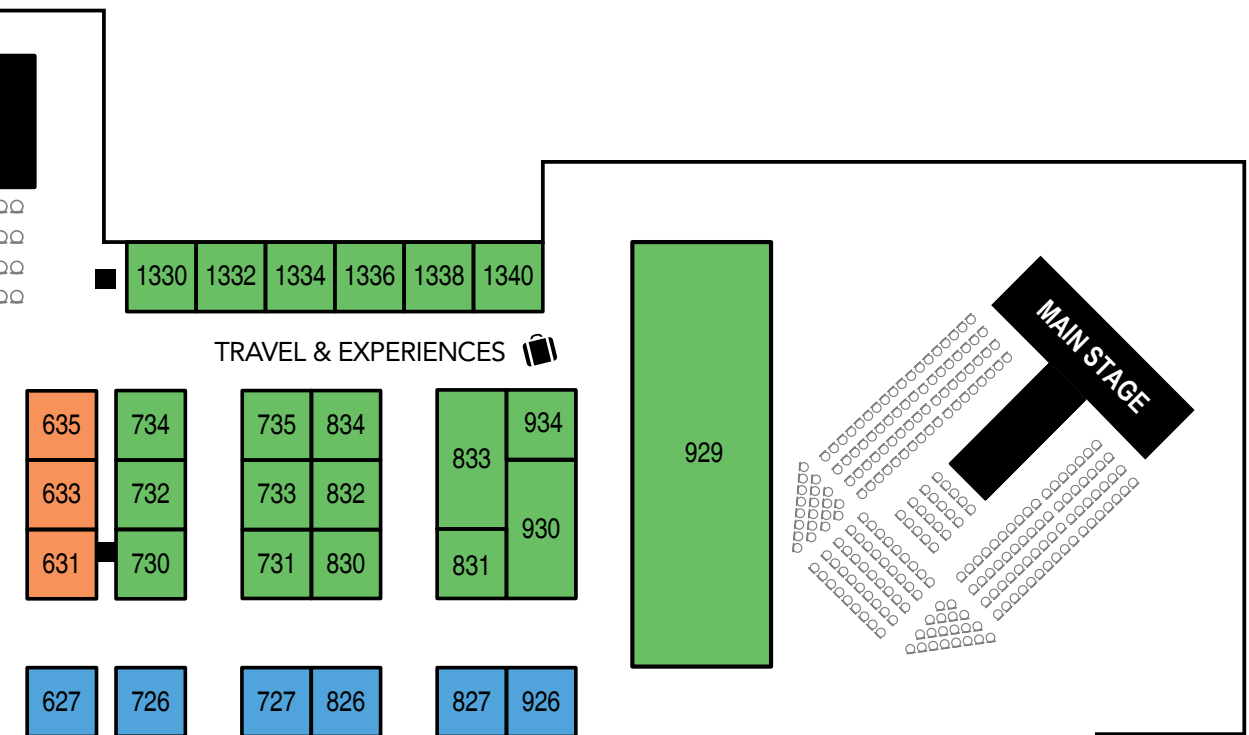
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Camila Fernandez Torres - CIR Realty www.Camilafernandeztorres.cirrealty.ca	1008	Color Street www.colorstreet.com/1108	919	DesignsMstudio www.designsmstudio.com	128
Canadian Armed Forces www.forces.ca	733	Combined www.combinedinsurance.com/ca-en/index.html	510	Dignity Memorial www.dignitymemorial.com	731
Canmore Cave Tours www.canmorecavetours.com	833	Cosmic Crisp Apples www.cosmiccrisp.com	138	Direct Energy www.directenergy.ca	1108
Century Wellness www.Centurywellness.ca	512	Cuba Tourist Board www.gocuba.ca	732	Dormer 211 www.dormer211.com	412
Chai Spice www.chaispice.ca	238	Curio Counselling www.curiocounselling.ca	912	doTERRA www.PureOilz.com	526
Citrus & Spice YYC www.instagram.com/citrusandspiceyyyc	1107	CUTCO www.mycutcorep.com/aron_goeken	635	E	
City & Country Urban Winery www.cityandcountrywinery.com	1107	D		Eco2Dye4.com www.eco2dye4.com	1107
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Emerald eco beauty
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Empower Women
www.empoweredlife.online 726

emPOWER - Women in Construction
www.empower-womeninconstruction.start.page 917

Enerex Botanicals
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Epicure
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Essence Wellness Clinic
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European Flavour Factory
www.flavourfactory.ca 233

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Fifth Avenue Collection
www.fifthavenuecollection.com/kathylewis 708

FirstBase Skincare
www.firstbaseskincare.com 624

Flavour YYC
www.Flavouryyc.com 441

Flavours Restaurant
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Flower Aura By Natasha
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 **Flower Culture**
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www.foundersoriginal.com 435

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www.foxyboxwaxbar.com 619

Free Bird Candles
www.instagram.com/freebirdcandleco_ 1308

Fresh Prep
www.freshprep.ca 535

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GemRapture Jewellery
www.gemrapture.ca 318

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www.ghostriderssmokehouse.ca 439

Glass Skin Laser
www.glassskinlaser.com 312

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www.groundupev.com 530

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Handcrafted by Amber Flowers
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Lambert Academy of Sugar Craft
www.LambertAcademy.ca 440

Land Art
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Lifewave	518	Mary Kay Cosmetics with Director Pamela Kanderka www.marykay.ca/pkanderka	419	MET BLINDS www.metblinds.com	1025
LIFT Health Co. www.lifthealthco.com	831	MATSU KAZE TEA www.matsukazetea.com	341	Miller Craft Market www.Etsy.com/shop/MillerCraftMarketAB	1107
Limelife www.limelifebyalcone.com/thuytyp	719	Matt & Steve's www.mattandsteve.com	332	Mint and Grey www.themintandgrey.com	1107
LipSense by SeneGence, Lip Lady Canada www.lipladycanada.com	527	MAUD Medical Clinic	622	Mobility Health www.mobilityhealth.ca	327
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N					
Natural Lifting www.formidabless.com	918	Odding C Scentsy www.oddincg.scentsy.ca	523	Primerica www.primerica.com/vansickle	1306
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www.ciwa-online.com

**The City of Calgary, Waste
& Recycling Services** 735
www.calgary.ca

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The Inspired Creative 1107
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The Nut Man Co. 1107
www.nutman.ca

The Real yOGi 119
www.therealyogi.ca

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The Tummy Clinic 923
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The Wine & Yoga Club 727
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210

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409

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www.instagram.com/tranquillyc

1107



Tri It Multisport

www.tri-it.ca

930

Fashion Show



Trippy Hippy

www.trippyhippyclothing.ca

136

Fashion Show

Trisha Flanagan - Jewellery Artist

www.trishaflanigan.com

1107

Twisted Gypsy Tattoos and Apothecary

www.twistedgypsy.ca

413

U

UCM - Teaching and Research Center

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809

UpSwing by Alberta Golf

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934

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508

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513

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W

Worthy AF YYC

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813

WFG World Financial Group

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834

X

Xyngular

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423

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