



Town & Country Women's Fair



Schedule

February 19, 2026 - Taylor County Expo Center-
Capital Farm Credit Display Building

- 8:30 – 8:50 a.m. **Registration**
- 8:50 – 9:00 a.m. **Welcome**
- 9:00 - 9:45 a.m. **Fat or Fiction – The Truth About Dietary Fats**
Presented by: Jason Beard– Co-owner Cordell's/Board Certified Functional Nutritionist
- 9:45 - 10:00 a.m. Break, Door Prizes, View Vendor Exhibits
- 10:00 - 10:45 a.m. **“Get That Dog Off Mamaw’s Quilt!” – Care & Uses for Old Quilts**
Presented by: Tammy Mendel & Denise Coulter
- 10:45 - 11:00 a.m. Break, Door Prizes, View Vendor Exhibits
- 11:00 - 11:45 a.m. **“The Ten Commandments for Growing Irises in the Big Country”**
Presented by: Pug Parris
- 11:45 - 1:00 p.m. **Lunch & Style Show – Dillard’s – Abilene, TX.**
- 1:00 - 1:45 p.m. **Wellness, Movement & the Power of Thought**
Presented by: Milena Kasper, Fitness Trainer, Hendrick Health Club
- 1:45 - 2:00 p.m. Closing Remarks, Door Prizes

A program presented by:
Texas A&M AgriLife Extension Service,
Taylor County in conjunction with the
Abilene Chamber of Commerce.

Taylor County Extension Office
325-672-6048
kamiles@ag.tamu.edu