



*Empowering*  
W O M E N

**Saturday, March 7th, 2015**  
International Women's Day  
Celebration



The advertisement is set against a light gray background with a diamond-shaped pattern. On the left, there is a stylized illustration of a woman with red hair in a bun, wearing a black sleeveless dress and holding a white folder. To her right, the text "Gerie's" is written in a large, red, cursive font, with "Fashion Closet" in a smaller, black, sans-serif font below it. A red horizontal line separates the name from the contact information. On the right side, there is a right-pointing chevron icon. Below the chevron, the text "Nose to Toes Wardrobing Women" is written in a black, sans-serif font, followed by the phone number "(818) 426-7631" and the address "4930 Calle Robleda Agoura, CA 91301".

[www.facebook.com/geriesfashioncloset](http://www.facebook.com/geriesfashioncloset)

*Designs by Jacqueline*



*The Wellness Way*  
We don't guess...we test!

[www.twwclinics.com](http://www.twwclinics.com)

**AFTERGLOW  
MEDIA**

*Tell Your Story™*

[www.afterglowmedia.com](http://www.afterglowmedia.com)

Welcome to Santa Barbara's 2015 International Women's Day Celebration presented by Empowering Women TV Talk Show Series, a production of TV for Your Soul.

Over the past five years, Empowering Women's Executive Producer and Creator, "Twinkle" Marie Manning, has worked with industry professionals throughout the nation to cultivate a platform that illuminates and addresses the issues most important in women's lives.

The medium of video has been prominent in her endeavors and she has used it to document the stories and wisdom of women from Massachusetts to Florida to California.

In 2012, she assembled a personal Guidance Council consisting of women from across America to solicit their perspectives, opinions and advice about the direction in which to take her Empowering Women project. It soon became apparent that her original vision of a multimedia vessel that connects women in-person and via a variety of media formats would be convenient, wide-reaching and inspirational for all. The formats include television shows and documentaries, articles and publications, live events and community forums, and an online website that will house blogs, expert advice, links to resources, opportunity for interaction between members, and of course video content.

*What has emerged is the embodiment of this vision.*

Last year marked a milestone here in Santa Barbara when our Empowering Women team captured many interviews at the 2014 International Women's Festivals. This year, the larger Festival is being held in China so when the community asked for an event to honor 2015 Women's Day, long time Women's Festival Producer, Tracey Beard paired up with "Twinkle" to produce today's event. The Presenters, Performers and Exhibitors were gathered together in short order to provide this service to the community and honor this important day. Content filmed today will air first on TV Santa Barbara (TVSB), our media partner, and will also be available for viewing worldwide online and through our TV for Your Soul networks in communities around the nation. For more information, visit our website at

[www.EmpoweringWomenTV.com](http://www.EmpoweringWomenTV.com). *Thank you for your support.*

**Together we Stand Up and Step Forward!**

Media Partner :

# TVSB

**Empowering Women Production Team:**  
Production Collaboration

**TVSB**

***Joseph Souza***

***Jeremy Cable of Islay Events***

***TV for Your Soul***

Production Assistants

***Melissa McLaughlin***

***Alicia Bankston***

***Marg Fitzwilliam***

Special thanks to the Support of our

Volunteer Director

***Christian Lee Adams***

and

***The Santa Barbara Hustlers***

Event Location

***Butler Event Center***

**[www.EmpoweringWomenTV.com](http://www.EmpoweringWomenTV.com)**



“Twinkle” Marie Manning is the Founder of TV for Your Soul and Executive Producer of Empowering Women TV. She is an author, poet and media consultant who works with select clients who have a deep desire to create amazing media content that illuminates their messages.

Producer:

***"Twinkle" Marie Manning***

[www.EmpoweringWomenTV.org/founder](http://www.EmpoweringWomenTV.org/founder)

[TwinkleManning@gmail.com](mailto:TwinkleManning@gmail.com)

(760) 889-5428



Tracy Beard serves as the Communication Director for the Associations of California Commissioners. She has served on the Board of Directors for Girls, Inc., and as an advisory member to many nonprofit organizations, including the Mental Wellness Center. Tracy's passion for women's issues and charitable children's programs has yielded awards including Volunteer of the Year from the Boys and Girls Club of SB and the 2012 Woman of the Year Award from the Int'l Women's Festival.

