



District 20K2 and Floral Park Lions
JUST 4 WOMEN EXPO
IT'S YOUR TIME TO BLOSSOM

SATURDAY, APRIL 22, 2017
10:00 A.M. – 3:30 P.M.
FLORAL PARK MEMORIAL HIGH SCHOOL
210 Locust Street, Floral Park, NY, 11001

Registration Begins at 10:00 A.M.
Advanced Registration \$20 postmarked by 4/14/17 Registration at the door \$25
Questions please email: just4womenexpo@gmail.com

11 A.M. KEYNOTE SPEAKER

JAMIE LYNN MACCHIA
MISS NEW YORK 2015



SESSION ONE – 12:00-1:00 p.m.

SESSION TWO – 1:15-2:15 p.m.

Restaurant Tastings & Shopping

1. MAKE A SUCCULENT MINI-TERRARIUM-Join us in making your own mini terrarium in honor of Earth Day. You choose the colored sand, the rocks, and plants and get your hands just a little dirty! Space is limited, sign up quickly!
Presenter: Lynn Smith, Past-president Floral Park Junior Women's Club, Chairperson Lions International Centennial Challenge "Feed the Hungry." (Offered Session 1)

2. CLEAR YOUR CLUTTER WITH FENG SHUI-In this program, you'll learn the surprising causes of clutter and how to change your "clutter script" to take control of your space. Using the practical tips, you'll be able to create clarity and beauty in your surroundings using the Fundamental Principles of Feng Shui. The result will be "sustainable change" that lasts a lifetime. *Presenter: Cynthia Braun, Certified Professional Organizer and Certified Feng Shui Consultant, Owner of Organize Your Life, President of the Long Island Chapter for International Feng Shui Guild. (Offered Session 1)*

3. WHAT'S FOR DINNER TONIGHT?-There's no need to reach for the take-out menu or the "already prepared" options at the grocery store. Have fun as you learn easy to make, quick, money saving meals that answer all your needs, even if you have a meat-eater, a vegan and someone on a diet in your house. *Presenter: Barbara Heine, Pampered Chef Consultant (Offered Session 1)*

4. ORGANIZE YOUR FINANCES: A Workshop for Women Who Want to Be Ready for Whatever Life Brings-Learn about the following; setting short term and long term financial goals, figuring how much money you will need in retirement, preparing for uncertainty, and organizing your most important financial documents. Get answers to those financial questions! *Presenter: Michele A. Devine, Associate Vice President – Investments, Wells Fargo Advisors. Wells Fargo Advisors is a trade name used by Wells Fargo Clearing Services, LLC, Member SIPC. (Offered Session 1)*

5. EIGHT TIPS TO INCREASE YOUR FACEBOOK & GOOGLE PRIVACY AND SECURITY-If you want to get serious about you and your family's privacy on Facebook and Google, you will get eight tips to make the content you post more secure. There are many ways to customize your privacy and security on Facebook and Google, so we will give you strategies to get started. In addition, we will help you plan to share information for business and organizations, while still keeping the information you want private kept private. **Presenter: Mildred M. Tassone, Certified in Google Analytics, Member of Google's Get Your Business Online Partners, Social Media Consultant, Podcaster, Blogger, Licensed Real Estate Salesperson and Compliance officer at Keller Williams Realty Gold Coast. (Offered Session 1)**

6. STRESS FREE LIVING-Modern stress affects us and drains our physical, emotional, and mental energy. We have the inner potential to function in a state of peace and focus regardless of the situation. Together we will explore 'tools' with which to conquer stress. **Presenter: Ines Frank, PhD., Student and teacher of Brahma Kumaris Raja Yoga Meditation. (Offered Session 1)**

7. GET YOUR GLOW ON-In this workshop you will learn tips to keep your skin glowing at any age. Learn what to look for in an age defying skin care program, how to choose a foundation shade and type, and find out what's the scoop on microdermabrasion and glycolic treatments. **Presenter: Eileen Dolan, Independent Sales Director, Mary Kay, Inc. (Offered session 1)**

