



All About Women Stages

- The **Main Stage** is all about “edutainment”! Featuring local, regional, or national “celebrities” who have a dynamic (45-minute) presentation that focuses on balancing and renewing women’s lives and improving their health. Past Main Stage Presenters have included Divabetic® (Interactive Diabetes Education), Cancer Queens (Cancer Prevention Musical Revue), Pat Summitt (Head Coach, Tennessee Lady Vols) and others.
- Enjoy Q&A sessions with a panel of experts at the **Ask the Experts at the Up There Down There Stage**: Experts include physicians, specialists, therapists, pharmacists, nutritionists, and more. The variety of topics range from hormones to getting a good night’s sleep. A moderator who ensures that topics are thoroughly covered hosts these 45-minute conversations.
- As the name implies, the **Active Lifestyles Stage** is about activity! Every 30 minutes features some type of movement designed to expose women to a variety of exercise options that can be incorporated into their lives. Activities include Yoga, Zumba, Bosu, Tai Chi, Hula Hoops, Belly Dancing, Hip Hop, Salsa & Tango, Exer-Bands, and much, much more.