

GENERAL INFORMATION

Move-In

Saturday, October 1; 7:00 am to 9:00 am

- Carts and dollies will be available for vendor use during Move-In and Move-Out. These carts and dollies are available on a first-come, first-served basis and shall be returned to the designated area upon completion of usage.

Move-Out

Saturday, October 1; 3:00 pm to 5:00 pm

- **Move-out will not be permitted prior to the conclusion of the show.**
- Carts and dollies will be available for vendor use during Move-Out as soon as event staff has verified that the public has cleared the building and that it is **SAFE** to begin move-out.
- All exhibitor items must be removed from the Casper Events Center prior to 5:00 p.m. on Saturday, October 1.

It is requested that courtesy and patience be exercised during these processes.

We do not have a specific Show Office; however, messages for vendors may be picked up at the Registration table located near the back entrance until the completion of Move-In. After that, any emergency calls should be directed to the Back Door Guard at 307-235-8454.

Banners

Banners may be hung in vendor booth only with appropriate hooks provided from Exhibitor Services. If in doubt, please ask for assistance. Small ladders and step-stools are available – for **your safety**, please **do not stand on tables or folding chairs**.

Parking

- Vendors are permitted to park in the lot directly behind the building. Please note that this lot has a limited number of parking spaces available. Please do not park in or block the reserved spaces. Vendors are also encouraged to park in Lot 11, immediately to the north of the building to alleviate congestion.
- **Storage is not permitted in the back lot** of the Casper Events Center.
- Overnight parking or camping is not permitted on the grounds of the Casper Events Center per City Ordinance.

Admission/Entrance for Family and Friends

Family members and friends will not be permitted entrance through the back door, nor are they allowed to park in the lot behind the building. All guests must purchase admission tickets and enter through the front doors.

Exhibitor Lounge

An Exhibitor Lounge is provided for the comfort and relaxation of our vendors. Minimal refreshments will be provided in the lounge on Saturday from 8:00 am to 3:00 pm. Only vendors will be permitted access to this area. Just a reminder that this is not open to the public, nor is it provided as a babysitting area so please make other arrangements for children.

The City of Casper Food & Beverage Department is the exclusive caterer/concessionaire for the Casper Events Center. Food from outside sources (i.e. McDonald's) may be taken into the Lounge for consumption. Please confine eating in the lounge whenever possible and not in public as patrons are not allowed to bring in outside food and beverage.

Fire/Vehicle Regulations

- Any vehicles/atv's on display must contain no more than 1/16 tank of fuel.
- Fuel tank must be sealed with either a locking fuel cap or with duct tape.
- Battery must be disconnected and keys removed from ignition.
- All items (i.e. easels, signs, hitches) must be contained within the allotted booth space as sufficient fire aisles must be maintained.
- Use or storage of compressed gases, flammable or combustible liquids, hazardous chemical or materials inside the Casper Events Center is prohibited except for demonstration by special permit.
- Propane bottles or tanks must be removed from vehicles prior to being brought in the Casper Events Center.
- Show promoters, exhibitors and service contractors must comply will all Federal, State and City fire codes that apply to public buildings/assembly areas.

Smoking Policy

The Casper Events Center is a non-smoking facility. Smoking is permitted outside only. Please observe all posted signs and regulations.

Pets

Pets/animals are not allowed in the building unless the pet/animal is a part of an exhibit, activity or demonstration directly associated with the production of the show. Pets/animals that are part of an exhibit MUST be approved with the Casper Events Center staff PRIOR to the event. Service animals are exempt.

Permits

Sales Tax/Temporary Business Permit - The State of Wyoming Department of Revenue and Taxation requires sales tax be assessed on items sold during the Wyoming Women's Expo. Vendor information may be provided to the State Department of Revenue and Taxation for follow-up with vendors as inspections may be performed. Please call 307-266-3621 with any Revenue and Taxation questions.

Food and Beverage Giveaways and Sales

Free food giveaways are to be limited to sample size per contractual obligations with Food and Beverage Sponsors and in-house agreements. **Sample size is defined as:** 3 oz for beverages and bite size for foods. Any vendor providing food or beverage product of any kind is responsible for acquiring the appropriate permit from the City of Casper/Natrona County Health Department. Regulations will be provided upon issuance of the permit and inspections may be performed. Please call 307-235-9340 with any Health Department permit questions.