8. INTEGRATIVE APPROACHES TO HEART HEALTH-This program will introduce a whole-person, lifestyle approach to heart health. We will focus on the foods you eat, and the way you move, think, and relax. Integrative Therapies such as meditation, yoga, tai chi & reflexology will also be discussed. **Presenter: Deborah McElligott, DNP, ANP-BC, HWNC-BC, CDE, Katz Institute for Women's Health; Associate Faculty Clinical Assistant Professor, Hofstra-Northwell School of Medicine. (Offered Session 2)**

9. FINDING A PATHWAY TO A SUCCESSFUL CAREER AND LIFE-Identify what's important to you as you create the life you choose — one where you feel fulfilled, effective and valued. Learn techniques you can use throughout your life to organize your thinking and bring clarity about your life's purpose. **Presenter: Barbara M. Kessler, Esq., ACC and Maribeth Kraus, ACC, Past President, Long Island Chapter of the International Coach Federation. (Offered Session 2)**

10. "TEXT NECK" AND POSTURE: WHAT YOU NEED TO KNOW FOR YOUR FAMILY'S HEALTH!-Join a lively discussion about how today's mobile devices and tablets affect your posture and put your family's health at risk. **Presenter: Dr. Rob Garfinkel, Chiropractor in private practice for 25 years, certified in adult and pediatric spinal corrective care and postural restoration. (Offered Session 2)**

11. TWENTY-ONE AND ONE-HALF THINGS TO KNOW BEFORE SELF-PUBLISHING A BOOK-Eighty-one percent of Americans would like to write a book. Are you one of them? This workshop on self-publishing helps new writers avoid the many mistakes that would require hours of editing and reformatting to correct. **Presenter: Mike Swedenberg, Non-fiction and fiction author, and Instructor of self-publishing courses at Nassau Community College. (Offered Session 2)**

12. FIRST-TIME HOME BUYING, SELLING AND REFINANCING: THE SECRETS TO A STRESS-FREE TRANSACTION-Buying/selling a home is one of the most stressful things a person can experience. Much of this stress comes from unexpected obstacles during the process. This seminar will empower and guide you through making the single biggest financial decision of your life. **Presenters: Stephan Mahabir, Licensed Real Estate Salesperson and Nicholas Howley, Licensed Mortgage Loan Originator (Offered Session 2)**

13. PiYo—NO WEIGHTS, NO JUMPS, JUST HARDCORE RESULTS-Who says you have to jump, grunt, strain, and punish your body to get amazing results from your workout? Not with PiYo— it combines the muscle-sculpting, core-firming benefits of Pilates with the strength and flexibility advantages of yoga. Plus, we crank up the speed to deliver a true fat-burning, low-impact workout that leaves your body looking long, lean, and incredibly defined. For all levels. **Presenter: Megan Laskowski, PiYo Instructor, Beachbody Live (Offered Session 2)**

14. PUT YOUR BEST FACE FORWARD-Learn five basic tips from International makeup artists to color harmonize and bring out your best features. Discover how to take your appearance from day to night so you always have the right look no matter the occasion. **Presenter: Eileen Dolan, Independent Sales Director, Mary Kay, Inc. (Offered Session 2)**

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Complete this form and send it with your event registration.
Advanced registration checks must be postmarked by April 14, 2017 and made payable to:

Floral Park Lions Club

Mail this registration form to:

Bill Greulich

17 Revere Drive West, Floral Park, NY 11001

You may get additional information via email at: just4womenexpo@gmail.com

Visit us on Facebook at: www.Facebook.com/Just4WomenExpo

Register online at: www.just4womenexpo.com

Event Pre-Registration \$20.00

Registration at the door \$25.00

Name _____

Address _____

Telephone _____ **E-Mail:** _____

Please indicate, by workshop number, your first and second choice, as there are a maximum number of attendees for each workshop.

Session 1- first choice _____ **second choice** _____

Session 2- first choice _____ **second choice** _____

Every day, Lions Clubs International Foundation (LCIF) works to fulfill our mission: "To support the efforts of Lions Clubs worldwide in serving their local communities and the world community as they carry out essential humanitarian service projects."

LCIF helps Lions improve people's lives around the world, from combating vision problems to responding to major catastrophes to providing valuable life skills to youth. Because LCIF helps Lions carry out large-scale projects through our grant programs, Lions increase their impact in their local and global communities and serve even more people in need around the world.

Are you interested in becoming a Lion? _____