



UPSTATE  
**SPICE**  
*of* **LIFE**  
SHOW

COOKING • ENTERTAINING  
HEALTH • HAPPINESS

**APRIL 29 & 30, 2011**  
CAROLINA FIRST CENTER

The **Upstate Spice of Life Show** is a vivid and interactive cooking and entertaining show with a focus on creating a healthier lifestyle. Learn about savvy entertaining, cooking, green living, fitness and wellness for all ages!

**Now accepting exhibitor applications.**  
**Call 864.250.9713 today!**

***UpstateSpiceOfLifeShow.com***

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