Host Hotel

JJM Hotels is our hotel sponsor for this year's Expo. They consist of three hotels and are offering the following rates for our exhibitors:

\$69 at LaQuinta Inn –
(307) 265-1200 or www.lq.com



\$79 at Hampton Inn –
(307) 235-6668 or
www.hamptoninn.com

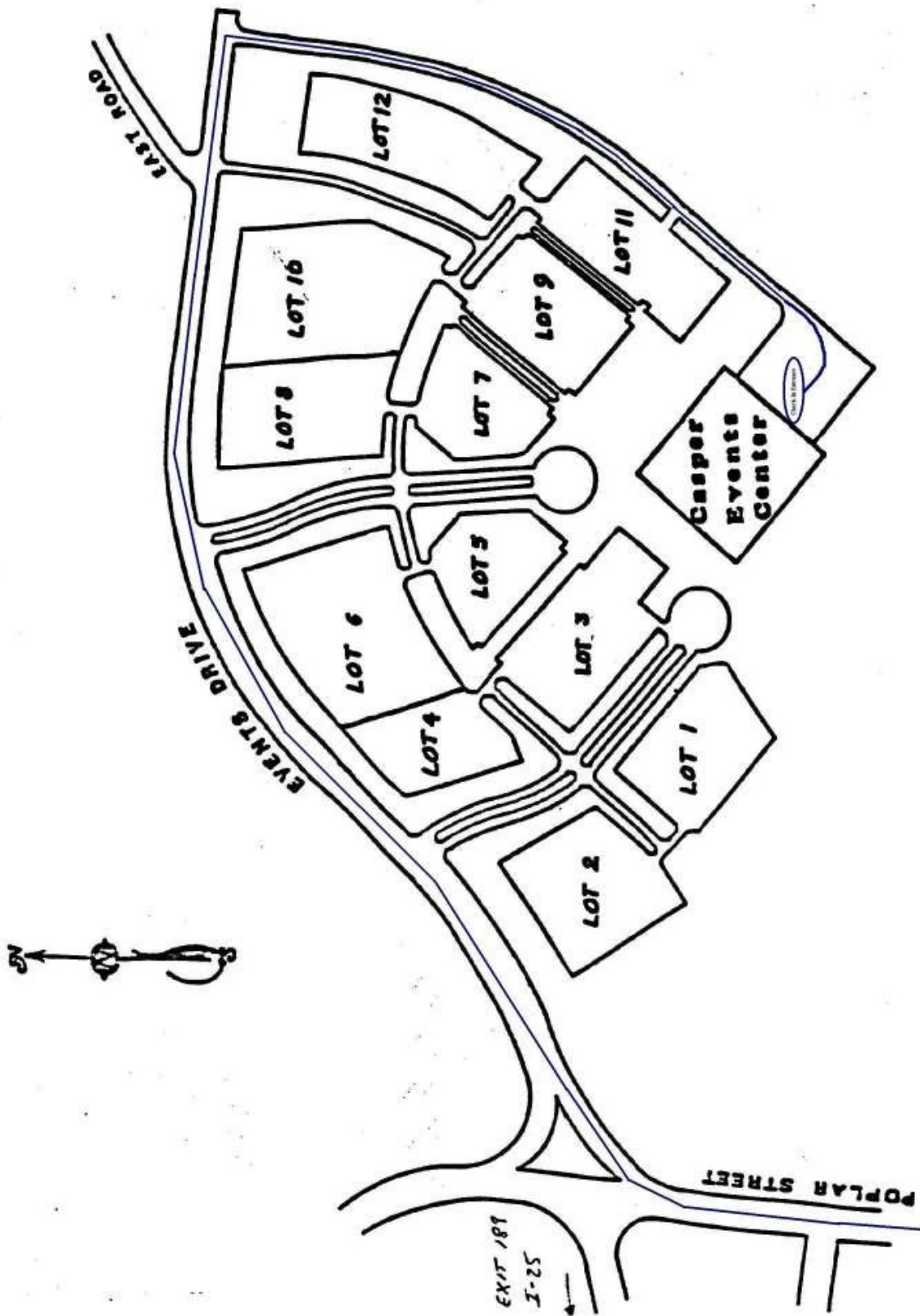


\$89 at Hilton Garden Inn –
(307) 266-1300 or
www.casper.hgi.com



**If you have any questions or concerns, please contact
Tiffine Canepa at the Casper Events Center at (307) 235-8456.**







wyoming women's expo

Friday, September 30 and Saturday, October 1, 2011

www.WyomingWomensExpo.com

Show Overview

Show Dates and Times:

Friday, September 30

Tradeshow: 4:00 pm to 8:30 pm

Holistic Fair: 4:00 pm to 8:30 pm

Girls Night Out: 5:30 pm to 7:30 pm

Comedian Sonya White: 8:30 pm to 9:30 pm

Saturday, October 1

Ta Ta Trot 5K Breast Cancer Run/Walk

7:00 am Registration

8:00 am Run Begins

Tradeshow: 9:00 am to 3:00 pm

Holistic Fair: 9:00 am to 3:00 pm

Farmers Market: 9:00 am to 3:00 pm

Admission: \$20 Friday (all ages); \$5 Saturday (12 and under free); \$22 Two-Day Pass

Comedians Jody Kerns and Sonya White; Friday, September 30 from 8:30 pm to 9:30 pm

Comedians Jody Kerns and Sonya White will be this year's entertainment on Friday, September 30 from 8:30 pm to 9:30 pm on the McMurry Foundation Stage.



