



**Big Brothers Big Sisters
of North Wellington**

*10th
Anniversary*

Just for Women, Just for Fun!

Saturday, April 29, 2017

Wellington Heights Secondary School, Mount Forest, Ontario

Plan to spend a day of fun and learning! Gather your girlfriends - mothers - sisters - daughters! Choose and attend **three** 90 minute professional and fun workshops including health/body/soul/crafts and fitness! You'll enjoy a delicious lunch with an inspiring motivational speaker. There will be refreshment breaks, raffles, silent auctions, and a 50/50 draw!

ALL PROCEEDS GO TO BIG BROTHERS BIG SISTERS OF NORTH WELLINGTON

Advanced Registration Is Required

Early Bird Savings!

\$65.00 before February 28, 2017

\$75.00 registration fee between February 28th - April 14 2017

Registration Closing Date April 14 2017

Register by Mail: BBBS, PO Box 1311, Mount Forest, Ontario N0G 2L0; FAX : 519-323-4359;
Email: teri.dykeman@bigbrothersbigsisters.ca Registration Forms can be obtained at 519-323-4273 or
at website: www.bbbsnorthwellington.org under Events: Just For Women.

Detach Here - - - - -

Just For Women, Just For Fun – 2017 Registration Form



Each registrant may attend three workshops. Please list your top six choices in order of preference. We will try our best to register you in your first three choices. As each workshop has a limited number of spaces, we reserve the right to make substitutions. All 6 choices must be completed. **Print Clearly:**

Choice 1 _____ Choice 2 _____ Choice 3 _____ Choice 4 _____ Choice 5 _____ Choice 6 _____

_____ Visa _____ MasterCard _____ Cheque payable: Big Brothers Big Sisters of North Wellington

Card # _____ Expiry Date ____/____

Signature: _____

Name _____ Address: _____

City: _____ Postal code: _____

Telephone: _____ Email: _____

WORKSHOPS

******All supply fees payable directly to instructor the day of the event!******

1. **Skin Care & Foot Soak:** Enjoy a relaxing and detoxifying foot soak as you learn how skin care and nutritional products work the best together to synergistically fight against the aging process from the inside and out. Supply fee \$5.
2. **Ice Cream!:** Learn about the production of organic ice cream in our community and enjoy some farm fresh ice cream prepared by the group! **NEW**
3. **Meditation:** Discover the spiritual experience of meditation, and the use of music, location, and time to enhance the experience. You will be led through a meditation to promote relaxation, and reduce stress and its effects on your body.
4. **Body Blast:** A circuit style class that will challenge your cardiovascular system, build strength and improve flexibility through a variety of activities and exercises including body weight training, pilates, yoga and more! All levels of fitness welcome. Resistance bands provided. Bring a mat or towel. **NEW**
5. **Encaustic Art:** An ancient art form that involves fusing layers of oil tinted beeswax together with various heating techniques, as the layers are built up, objects can be embedded in the wax and gouging techniques are used to create shapes and designs, while colours are used to add depth and beauty to the work. Supply fee \$10. **NEW**
6. **Make-up Makeover:** This workshop is for women on-the-go, as well as those who just want to experiment with their look. You'll learn tips for a quick facial, as well as simple makeup application ideas for a day at the office or an evening out. Supply fee \$5.
7. **Bracelet Making:** Learn the stringing technique! This workshop includes a kit with all the materials needed to make a Chic bracelet to compliment your everyday style. All the kits are different so your bracelet will be one of a kind! Supply fee \$20. **NEW**
8. **Communication:** Your success depends upon it! Overcome undermining yourself! What does habits, wimpy words, and pauses have to do with being confident, clear and concise. This is a fun, informative workshop!
9. **Hosting a Dinner Party:** The focus of this workshop will be on pairing of foods and drinks, as well as touching on entertaining and decorating ideas. Some taste testing will be offered! Supply fee \$10. **NEW**
10. **Crystal Healing on the Chakra System:** Through the use of Crystals, you will discover their therapeutic properties to the Chakra system. This workshop will give you a basic understanding of the Chakra System and how it relates to our health, the crystal cleaning, recharging, and uses. Supply fee \$10.
11. **Tea Leaf Reading:** Reading tea leaves and coffee grinds has been practiced for centuries in many different cultures. Come and learn the basics to get started on a fun and intriguing hobby reading friends/family and enjoy a nice spot of tea at the same time! **NEW**
12. **Cookie Decorating:** Learn how to make good sugar cookies and decorate them using different tools and techniques. Supply fee \$10.
13. **Essential Oils/Sugar Scrub:** Come and learn how essential oils can be used in your every day life with a make and take sugar scrub. Supply fee \$5. **NEW**
14. **Let Your Yoga Dance:** This is a fusion of chakra/yoga & joyful breath based energizing movements. It is a dance of the multi-dimensional self, bringing tons of fun & healing to the seven energy centers. No experience necessary. Wear stretchy, comfortable clothes, light indoor shoes or come barefoot. Bring a blanket, towel, or yoga mat.
15. **Floral Arranging:** Unleash your inner designer! Enjoy creating a beautiful springtime arrangement to take home. Supply fee \$15. Bring a sharp pair of scissors.
16. **Energy Medicine:** Find out what energy medicine is, how it works and how it can help you heal. **NEW**
17. **Deco Mesh Wreath:** Enjoy this demonstration on how to create a beautiful deco mesh wreath. If you would like to make your own, bring along your own supplies. A supply list will be provided upon registration into the class. **NEW**
18. **Captured Bead Chain Mail Bracelet:** Learn how to work with jump rings to create chain. In this workshop, you will be shown a chain pattern that will trap glass beads within the links. Wear your bracelet home to show off to all your friends! Supply fee \$12. **NEW**
19. **Cooking Healthy at Home:** Could you use some recipe inspiration? Need tips and ideas to make healthy eating a little easier? This workshop will teach you tips and tricks for simple, fast, healthy food. You will learn about meal planning and batch prepping to save you time during the week. Bring an appetite or container to try these new and inspiring recipes! Supply fee \$5. **NEW**
20. **Gardening 101:** Do you like beautiful flower beds but not the work? What's the difference between an annual and a perennial? How do you keep it looking good all summer without giving up all your spare time—then this workshop is for you! Our self described "lazy gardener" will help!!
21. **Ink/Watercolour Painting:** Create a "one of a kind" greeting card using pen and ink with a watercolour wash. Your simple line drawing will turn into a beautiful work of art. Supply fee \$5. (for micron pen, and 2 cards, paint supplied). **NEW**
22. **Scarves!:** Learn how to wear a scarf twenty different ways! See how to tie scarves and shawls with pins, how to add accessories plus how to wear them on sweater coats and jackets. **NEW**
23. **Hair Design:** Come and learn how to braid your hair, do quick and easy updos, and proper straightening and curling techniques. We will also discuss proper hair care for different hair types. **NEW**