



**Big Brothers Big Sisters
of North Wellington**

**11th
Year**

Just for Women, Just for Fun!

Saturday, April 28, 2018

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 23, 2018

\$75.00 registration fee between February 23th - April 13

2018 Registration Closing Date April 13 2018

New this year, register together with 2 friends and receive \$10 off **one** of the registrations

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 – 2018 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:**

Registering with two friends No Yes Names: _____

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: _____

Can we **email** your registration form to you next year in January? Yes No (use standard mail only)

WORKSHOPS

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

1. **Energy Medicine:** Find out what energy medicine is, how it works and how it can help you heal.
2. **Healthy Living from the Inside Out:** Enjoy a healthy, delicious smoothie as you learn how skin care and nutritional products work the best together to help fight against the aging process and promote optimal health, from the inside and out. **NEW**
3. **Ice Cream!:** Learn about the production of organic ice cream in our community and enjoy some farm fresh ice cream prepared by the group!
4. **Floral Arranging:** Unleash your inner designer! Enjoy creating a beautiful spring time arrangement to take home. Supply fee \$15. Bring a sharp pair of scissors.
5. **Wire & Bead Pendant:** Play with mixed metal wires and beads to create a whimsical pendant. Choose your pattern and learn basic wire forming, wrapping and hammering techniques then embellish with your choice of beads (maybe chakra healing colours?) and make a piece that is truly one of a kind! Supply fee \$10. **NEW**
6. **Developing Your Intuition:** Learn how to tune into and begin to develop your own intuitive wisdom. **NEW**
7. **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.
8. **Finger Crocheting:** In this workshop you will learn how to finger crochet a super chunky scarf. Fashionable and fun! Supply fee \$15. **NEW**
9. **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 and family and enjoy a nice spot of tea at the same time! **NEW**
10. **Nutrition Workshop-Powerful Plants:** Explore the benefits of including a wide variety of plants and plant based proteins in your diet and learn what all the buzz is about. Whether you identify as a vegetarian/vegan, die-hard meat lover, or somewhere in between, there is something here for you! Discover easy and delicious ways to include these powerful foods with hands on recipes to make, taste, and take home. Supply fee \$5 **NEW**
11. **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.
12. **Yogalates:** A blend of two popular types of mind body connected exercises - yoga and pilates for a total body workout. The focus on developing core strength and stabilization through pilates poses and improving flexibility, muscular strength, posture and alignment through yoga poses. Enjoy calming music while learning breathing, meditation and relaxation techniques. Bring a mat or blanket, no footwear required. **NEW**
13. **Women's Health/Essential Oils:** Come and learn how essential oils can be used in your every day life in helping to achieve health and wellness.
14. **Beauty Treatment Experience:** Includes a deep cleansing facial, satin hand and lip treatment, expert foundation matching AND your choice of de-clogging charcoal mask, radiance revealing facial peel, or bio-cellulose lifting mask treatment. Supply fee \$7 and bio-cellulose mask is \$15. **NEW**
15. **Beauty Bar Experience:** An expert colour experience featuring everyday beauty routines, a lash spa experience, makeup artistry tips, a sensational lip mastery session, and expert foundation matching. Supply fee \$7. **NEW**
16. **BIE-BioEnergetic Intolerance Elimination:** BIE is a natural, noninvasive method that helps a person's body to recognize the "culprit" stressors that are causing their health disorder. Working with the GSR-120 patented machine, it directs energy to specific points on the body, introducing the electromagnetic signature of the stressors (culprits), enabling the body to recognize the stressors, deal with them, and relieve itself from associated symptoms. This class will teach you about BIE, how it works, the body's energy, and how BIE can work with your own body. **NEW**
17. **Crafts for Dummies:** No, you're not a dummy but sometimes Pinterest can be overwhelming. If you like the idea of crafting, but don't have the time or skills to give your life to it, this workshop will show you some quick and easy things you can make, whether you're creating something for your home or crafting with kids. Supply fee \$10 **NEW**
18. **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).
19. **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.
20. **Tools and Chocolate!:** In this fun workshop you will be introduced to the safe use of power and hand tools, building confidence around using tools while creating a cool project based on a wooden gumball machine. Best part - you can fill it with whatever your "go to" fix is - Reese's Pieces, M&M's, Hershey kisses, gumballs. Supply fee \$6. **NEW**
21. **Decorating Tips and Tricks:** Whether renovating or rejuvenating your home, come and learn decorating tips and tricks for enhancing your living space. **NEW**
22. **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 \$15.
23. **Painted Wooden Craft:** Paint and decorate a fun spring/Easter reversible wooden block set that is perfect for decorating your home. Supply fee \$10. **NEW**
24. **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. We will also learn how to make a blanket scarf. Supply fee \$10. **NEW**