Producer:

***Tracy Beard***

805-729-3813

[TeaTrace@aol.com](mailto:TeaTrace@aol.com)

# Presenters



**Beth Amine**

**10:00 am - Beth Amine - (Workshop) - Joyous Movement**

*Joyous Movement is fun dance fitness for every body. It combines elements of dance, stretching and yoga, cardiovascular fitness and body awareness in a non-injurious and fun workout that is adaptable for anyone. Beth is a multi-talented Artist, Teacher and Dance Instructor. She will launch us into the celebration of International Women's Day by leading attendees through her "Joyous Movements" workshop. Joyous Movement programs have been designed for seniors with Alzheimer's and dementia as well as independent living seniors. The presentation we will be doing today is for any level of fitness.*

***Beth is also one of our key Hosts of Empowering Women TV in Santa Barbara!***

**[www.Joyous-Movement.com](http://www.Joyous-Movement.com)**



## Heather Bond

*Heather Bond, certified nutritionist/fitness trainer and life coach, will be with us throughout the day to help everyone stay refreshed and energized by guiding attendees through movements during brief intermissions between presentations.*

*Heather is an Igniter of change and promoter of health & fitness. She started working in the health and fitness field over 20 years ago.*

*She was an LA City Fire Fighter and Hollywood stunt woman.*

*Heather's motto is to Get and keep your body moving.*

Heather Bond Now -Evolutionary Fitness

[www.HeatherBondNow.com](http://www.HeatherBondNow.com)

## 10:40 am - Svetlana Meritt - (Talk) - Feminine Wisdom in Action: Remarkable Women in the Ancient and Medieval World



*This presentation honors five extraordinary women who made outstanding contributions despite living in the male-dominated world: The philosopher and mathematician Hypatia of Alexandria; the Byzantine empress Theodora; Hildegard Von Bingen, a writer, composer, mystic, and polymath; Eleanor of Aquitaine, the Queen of France and England; and Christine de Pizane, the first professional woman writer in the Middle Ages.*

*Svetlana is the Author of "Meet Me in the Underworld: How 77 Sacred Sites, 770 Cappuccinos, and 26,000 Miles Led Me to My Soul." She traveled the globe for ten years on a journey of self-discovery and mystical adventure.*

[www.SvetlanaMeritt.com](http://www.SvetlanaMeritt.com)



**11:10 am - JoAnne Bassett  
(Talk) - Natural Perfumes to  
Enhance Your Well Being**

*During her talk, JoAnne explains why she works exclusively with essential oils and absolutes, what synthetic chemicals are contained in department perfumes, such as petrochemicals that cause hormone imbalances, asthma and skin conditions, and she will detail the benefits of natural perfumes including leading to feeling vibrant, reduced stress, balanced hormones, increased confidence and self esteem. She explains the science of her work and gives a peek at the magic of her alchemy process. This experiential presentation will help women honor their inner and outer beauty.*

*JoAnne is a Couture Natural Perfumer. She has a royal lineage as an alchemist.*

[www.JoAnneBassett.com](http://www.JoAnneBassett.com)

***11:40 am - Heather Bond - (Movement) - Move Your Body!***

**Join the Movement... Television... Blogs... Webinars...**



**11:45 am - Lucia De Garcia -  
(Talk) - Building Bridges of  
Understanding - A Quest for  
Unity and Peace.**

*Lucia will share aspects of her life story, the love for humanity, and promoting multicultural leadership for peace and mutual understanding building bridges among nations and communities. This presentation defines with certainty the benefits of creating an inclusive, collaborative and interdependent society. Making this world a better place by following on the legacy of all the women that came before us to inspire the emerging women of today. To bring a message of compassion, tolerance, a quest for unity, justice and peace. Lucia is an International Award Winning Author, Laureate Poet, and Social Innovator. She will speak about Building Bridges of Understanding and Creating Unity and Peace Amongst Cultures.*

[www.LuciaDeGarcia.com](http://www.LuciaDeGarcia.com)

**12:15 PM - 1:00PM - Lunch Break**

**Events... Expert Advice... Resources... Community...**



**Empowering  
WOMEN  
Movement**

[www.EmpoweringWomenTV.com](http://www.EmpoweringWomenTV.com)



**1:00 pm - Sirens of the Sapphire Moon - (Performance)**

*Sirens of the Sapphire Moon is a Santa Barbara-based drum and dance troupe which performs World Fusion music and dance. Today we are joined by Kris Oster, Jo Williams and Laurel Thomas. Combining Middle Eastern, African, Flamenco Rhythms and more, this trio from the troupe will enrapture and exhilarate the audience. Be sure to come back from lunch in time to watch this performance!*

