

REGISTRATION FORM - WOMANS DAY OUT

NAME: _____

ADDRESS: _____

HOME PHONE NO: _____ BUSINESS PHONE NO: _____

EMAIL ADDRESS: _____

PRICE \$45.00 PER PERSON
INCLUDES: FOUR SESSIONS, COFFEE BREAK AND LUNCH
PAYMENT DUE WITH REGISTRATION FORM / NO REFUNDS AFTER OCT. 20th

CHECK IN TIME 9:00AM OCTOBER 27th AT ARHS WILLOW ST AMHERST

Please rate each session in order of preference 1st, 2nd and 3rd choice for each time period. Due to a limited number of seats we recommend you register as early as possible.

SESSION 1 930AM TO 1030AM

- _____ **IN BLACK AND WHITE** *Life Writing and Journaling Tips with Leslie Childs*
_____ **IN A TWIST** *Yoga (wear comfy clothes & bring mat) Sherry Smith of the Hatha Yoga Room*
_____ **FIX IT UP** *Home renovation tips with Alaina Scott Harrison's Home Hardware*
_____ **DIGITAL SHUTTERBUG** *Getting the Most from your Digital Camera (bring your camera) Jan Boiduk*

SESSION 2 1045AM TO 1145AM

- _____ **SHAKE THAT THING** *Intro to Belly Dancing (wear comfy clothes & bring mat) with Nancy Gould*
_____ **CAR MAINTENANCE** *Taking care of your automobile Scott Hall Service Mgr Tantramar Motors*
_____ **GET YOUR HANDS DIRTY** *Gardening Design & Tips by Deborah Take-Bishop Gardenscape Design*
_____ **WRAP IT UP** *Gift wrapping with Barb Thompson*

SESSION 3 100PM TO 200PM

- _____ **HOME SWEET HOME** *Fundamentals of Interior Painting Cheryl Allen Benjamin Moore Amherst Paint & Decor*
_____ **SELF DEFENSE** *Self defense & self awareness with Janice Pyke 5th degree black belt*
_____ **THROUGH THE GRAPEVINE** *Wine Tasting with Sommelier Cheryl Morel*
_____ **TAG IT & CARD IT** *Greeting card and gift tag making with Sherry Friis*

SESSION 4 215PM TO 315PM

- _____ **MELLOW OUT** *Stress Management and Meditation – Stephanie Allen of, DreamField Consulting*
_____ **TAI CHI** *Introduction to Tai Chi - Tai Chi of Canada*
_____ **QUILTING** *Creating a quilting square with Phyllis Cameron*
_____ **ICING ON THE CAKE** *Cake Decorating by Sheila Nelson (interactive)*

RETURN COMPLETED FORM WITH PAYMENT TO:

Woman's Day Out
P. O. Box 1021
Amherst, NS B4H 4E2

Please make cheques payable to the Zonta Club of Amherst Area
Confirmation of classes will be returned either by email (if given) or by mail