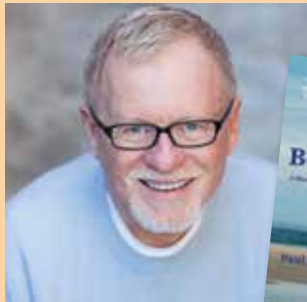


SOUTHERN ARIZONA PREMIER WOMEN'S EXPO 2014

Tucson Convention Center
March 8 and 9 ~ 10am - 5pm



Paul Boynton,
Keynote Speaker and
Author of *Begin with Yes*

Paul Boynton, author of *Begin with Yes* will be our keynote speaker and inspires the theme of this year's Expo! Paul reminds us that our capacity for happiness lies in our hands and to look for "Yes" opportunities each day.

We know you'll find hundreds of ideas, products, and services to enhance your healthy and evolving "Yes" lifestyle under one roof. Collect information, compare products and services, register for prizes, get great new ideas and have fun too!

See our complete line up of speakers and entertainment at BodyandSolTucson.com!



EXPO Tips:

1. Park in the Tucson Convention Center parking lots and present your parking receipt for a \$5 entry ticket to Expo.
2. Plan your day - Plan to spend at least 3-4 hours at the show in order to see all the exhibits. Plus, check out our workshops listed in this supplement to plan which ones you want to attend.
3. Bring your credit cards and checkbook for specials on your favorite products and services that may only be offered at the show.
4. Ask questions - The exhibitors have the information you need and are eager to help, so be sure and ask lots of questions!
5. Wear comfortable clothes and shoes. There'll be fun demos and activities on the Fitness Stage so dress comfortably for maximum enjoyment. Bring a friend!

Expo entry is \$12; \$5 with valid parking receipt & all workshops are FREE.

You'll have a fabulous day!

For expo information visit BodyAndSolTucson.com or call 520-760-2378. No preregistration is necessary. Tickets are available day of show. Tickets can be purchased prior to the Expo during TCC box office hours.

exhibitor spotlight

Greentoes is a Dream Come True

From the name, Greentoes, to its concept of an eco-chic



manicure and pedicure studio, a dream laid out everything for Christina Rossetti Thompson one night as she slept, and upon waking, she was eager to write down all of the details that would soon guide her journey in creating a new business.

That morning as she told her husband, Victor, he said with faith and ease, "You have to make that dream come to life." His support was her own "Begin with Yes" moment, and she would follow that "Yes" through all of the stages it took to make Greentoes manifest into reality.

Greentoes is a place where clients come to find their calm while indulging in pampered services that feed the body and soul. All of the products are carefully selected by Christina and Victor to bring integrity to every step of every service. "The clients just have to make time for themselves, we do the rest," they say. "We have thought about the intentions behind what we do and what we provide, so once we have our clients in the studio, they can simply relax their senses."

By saying "Yes" to a vision, the Thompsons moved forward into positive actions to create Greentoes. "The vision was a gift given to me," says Christina. "But I know that Greentoes is a gift for our community; a place to find your calm and ultimately, feed your soul."

Location : 529 N. 6th Ave. For more information, call 520-777-6281 or visit GreentoesTucson.com.

People who begin with "Yes" stay open to possibilities and create a creative and intellectual environment where ideas and solutions can be found.

Paul Boynton



ECHOSTARMAKER



Through the World which I travel I am endlessly creating myself.
I believe I can change the world for I can change myself.
Transformation is the key to self-fulfillment and setting the world on fire with your light.

BORN TO SHINE

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