

SHUNIAH'S FIRST ANNUAL WOMEN'S
ME-TREAT!
REGISTRATION FORM
MacGregor Recreation Centre

FEBRUARY 3, 2018

9:00 A.M. - 3:00 P.M.

Name: _____ Email: _____

Phone: _____

PLEASE REVIEW AND RESPOND TO ALL INFORMATION REQUIRED BELOW:*

Schedule of Events:

9:00 - 9:30 a.m. **Light Breakfast:** Get your morning energy mojo workin! Meet and mingle over fresh muffins and coffee/tea

9:30 - 10:00 a.m. **Opening Keynote:** Are You Practicing Safe Stress? with Lana Bullough

CONCURRENT SESSIONS:

10:00 - 10:45 a.m. Choose **ONE** of two sessions by placing an X beside your preference:

_____ **Bender Ball** is described as "Cardio Yoga" a fun workout that challenges all elements of fitness strength, core, mind and body. It also gives you a fun cardio workout to great music. It is safe and effective for all ages. **Presenter: Candace Litwinenko**

OR

_____ **Gentle Yoga:** We start off by calming the mind with a little breath work...then we will work into gentle stretching, becoming more flexible and stronger...suitable for everyone. **Presenter: Diane Gordon**

10:45 - 11:15 a.m. **Nutrition Break**

11:15 a.m.-Noon Choose **ONE** of two sessions by placing an X beside your preference:

_____ **Guided Meditation** laying down or sitting up...melt into a guided meditation and be one with your breath. **Presenter: Diane Gordon**

OR

_____ **Know Your Gut:** Have you heard a lot about gut health lately? Find out what it's all about with presenter Tina Quinn of Ferment for Health

NOON - 1:00 - LUNCH- Provided by the MacKenzie Inn
An assortment of sandwiches, salad, fruit

Concurrent Sessions Continued:

1:00 - 1:45 p.m. Choose **ONE** of two sessions by placing an X beside your preference:

Pound Fitness: A cardio jam session inspired by the infectious energizing and sweat-dripping fun of playing the drums! **Presenter: Candace Litwinenko**

OR

Gentle Zumba: Dance your way to fitness! Learn repeated dance steps and moves while stretching muscles and gently working your cardio. Take it to your own level suitable for all ages and experience levels. **Presenter: Katherine Langen**

1:45 - 2:15 Nutrition Break

2:15 - 3:00 p.m. Choose **ONE** of two sessions by placing an X beside your preference:

Interior Design Trends for 2018: Get the scoop on the latest trends for 2018 and learn how you can affordably incorporate them into your home. **Presented by: Shawna Nichols Blunt of Spaces Interior Decorating**

OR

It's What's Underneath That Counts: discover the secrets of what the perfect fitting bra can do for you, your clothes and your confidence! **Presenter: Suzan Cooper Rochon, Perfect Fit Lingerie and Fashion**

*Concurrent sessions are first-come, first-served. Be sure to register early to ensure your choice of session.

DIETARY RESTRICTIONS? Please advise:
