

10th Anniversary

# Total Woman Show

February 11 & 12, 2012  
10:00am - 5:00pm

**Bingemans Conference Centre**  
425 Bingemans Centre Drive,  
Kitchener

### SHOW FEATURES

- More than 150 exciting exhibitors
- Speakers • Workshops
- Cooking Stage
- Fashion Shows at 2pm Daily
- Health, Wellness & Fitness Demos
- Goodie Bags & prizes

### TICKETS

- \$8 per day
- \$10 per weekend pass



**KITCHENER MARKET**

## Cooking Stage Seminars



### The Cake Box - How to Decorate Cakes Like a Pro

**12:30PM SATURDAY**

Join Yvonne Zensner, founder of downtown Kitchener's Cake Box on Saturday at 12:30 pm on the Kitchener Market Cooking Stage and learn how to decorate cakes like a pro. Yvonne will share techniques and tips on how to assemble; fill and even crumb coat your cake, and then help you finish it off with amazing handmade decorations. This talented local woman will help you turn your cake into a work of art.



### Erin Bolger - The Happy Baker

**1:30PM SUNDAY**

Erin Bolger is the bake-it-yourself Carrie Bradshaw. She's discovered the secret to keeping a smile on your face while braving the minefield of modern dating: yummy homemade baked goods. Erin's cookbook "The Happy Baker-A Dater's Guide To Emotional Baking" has been named one of the best cookbooks by The New York Times and won a Gourmand award for best Canadian cookbook. Come see Erin on the Kitchener Market Cooking Stage 1:30pm on Sunday!



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

WATERLOO REGION  
**RECORD**

**GRAND RIVER SHOWS**

**MOST**  
CELEBRATED SINCE 1971

**KITCHENER MARKET**

**HOLY GUACAMOLE**  
FRESH MEX

**GENUINE HEALTH**

**GoodLife FITNESS**

**The Cosmetic Surgery Clinic**  
■ ■ ■ Dr. Robert L. Shenker

**Sage Naturopathic Clinic**

**Miele GALLERY**  
GOEMANS

**96.7**  
100.1 FM  
TODAY'S BEST MUSIC

**570News**  
ALL NEWS RADIO

**KIT 106.7 FM**  
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**ROGERS TV**

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