Jody Kerns entertains with a wry, homespun look at the foibles of modern life including growing up on a farm, marriage and raising children. Jody happily customizes her material for the audience, squeaky-clean for conventions and slightly naughty for those who prefer a spicier show. Her highly original material puts a down home country girl spin, on the celebration of life, love and laughter.

Sonya White is based in Chicago, IL. Originally from Virginia, she has combined southern charm with big city street smarts to create a show that won her multiple appearances on CBS' "Star Search" and a promo spot on NBC's "Last Comic Standing 4." White's observational comedy is enhanced by dead-on impersonations and appropriate sound effects. Both her comedy stage show and her one-woman show, "Airing Dirty Laundry," are based on real-life experiences and her fond, but irreverent, interactions with friends, family and the world at large. White's television credits include roles on the Fox Network's "Nightshift," The Family Channel's sitcom "Big Brother Jake" and MTV's national promotion for "Spring Break '98." She has played a colorful character on national promos for "The Jerry Springer Show," and done cartoon impressions for The Cartoon Network's "Pick Your Shorts." Sonya is a member of both the Screen Actor's Guild and The American Federation of Television and Radio Artists. Check her out online at <http://www.sonyawhitecomedy.com/>.



All exhibitors are encouraged to attend the performances. Exhibitor Passes will guarantee free admission to this portion of the Expo. Our Comedians' appearances are sponsored by the McMurry Foundation.

Girls Night Out; Friday, September 30 from 5:30 pm – 7:30 pm; Vegas Style



This year's Girls Night Out theme is Vegas Style. Exhibitors are encouraged to incorporate the theme into the design of their booths.

Everything is included with admission. Free hors d'oeuvres prepared by the Casper Events Center. Girls Night Out is sponsored by The Wonder Bar.

Seminars, Classes and Hands-On Demonstrations:

We are so excited to introduce or bring back these wonderful and empowering women as our presenters! We have everything from cooking demos to empowering seminars to do-it-yourself home projects and FREE health screenings! We are trying to squeeze in as much in as possible so presentations are only 30 minutes long.

Friday, September 30

Cooking Demonstrations at the Cost Plus Appliances booth (on arena floor)

Presented by Lesley Travers:

5:30 pm | Book Signing "At Home on the Range" by Lesley Travers

7:00 pm | New Orleans BBQ Shrimp

8:00 pm | Sweet and Salty Pretzel Sticks

Saturday, October 1

9:15 am | Crumb Cake

10:00 am | Pina Colada Cupcakes

11:30 am | Book Signing "At Home on the Range" by Lesley Travers

12:15 pm | Dave's Famous Black Bean Dip

1:00pm | Whoopie Pies

Saturday, October 1

Seminars in the Bridger Room (on 2nd floor):

9:15 am | TBD

10:00 am | "Get Off The Damn Hamster Wheel"!

Christa Sutton will share how she came to find herself on the hamster wheel and share some tips on how to make changes and pave your own road. You will be focusing on how to take yourself off the backburner and become a priority (yes, you heard that correctly...you a priority)! You will learn the value of quiet/alone time, living your passion and using the 'Laws of Attraction' to make a shift in five core areas of your life: health, finance, career, spiritual life, and relationships!

10:45 am | "Ten CRITICAL Things Women Should Know About Retirement and Estate Planning."

Tassma Powers and Harriet Chase are going to change your thinking about your future get you pointed in the right direction! While important to both genders, retirement and estate planning decisions have a more profound effect on women! Women are three times more likely to be widowed at age 65 (since we generally live longer and are more likely to marry someone older). Estate planning is a critical component of retirement planning. You will identify and discuss the top 10 things that will best prepare you and your families! Do not miss this – take this responsibility seriously – protect yourself and your family!

11:30 am | "Do It Scared"!

The idea of playing it safe makes us choose being unfulfilled and even miserable over being fabulous and happy. Sometimes life is scary business...the good news is action cures fear. If you're ready to roll over fear, claim more success, and create an irresistible life, join us. Presented by Brook Kreder, our dearest friend and Founder of Experts|Empires.

**12:15 | Paganism: An Introduction to Nature-Centered Spiritual Traditions.
(In Conference Room on 2nd Floor)**

Here at Ancestral Coalescence, our primary philosophy is “All You Seek Shall Be Found Within.” Our goal is to promote ancestral wisdom as it comes full spiral by remembering the past, living the present, and creating the future. We celebrate the light and embrace the shadow. Recently they contracted with their local community college to present an introductory course. Paganism and Nature-Centered Spiritual Traditions. Join as they discuss their approach to the understanding of the authentic human and spiritual sovereignty and meet the course facilitators.

