



Mid-Missouri Home & Lifestyle Expo

Seminar Schedule on the Expo Stage

Friday, February 24

PM

5:30

Staying Young the First 100 Years

Dr. Amanda Signagio, *Tiger Family Chiropractic*

These days, living to be 80-90 years old is very possible. How do you want to feel, move, and live during these years? We want you to feel like life is worth living at any age!

Saturday, February 25

AM

11:00

Repurpose- Restyle- Renew: \$SMART Décor Style

Jana Gebhardt, *Studio J Home, LLC*

Provide ideas and solutions to update, change or create style in your space, without breaking the bank. Create high impact style solutions in your rooms that are low cost, or no cost if you shop your own home as a source for solutions.

PM

12:00

Taking Your Kitchen from Ordinary to Extraordinary!

Stephanie Hall, *Mark Hall Cabinetry*

An overview of remodeling your kitchen from just a few simple changes to a complete remodel.

1:00

Finding your Perfect Color

Vicki Wren, *Johnston Paint & Decorating*

Johnston's iconic interior designer, Vicki Wren, will make you feel at ease about selecting new colors for your home.

2:00

10 Things You Must Know Before Hiring a Remodeling Contractor

Cale Kliethermes, *Kliethermes Homes & Remodeling, Inc.*

Information a homeowner can use to make an informed and intelligent decision when choosing a contractor for your remodeling project.

3:00

Yes, You Can Do That!

Cole McCullum, *J & C Construction*

An interactive demonstration on how to lay a heated tile floor; the products, process and what it takes.

4:00

Is It Time for Windows? A Q&A Session with the Swift Windows Owners

Randy Minchew and Terry Alferman, *Swift Companies*

Sunday, February 26

AM

11:00

Keeping Lawn Care Simple & Controlling Those Pesky Moles

Dr. Brad Fresenburg, *University of Missouri*

Changing the way we maintain a lawn can reduce our potential for pest (weeds, diseases, and insects) problems. Pests can be good indicators of what we need to change. Let's not forget about those pesky moles as a major lawn problem. All your questions will be answered and more.

PM

12:00

Kitchen & Bath Basics

Gail Berndt, *RSI Kitchen & Bath*

Learn current design and products trends and the basic tools to get your kitchen or bath remodel project started.

1:00

Painting 101

Blair Murphy, *Johnston Paint & Decorating*; Ted Crouch, *Benjamin Moore*

Understanding painting techniques used by professionals to make your project look great!

2:00

Cash in on Rebate Programs and Make Your Home More Energy Efficient and Comfortable!

Jennifer Schenck, *EnergyLink*

Learn what to expect when having an energy audit performed on your home, and discover the requirements of the Home Performance with Energy Star rebate program.

