



**Big Brothers Big Sisters
of North Wellington**

**12th
Year**

Just for Women, Just for Fun!

Saturday, April 27, 2019

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 a noon hour fashion show! 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!

\$70.00 before February 22, 2019

\$75.00 registration fee between February 22th - April 12,2019

Registration Closing Date April 12, 2019

Register by Mail: BBBS, PO Box 1311, Mount Forest, Ontario NOG 2L0; FAX : 519-323-4359;
Email: teri.dykeman@bigbrothersbigsisters.ca Registration Forms can be obtained at 519-323-4273
or at website: <https://northwellington.bigbrothersbigsisters.ca> under Just For Women Just for Fun.

Detach Here - - - - -



Just For Women, Just For Fun – 2019 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: _____

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. **Painted Quilt Star:** Create a 3 piece painted quilt star on wood. Each piece will be approximately 12x12 inches, perfect to hang in any room of the house. We will be using pre-cut stencils and paint to create beautiful works of art. Supply fee \$10. **NEW**
3. **Zumba Fun:** We all need movement to be healthy - Zumba is the most fun you can have while exercising. Come & dance to popular songs, no dance experience required! **NEW**
4. **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.
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 \$5.
6. **Developing Your Intuition:** Learn how to tune into and begin to develop your own intuitive wisdom.
7. **Short Story Writing:** Ready to sample some Chicken Soup for the Soul? How about a warm cup of Hot Apple Cider? Sorry, this isn't going to be a taste testing class. But we do have something else delicious in mind. Want to learn how YOU can write short stories and have them accepted into either of these wonderfully popular anthologies, and others? Come stir your muse and discover that you do have a story inside. **NEW**
8. **Macrame:** Learn three basic knots and create a small wall hanging on a branch. Supply fee \$6. **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!
10. **Essential Oil Bracelet:** Essential oil jewelry is one of the biggest trends in wearable aromatherapy! We will create your very own one strand bracelet with beads, charms and lava rock. It's one of the best ways to include your essential oils in your daily routine. Supply fee \$20. **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. **Body Blast:** Give yourself a physical activity body blast with a great mix of exercise techniques and activities suitable for all ages and fitness levels. Energizing, super fun and challenging to your level, even relaxing - all in one! Be prepared to giggle and sweat (some or a lot)! Need runners, comfy layered clothing, a mat (towel or blanket will do) and water bottle. **NEW**
13. **Card Class:** Create 3 whimsical fun cards using Doodlebug paper and some interactive card bases. This class is perfect for beginners to advanced. If possible bring a paper trimmer, scissors, and adhesives to class. Supply fee \$10. **NEW**
14. **Sugar Scrub & Beverages:** Learn how to make a sugar scrub for dry hands/feet or use in the shower and you get to take it home! Also learn a few ways to make healthy girl's night out beverages and the benefits of antioxidants. Supply fee \$10. **NEW**
15. **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.
16. **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.
17. **Relief Print Making:** Learn how to design, carve and print your own stamp. Use them on cards or cardstock. Supply fee \$5. **NEW**
18. **Woodworking & Wine:** Do not go together, especially when we add a power tool or two! However, we can have a lot of fun without the wine making a very cool wooden wine rack. This unique rack hangs on the wall and holds a bottle of wine plus two glasses beautifully. Supply fee \$10 **NEW**
19. **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.
20. **Nail String Art:** Choose from different paper templates and place over a stained wood board (provided) and hammer in small finishing nails to the template, which is then removed. The string is strung around the nails to the shape of the design. If possible bring a small hammer. **NEW**
21. **Essential Oils/Emotional Health:** Explore the benefits of essential oils in relation to our emotional health. We will discuss emotional properties of essential oils and best practices for usage. Each participant will create a purefume blend based on their current emotional needs. **NEW**
22. **Women with Knives:** Looking to speed up your kitchen prep time? We will practice some different knife cutting techniques to help you gain confidence in different chopping styles. Learn how to juliene veggies for some thai salad rolls, finely and uniformly chop veggies for a fresh salsa and how to chop those delicate herbs for a herbaceous salad! Bring some containers to take creations home. Supply fee \$8 **NEW**
23. **Self-Care:** What does it really mean? How do we make time for it with our already busy schedules? How do we make self-care work for us? What is the difference between taking care of ourselves and being selfish? Self-care is more than just tea and bubble baths. This workshop will help you understand what self-care is really about and why it's so important. You will develop your own self-care ideas and plan. **NEW**
24. **Spring Urn:** Create a spring urn for your front or side porch! We will create a beautiful piece for your home. Supply fee \$15. **NEW**
25. **Embroidery:** Learn several basic stitches on a piece of white fabric and as we practise we will decorate a small item. Supply fee \$5. **NEW**
26. **Watercolour Cards:** Learn how to create your own landscape and floral painting on watercolour cards. Supply fee \$5. **NEW**
27. **Tranquil Spa Products:** Your body deserves some time to pamper yourself. Create your own bath salts to help you destress after a long day. You will learn to make these using a variety of salts along with essential oils. Supply fee \$15. **NEW**
28. **Healing the Pain of Loss:** Grief is the natural reaction to emotional loss, whether through death, loss of health, divorce, job, pet, or any other loss. Incomplete recovery from emotional pain can have a direct lifelong negative affect on our happiness. In this workshop you will learn about the action program that enables you to say goodbye to that emotional pain and heal the pain of loss. **NEW**