



**Zonta Club of
Amherst Area**

Member of Zonta International

REGISTRATION FORM

WOMAN'S DAY OUT

OCTOBER 18 , 2008

**Amherst Regional High School
190 Willow Street, Amherst, Nova Scotia**

NAME: _____

ADDRESS: _____

HOME PHONE NO: _____ BUSINESS PHONE NO: _____

EMAIL ADDRESS: _____

PRICE \$45.00 PER PERSON (VISA OR MC ACCEPTED)

(includes: coffee break and lunch)

PAYMENT DUE WITH REGISTRATION FORM

CHECK-IN TIME: 9:30AM

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 10:00AM to 11:00AM

- _____ **YOGA** *Wear comfy clothes & bring mat; Sherry Smith of the Hatha Yoga Room.*
- _____ **PHOTOGRAPHY** *How to take great vacation pictures (bring your camera) Jan Boiduk.*
- _____ **LIVING GREEN** *All about living green; Amanda Janes of Cumberland Joint Services.*

SESSION 2 11:15AM to 12:15PM

- _____ **BELLY DANCING** *Intro to Belly Dancing (wear comfy clothes & bring mat); Nancy Gould.*
- _____ **CAR MAINTENANCE** *Winterizing Your Car; Scott Hall & Wendy Henwood Tantramar Motors.*
- _____ **LAUGH THERAPY** *Laughter is the best medicine and it tastes good too! Su Burnette.*

SESSION 1A 10:00AM TO 12:15PM (2 hour session with 15 min break)

- _____ **SCRAPBOOKING** *Bring 5 pictures of a similar theme & create 2 scrapbook pgs; Sherry Friis*

----- **LUNCH** -----

SESSION 3 1:00PM to 2:00PM

- _____ **WINE TASTING** *Max 15 (preference to first time participants); Sommelier Cheryl Morel*
- _____ **MAKE UP APPL. & MORE** *Tim MacPhee make-up artist Lise Watier & Murielle Titus Shoppers Drug Mart*
- _____ **TRENDS & COLOURS** *Interior Design Consultant Marilyn Dryden of Marilyn Dryden & Company*

SESSION 4 2:15PM to 3:15PM

- _____ **FENG SHUI** *Presented by Dhyan Keeble-Morris*
- _____ **GETTING CRAFTY** *Make a craft; presented by Randi Helm*
- _____ **SPOTLIGHT ON NUTRITION** *Break through the info and confusing labels; Darlene Durant, Dietitian*

SESSION 3A 1:00PM to 3:15PM (2 hour session with 15 min break)

- _____ **SELF DEFENCE** *Janice Pyke, 5th Degree black belt Karate (wear something comfy).*

**Please make cheques payable to the Zonta Club of Amherst Area.
RETURN COMPLETED REGISTRATION FORM WITH PAYMENT TO:**

WOMAN'S DAY OUT, P. O. Box 1021, Amherst, NS B4H 4E2
or via email: Amherst@zontadistrict1.org

For more info call Kim: (902) 667-2823 or Vicki: (902) 667-7660