12:15 pm | “Stress IS a Hormone that IS Affecting Your Life”!

Dr. Kimberly Balas – where have you been all our life?! We are ALL familiar with stress – it is a constant element in women’s busy lives. The cumulative effects of the wear and tear of stress can wreak havoc on your body in so many ways. The largest effect is on the hormones. Some of the common issues that appear with women are insomnia, anxiety, fatigue, depression, fuzzy thinking, weight gain, cravings, mood swings, as well as dozens of other symptoms and health concerns – and some that can be VERY serious (yikes...we aren’t losing our minds?). In some women, this imbalance becomes so severe they can barely get out of bed! As women, we are all different – and we love that because it makes life much more interesting. It also means that YOUR chemistry and life history are unique, and so your path to hormonal balance will be unique too. Learn to build your health and find your very own personal solutions. Halleluiah!

1:00 pm | “Who Are You and What Did You Do With the Person I Fell In Love With?: Understanding What Really Happens When Relationships Change.”

Have you ever wondered why you look at the person who sparked your heart and notice it isn’t the same anymore? Did they change? Did you change? What happened? Although there isn’t a perfect handbook or guide to love and relationships (if there is – please share with us girlies!) – there are different ways to understand what love is, how it happens, and how to reconnect! Learn the basis of the love triangle as another way to look at your continuing changing relationship. It is NOT at all what you think it is!! Presented by the Fabulous Dr. Staci Dilts-Harryman.

1:45 pm | Parenting Workshop

This is a great opportunity to spend 30 minutes on how to maximize the skills (all we need is time right?) to connect with our children in a positive and loving way. Stay tuned....Karen Clayson will be getting us the low down on why this is such an important workshop to attend!

Saturday, October 1

Do-It-Yourself Home Projects at HOME DEPOT Booth (on arena floor):

9:15 am | DIY Easy Affordable Backsplash Projects
10:00 am | DIY Cabinet and Countertop Refinishing Systems
10:45 am | Martha Stewart Specialty Paints and Finishes
11:30 am | How To Install Tile Flooring
12:15 pm | Installing a Water Heater with Shark Bites
1:00pm to 3:00 pm | Kid’s Workshops!

Saturday, October 1

FREE Health Screenings (on arena floor and in privacy)

9:00 am to 11:11 am

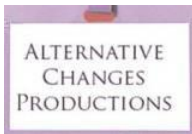
Breast, Skin, and Oral/Head and Neck Cancer Screenings – check in at the Rocky Mountain Oncology booth.

All Day Saturday

Lung Function Screening, Bone Density, Diabetes Risk Screening, Body Fat Analysis, and Sleep Disorder Screenings at the Wyoming Medical Center booth!

Attend TWO Free Health Screenings to be entered for a chance to win VIP tickets to Reba and the Band Perry!

Holistic Fair – on the Second Floor of the Casper Events Center



Join us in a safe environment to learn and explore spiritual philosophies and holistic lifestyles with a community of readers, healers, mediums, vendors, and teachers dedicated to helping people on the path of personal growth and life enjoyment. The Holistic Fair will be on the Second Floor of the Casper Events Center on Friday, September 30 from 4 pm to 8:30 pm and on Saturday, October 1 from 9 am to 3 pm.

The Holistic Fair is presented by Alternative Changes Productions.

Farmers Market; Saturday, October 1 from 9 am to 3 pm

The Wyoming Farmers Market Association presents the Farmers Market on Saturday, October 1 from 9 am to 3 pm. In Wyoming, finding fresh, locally grown produce is a luxury. Visit Wyoming agriculture producers on Saturday for fresh produce, dairy, organic meats, natural jams, spices, sauces, dips and more! Offering the freshest and best produce that money can buy.



Ta-Ta Trot Breast Cancer Awareness Run/Walk: Saturday, October 1, 8:00 am

A fun run for a serious cause! Rocky Mountain Oncology presents the Ta-Ta Trot Breast Cancer Awareness 5k Run/Walk. This worthy cause will benefit the Rocky Mountain Foundation for Cancer Care in support of all local cancer patients in need of assistance. Registration will begin at 7:00 am and the run/walk will start at 8 am, rain or shine. Registration is \$20 per person in advance or \$25 per person day of event. Each participant will receive a long-sleeved t-shirt, goodie bag, and an admission ticket to the Women's Expo on Saturday while supplies last. Register online at www.rockymountainoncology.com or in person at Rocky Mountain Oncology at 6501 E. 2nd Street, Casper, WY 82609. For more information, call 307-203-9107.

