

Make cheque payable to
Maranatha Church
and mail with registration form to
Pat Schneider
51 Dohaney Cres.
Winnipeg, MB R2Y 2B6
~ OR ~

register and pay on-line at
Permission Click
<http://bit.ly/2b9CMqb>

Registration forms may also be
printed from our website,
www.mefree.ca.

Any questions - call Pat Schneider
204-781-6785 or email
patandmonty@mschneider.co

Our main speaker this year is

Karen Hart

If you enjoyed John Hart's session
last year, you will not want to miss
hearing his wife's side of things.

With breakfast >

Lemons to Lemonade – Really?

Confessions of a burn survivor's wife.

With dessert >

Making Lemonade

Practical tips for self-care during
difficult times.

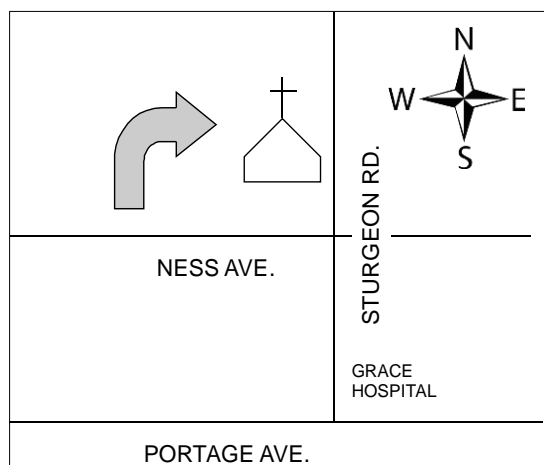
When Life Gives You Lemons

God causes all things to work
together for good . . .
Romans 8:28



Women's Wellness Day

Saturday, November 4, 2017
8:30 am - 4:00 pm
Maranatha Church
910 Sturgeon Road, Wpg



THE DAY'S SCHEDULE

- 8:30 Registration
9:00 Breakfast & Speaker
10:00 Session #1
11:00 Session #2
12:00 Lunch
1:00 Session #3
2:00 Session #4
3:00 Dessert & Speaker
4:00 On your way home!

COFFEE SHOP

Open all day, where you can pick up a coffee or tea and a cookie or other treat. You may also get your complimentary bottle of water here.

SHOPPING

Browse among our vendors' tables for hand-made items, soap, jewelry, honey, jams, cards, scarves, baby stuff & more.

SESSIONS

Lemon Squeez-er-cise! – with Lois Kosowan. Seated head-to-toe exercises to music. Handouts provided for home use.

An Olympian's Story – Lori Ann Mundt will share her experiences as an Olympian Volley Ball competitor.

Every Child Can Learn – Alexis Yildir. Wise words from a professional with Oxford Learning Centre.

Flower Arranging (\$15 for supplies). - Dolores Harris will guide you in making your own floral arrangement.

Painting with Water Colours (\$20 for supplies). - Sylvia Russell will teach you all the skills you need to create your own small masterpiece.

Arthritis – Diane Charland will share her story of living with severe arthritis and how she copes.

Gone to the Dogs – Brianna Fuellbra will explain the life and training of a service dog.

Massage Sessions – 15 minute session (clothes on) with qualified practitioner.

Reflexology Sessions – 10 minute hands-on session with qualified practitioner.



REGISTRATION FORM

NAME _____

EMAIL _____

PHONE _____

Sessions (in order of preference)

1. _____

2. _____

3. _____

4. _____

5. _____

6. _____

7. _____

8. _____

9. _____

Those first to register will be given preference if sessions are full.

Early Bird registration - \$35.00
After October 15 - \$40.00

Please indicate any food concerns.

