

etc.

# expo for her



*Grab your  
purse,  
it's time to  
shop!*

The eleventh annual expo for her is two days of shopping, entertainment, pampering and fun — designed especially for women.

Sample foods & drinks, participate in FREE fabulous seminars, and SHOP!

Treat yourself or start your holiday shopping — or both.

**JOIN THE FUN!**

**Friday, October 14th • 2pm–9pm**  
**Saturday, October 15th • 9am–5pm**

Sioux Falls Convention Center  
1101 N. West Avenue

[www.etcsiouxfalls.com](http://www.etcsiouxfalls.com)

 [www.facebook.com/etcforher](http://www.facebook.com/etcforher)



etc. **expo** for her



**\$7 admission**  
**RECEIVE \$1 OFF**  
 with your donation of a canned good.  
 Help Fill the Food Pantry for Winter!



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[www.facebook.com/etcforher](http://www.facebook.com/etcforher)

**First 200 adult attendees each day will receive a gift bag full of free items!**

- Attend Fabulous Seminars!
- See Cooking Demonstrations by Local Chefs

**11**  
 11th Annual expo for her

**Over 240 booths featuring:**  
 Jewelry • Purses • Home Décor  
 Furniture • Original Art • Make-up  
 Pampering Products • Skincare  
 Food • Cookware  
 Candles • Recreation  
 Educational Tools  
 Informational Tools  
 Travel • Photography  
 Gifts Galore...  
 and so much more!

**TEAM FEUD**

EMPIRE PRODUCTIONS  
 Nothing Less Than Epic!

**October 14 • 9pm**  
**Team Trivia Feud**

Join us for this friendly version of the hit game show Family Feud. Empire Productions brings the fun and atmosphere of Family Feud directly to you! Two teams of 5 people drawn from our audience will face off and be put through the adrenaline-paced trivia action of Trivia Feud. Fabulous prizes awarded to winning team!

CIRQUE DU SOLEIL

**Win OVO Tickets!**  
 One gift bag each day will contain a pair of tickets to the OVO show at the Denny Sanford Premier Center. Good luck!

Cirque du Soleil returns to Sioux Falls with a brand new show. OVO is a headlong rush into a colorful ecosystem teeming with life where insects work, eat, crawl, flutter, play, fight, and look for love in a non-stop riot of energy and movement. There will be seven performances running January 4-8. Tickets are on sale now at the KELOLAND Box Office or through Ticketmaster.

**Avera**



# etc. Expo for her



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## 2016 Seminar Schedule



**Avera Health**



**Mobile Mammogram Truck**  
**Saturday, Oct. 15**  
**9am – 2pm**

Open for screening digital mammograms and for tours of the truck.

**Call 322-PINK (7465)**  
to schedule your mammogram,  
but we will take walk-ins also.

### Friday, October 14th

**5:30 - 6pm**

#### **Farm to Table Beef Recipe**

Morgan Kontz, popular blogger and local farmer, will cook up her favorite farmhouse beef brisket recipe to share with you in this session. Get cooking tips and food facts from Morgan and other local farm women. Because shopping for groceries shouldn't be intimidating, you'll learn about what goes into raising food for our families every day. We've got answers to your food questions and more. Presented by South Dakota CommonGround volunteers and the South Dakota Soybean Research & Promotion Council. Find more information at: [www.findourcommonground.com](http://www.findourcommonground.com)

**6:15 - 6:45pm**

#### **Tips to Look & Feel Your Best**

Join our board-certified plastic and reconstructive surgeons as they provide tips to help you look and feel your best. Barry Martin, MD, FACS, and Mark Shashikant, MD, FACS, have more than 20 years experience in reconstructive and cosmetic procedures. Avera Medical Group Plastic and Reconstructive Surgery.

**7 - 7:30pm**

#### **Beef for Busy Days**

Meal inspiration and ideas that you need to feel good about feeding your family. Don't miss out on free BEEF samples! Hosted by the S.D. Cattlemen's Auxiliary.

**7:45 - 8:15pm**

#### **Educate, Entertain & Inspire**

The Washington Pavilion has numerous opportunities to educate, entertain and inspire busy families. Learn how your Washington Pavilion can enrich your life through interactive art and science camps and classes, high-quality education, unique and affordable event planning and spaces, entertaining performances for all ages, and much, much more. Attendees can sample desserts from Leonardo's Café catering and be eligible to win a Washington Pavilion membership, show tickets or a voucher for adult classes!

**8:15pm**

#### **From Grapes and Grain to Wine and Beer**

*With Riccardo Tarabetsi, VP Sales & Marketing, Fernson Brewing Company*

Join Riccardo, etc for her wine columnist, as he shares his 16-year experience in the food and beverage industry by guiding you through a wine and beer tasting. From grapes and grain come two of the most exciting beverages available locally and around the world.

**9pm**

#### **Team Trivia Feud**

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### Saturday, October 15th

**10:15 - 10:45am**

#### **Coffee with a Certified Financial Planner**

Need an easy-to-comprehend guide to understanding investments and filtering through all of the investment marketing gimmicks? Take a shopping break and refuel over a cup of coffee with Gary Popkes, Certified Financial Planner and Senior Vice President of Trust Services for Frontier Bank. Come and enjoy scones from Panera Bread and Starbucks Coffee, and leave feeling refreshed and confident with your investment strategy!

**11 - 11:30am**

#### **Carve Your Core and More**

Learn some exercise moves and get some tips on how to effectively improve your core strength, balance and flexibility. Presented by Mutch Women's Center for Health Enrichment

**11:45am- 12:15pm**

#### **Outdoor Holiday Decorating with Cliff Avenue Greenhouse**

Come join us! We will give you tips and ideas for making an outdoor evergreen pot and step-by-step wreath decorating to make your home festive and inviting for the holidays.

**12:30 - 1pm**

#### **Comfort Food Can Be Tasty & Healthy**

Juliann Reiland, MD, with Avera Medical Group Comprehensive Breast Care, along with Kandace Brands and Rebecca Hanzen, Health Educators with Avera Medical Group Integrative Medicine, will prepare a healthy comfort food for you to taste and provide you the recipe and tips on eating healthy. Come and taste how healthy food can be!

**1:15 - 1:45pm**

#### **Start Your Own Small Business**

It's that time – you are finally ready to start your own small business! You've been whittling away on that checklist for months. Business Formation? Check! Registered with Secretary of State? Check! Federal Employee ID Number? Check! State Tax License? Wait...what?! We know how daunting the subject of taxes can be. Let us help! We will give you the tools and information you need to make this topic seem a lot less scary. In this seminar, we will explain, who needs a license, the difference between sales, use, and contractors' excise taxes, and which ones pertain to you. We will also help you understand how to file returns, if any exemptions apply to your business, and much more! Join us for this informal and interactive training, so that we can help you succeed at your dream! Sponsored by the SD Department of Revenue

**2 - 2:30pm**

#### **Healthy Substitutions for a Positive Life-Style**

Do the age old ingredients, sugar and salt, still have a hold on your life? Join your Hy-Vee dietitian Janine Albers to learn the current recommendations for these ingredients and also learn quick, easy and healthy substitutions to help promote a positive lifestyle change.

**2:45 - 3:15pm**

#### **Live Botox Demonstration**

Join Dr. Brittany Wangsness, DNP, NP-C and the LazaDerm Skincare Centre Team to learn more about the anti-aging benefits of Botox and to see a live demonstration of a Botox treatment. Botox is a FDA-Approved, non-surgical treatment to reduce the appearance of wrinkles all over the face. Dr. Wangsness will also be discussing four of the best skin care options to help you age gracefully.