<https://www.facebook.com/SirensOfTheSapphireMoon>



**1:15PM - Dr. Lucas Chesser - (Talk) - Thyroid: The Untold Story**

*During this intriguing presentation, Dr. Lucas focuses on critical information to those experiencing symptoms including fatigue, brain fog, weight gain and depression. The primary culprit? Here's a hint: it's a small gland in your neck that controls almost your entire metabolism. It's your thyroid gland, and it's the most common endocrine disorder exceeding diabetes by 40%! If not tested properly, doctors can overlook some very important clues that would help bring those suffering back to health. Join Dr. Lucas for a*

*content of our free March 31st launch event and learn how to improve your health naturally. There is hope!*

*Dr. Lucas owns The Wellness Center of Santa Barbara. He helps clients with Hormonal Imbalances, Thyroid Disorders, GI/Digestive Issues, Food Allergies, Autism, Infertility, Chiropractic, Detoxification, and more with a functional medicine approach!*

[www.twwclinics.com](http://www.twwclinics.com)



**1:45PM - Tracy Repchuk - (Talk) -  
Technology and You**

*Online marketing and social media strategist, 7-time International Best selling Author and trusted TV resource, Tracy Repchuk will show you how to use technology as a catalyst to your message and avoid the pitfalls of confusion, overwhelm and frustration.*

[www.TracyRepchuk.com](http://www.TracyRepchuk.com)

**11:40 am**

**- Heather Bond -**

**(Movement Break) - Move Your Body!**



**2:20 pm**  
**- Karen Mulzac-Frye**  
**- (Talk) - Develop,**  
**Thrive & Prosper**

*This inspirational talk invites attendees to see what happens when you take those turtle steps outside your comfort zone, listen, be still and create. Her philosophy of “Create YOU” (CU) is the foundation from which she encourages that circumstances can turn towards to a world of hope, love, strength, survival, fear and love again. Karen is an Inspirational Speaker, Author, Artist, and Emmy Award Winning Producer.*

[Kmfcreating.com](http://Kmfcreating.com)



**2:50 pm - Kris Oster,**  
**Ph.D - (Reading) -**  
**Angels Who Carry Us.**  
**A True Story**

*Kris has recently been published in the anthology, “Women of Spirit: Exploring Sacred Paths of Wisdom Keepers.” She will read an excerpt at this International Women’s Day event, that is certain to astonish the audience! Kris is an Archetypal Branding Strategist, Biz Pleasurist, Mermaid Oracle, and Soon-to-be Author who weaves the intoxicating parts of the mind & mythology, swirled with full-body pleasure, and turn it into*

*powerful & proven strategies to help clients gain more visibility, customers and revenue. Kris has 20 years in marketing and web development for companies such as E!, Paramount Pictures, Disney and Citrix Online. She enables her clients to prosper in business while standing strong in their true identity.*

[www.KrisOster.com](http://www.KrisOster.com)



### **3:00 pm - Tziporah Kingsbury - (Workshop) - Awakening Intimacy**

*Recognized everywhere she goes, as “The Love Guru” featured on ABC’s The Bachelor, Tziporah (pronounced Tzi-Por-Ab) is an Integrated Breathwork Specialist. Utilizing this ancient form of connecting with Self, she demonstrates how we can access and experience that wellspring of intimacy that resides within each of us. By means of this interactive and meditative workshop, Tziporah immerses participants, enabling them to discover love within themselves and with their partners. This unique practice blends the spiritual, sexual, and sensual all in one.*

[www.TziporahIntimacy.com](http://www.TziporahIntimacy.com)

**3:25 pm Live Studio Audience Empowering Women TV  
Interviews**

*3:25 pm Live Studio Audience Empowering Women TV Interviews*

*3:45 pm Closing & Thank You.*



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## **Featured Supporters**



Patricia Diorio is the lovely and amazing Host of Get Conscious Now! filmed in Santa Barbara, California. She is joining Empowering Women TV's Signature event in celebration of 2015 International Women's Day to share her passion for Nerium.

<http://getconsciousnow.com/>

<https://www.facebook.com/GetConsciousNow>

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Linda Bostwick was the first of our exhibitors to commit to supporting the 2015 International Women's Day celebration in Santa Barbara. Be certain to stop by her table to receive a sample of dōTERRA .

[www.HealthySolutionsClub.com](http://www.HealthySolutionsClub.com)

[healthysolutionsclub.com@gmail.com](mailto:healthysolutionsclub.com@gmail.com)



Laura Kenig is a Professional Organizer Specializing in personal and residential home organizing.

805-705-6851

[www.organizewithlaura.com](http://www.organizewithlaura.com)

[www.empoweringwomentv.org](http://www.empoweringwomentv.org)

[/laura-kenig](https://www.instagram.com/laura-kenig)





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