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St. Louis Working Women's Survival Show Newsletter

Monthly Newsletter

February 25-27, 2011

September, 2010

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Greetings!

This is just an update. With 5 months until the show, we have only 47 exhibit spaces on the lower level and 33 exhibit spaces on the upper level of the St. Charles Convention Center AVAILABLE. If you are interested in exhibiting and haven't contacted the office yet, please email or give us a call as soon as you can for the best booth availability. (800-762-9973 or info@wssonline.com)

You can access an up-to-date exhibitor list on our website under the exhibitor section. You can find the company name, product and booth number/s for each of our exhibitors as of this date.

Main Stage Activities

One act that will be on the Main Stage Friday is "The St. Louis Sirens", a fabulous women's quartet. They will be singing upbeat and fun arrangements of familiar songs with a little choreography included.



The Main Stage will include many things this year with an emphasis (aside from games and entertainment) on beauty and everything that goes along with that. We hope to confirm our main celebrity within the next couple of weeks.

The celebrity that we are negotiating with now for 2011 will appear

on the Main Stage twice on Saturday.

Look for information from the Decorator this week!

Paramount Convention Services will be emailing its packet this week which includes forms for electric, phone, water, tables if you don't bring your own and a form to order food from the concessionaire to be delivered to your exhibit space if requested.

If your email has changed in the last seven months, please send us a notification as soon as you can. Most notifications will be emailed.

SEMINARS ARE BEING CONFIRMED AND WILL BE PUBLISHED BY DECEMBER!

We will list them periodically. Below is the one of our speakers and her topic.

Increase Productivity by Reducing Stress and Anxiety - Dr. Jennifer Abel, psychologist

"In the 21st century many working women are overwhelmed, fatigued, unbalanced, and suffer from anxiety. Unfortunately, many of us find it very difficult to relax because we feel we don't have the time, are unable to concentrate, or we fear that we might lose our edge."

In her seminar, Dr. Jennifer L. Abel, a psychologist, author, and expert in treating anxiety, will explain why relaxation can actually increase your productivity and help you to achieve more balance in your life. She will teach you a plethora of strategies that will take little or no time and can actually save you time and energy. These tools include mindfulness strategies, tips on catching anxiety early to nip it in the bud, time management ideas, problem-solving tools, and innovative tricks on how to think more positively and efficiently.

Dr. Abel is the author of: Active Relaxation: How to Increase Productivity and Achieve Balance by Decreasing Stress and Anxiety which was published last year. She is published in professional journals and has been interviewed and quoted in several popular magazines including Reader's Digest, Health, and Prevention for her knowledge about reducing worry and anxiety

Please check the website in December for the full schedule with days and times.

The WWSS is in the process of working with the Girl Scouts of Eastern Missouri as we have in the past. Each year we put a program together on Saturday and Sunday. All scouts attending our program this year, if approved by the Girl Scouts of Eastern Missouri, will receive the seminar, a patch and reusable shopping bag to personalize and take home. All Girl Scouts of Eastern Missouri are eligible. **Email Kristi in our office at kkmwork@aol.com to participate.** Bag is similar to the one shown below.



SPECIAL HOTEL RATES FOR EXHIBITORS

We have a complete list of hotels for vendors. We have included negotiated rates (if any) for vendors and attendees who plan on two days at the show or just planning a girls weekend out.

Please mention that you are with the Working Women's Show.



The list is as follows:

Embassy Suites (adj. to Convention Center) \$114
Ameristar Casino Hotel - \$129 (Thurs); \$179 (Fri/Sat)
Hampton Inn - \$89
Comfort Suites - \$89
Country Inn and Suites - \$94
America's Best Value Inn and Suites - \$55
Quality Inn and Suites

NEW SHUTTLE SERVICE SELECTED

A **new** shuttle service has been secured for all three days of the show. Best Transportation of St. Louis will be handling all arrangements. The shuttle will pick up patrons at the Ameristar Casino **lower level** parking lots and drop them off at the upper level of the Convention Center and then shuttle back and forth every 15 minutes. The coaches are well marked with "Best Transportation" signage and will be easy to locate.

The parking lots usually fill up about 30-45 minutes after the doors open, so if you are an attendee, think about stopping at the Show

Shuttle stop at the Ameristar lower level level first.

They are very comfortable coaches with chauffeur-trained drivers.



Sincerely,

Staff
St. Louis Working Women's Show

Register here: Register to win a \$50 discount on any one exhibit space that is currently available. Attendees: Register to win a \$25 i-tunes card through October 15th. Just email-
info@wwsonline.com

The stages and other activities for the show are being added daily to our website. There are still pages that have not been completed for 2011, but they will be added as new exhibitors, stages, features, celebrities and other activities are confirmed. Keep checking for updates.

Call our office if you have any questions - 800-762-9973.

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