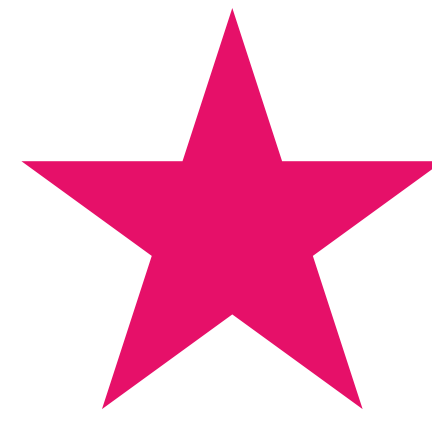


# MAIN STAGE



# THE NATIONAL WOMEN'S SHOW

## FRIDAY ★

**12:00 PM**

Listen In...with Psychic Medium Lynn Nicholls - get a message from your loved ones on the Other Side  
Lynn Nichols



**12:45 PM**

"9 Lives by 35" an Olympian Reinvented Olympian, Mary Sanders



**1:30 PM**

Performance by Ida-Maria Carriero, Miss Teenage York Region 2021 and Motivational Speaker for Youth Mental Health.  
Presented by Women Empower Network



**2:15 PM**

Top Interior and Garden Design Trends 2022  
Jackie Morra



**3:00 PM**

Live Musical Performance by Coty Robinson



**6:00 PM**

FASHION SHOW: Actively Fashionable YOU!  
Zyia Active Independent Representative



## SATURDAY ★

**11:15 AM**

Performance by Ida-Maria Carriero, Miss Teenage York Region 2021 and Motivational Speaker for Youth Mental Health.  
Presented by Women Empower Network



**12:45 PM**

Fashion Show  
Presented by  GLOW  
College of Artistic Design

**1:30 PM**

Listen In...with Psychic Medium Lynn Nicholls - get a message from your loved ones on the Other Side  
Lynn Nichols



**2:15 PM**

Dog Apparel Fashion Show  
Josie's Look Nook



**3:00 PM**

Top Interior and Garden Design Trends 2022  
Jackie Morra



**3:45 PM**

Live Musical Performance by Coty Robinson



**4:30 PM**

FASHION SHOW: Actively Fashionable YOU!  
Zyia Active Independent Representative



## SUNDAY ★

**11:15 AM**

Performance by Ida-Maria Carriero, Miss Teenage York Region 2021 and Motivational Speaker for Youth Mental Health.  
Presented by Women Empower Network



**12:00 PM**

Fashion Show  
Presented by  GLOW  
College of Artistic Design

**12:45 PM**

Listen In...with Psychic Medium Lynn Nicholls - get a message from your loved ones on the Other Side  
Lynn Nichols



**1:30 PM**

Top Interior and Garden Design Trends 2022  
Jackie Morra



**2:15 PM**

FASHION SHOW: Actively Fashionable YOU!  
Zyia Active Independent Representative



**3:00 PM**

Live Musical Performance by Big City Lights

