

Keynote Speaker Tuesday Chua

A wife and mother of two who has fought cancer and won the battle through faith in Christ

9:20 am

The Darkness

Tuesday's Story

12:30 pm

God's Light

Shining Through the Darkness

Make cheque payable to
Maranatha Church
910 Sturgeon Road, Wpg MB R2Y 0L2
Please mark Woman's Wellness Day in the comment section of the cheque

~ OR ~

Pay via e-transfer to office@mefree.ca
Please mark Women's Wellness in the message.

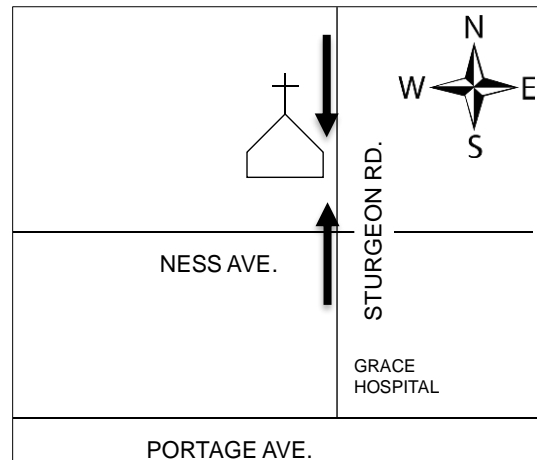
~ OR ~

Register and pay on-line at
Permission Click

<https://permission.click/2PGM/ca>

Registration forms may also be
printed at www.mefree.ca

Questions? - call Irene Rougeau
204.888.4232 or email
irougeau@mts.net



Shine Like the Stars

*Then you will shine among
them like stars in the sky.
Philippians 2:15*



Women's Wellness Day

Saturday, November 3, 2018
8:30 am - 4:00 pm
Maranatha Church
910 Sturgeon Road, Winnipeg

THE DAY'S SCHEDULE

- 8:30 Registration
- 9:00 Breakfast & Keynote Speaker
- 10:00 Session #1
- 11:00 Session #2
- 12:00 Lunch & Keynote Speaker
- 1:00 Session #3
- 2:00 Session #4
- 3:00 Dessert and gifts
- 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 wood crafts, soap, flowers, personalized items, honey, jams, cards, dainties, scarves, baby stuff & more.

PHOTO BOOTH

Snap a pic with your bestie and new friends!

SESSIONS

Reach for the Stars! – Lois Kosowan, from the Manitoba Fitness Council, leads seated head-to-toe exercises to music.

Crafts for Klutzes– with Pat Schneider
Fun Crafts for Anyone!

Adventures in Retirement – Hear the stories of Mrs. Peters, a.k.a. “The White Grandma,” who hops on the back of a motorcycle as she travels throughout the Philippines ministering to churches.

Seeing Stars, Flower Arranging – “Dolores the Florist” will guide you in making your own floral arrangement. Participants pay \$15 to Karen Hart for supplies prior to the session.

Light the Night – Constable Chika Modozie, from the Winnipeg Police Service, will share personal safety tips.

A Light Look at Alzheimer’s Disease – Lexa and Jen share communication skills for those with loved ones struggling with Dementia and other related disorders.

Shining, a New Canadian’s Perspective– Kunbi, an immigrant from Nigeria, shares what it is like to live in Canada.

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

Reflexology – is a 10-minute session focused on the foot.

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

Flower Class is an extra \$15 cash payable to Karen Hart prior to your session

Please indicate any food concerns.

