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WOMEN'S DAY SCHEDULE

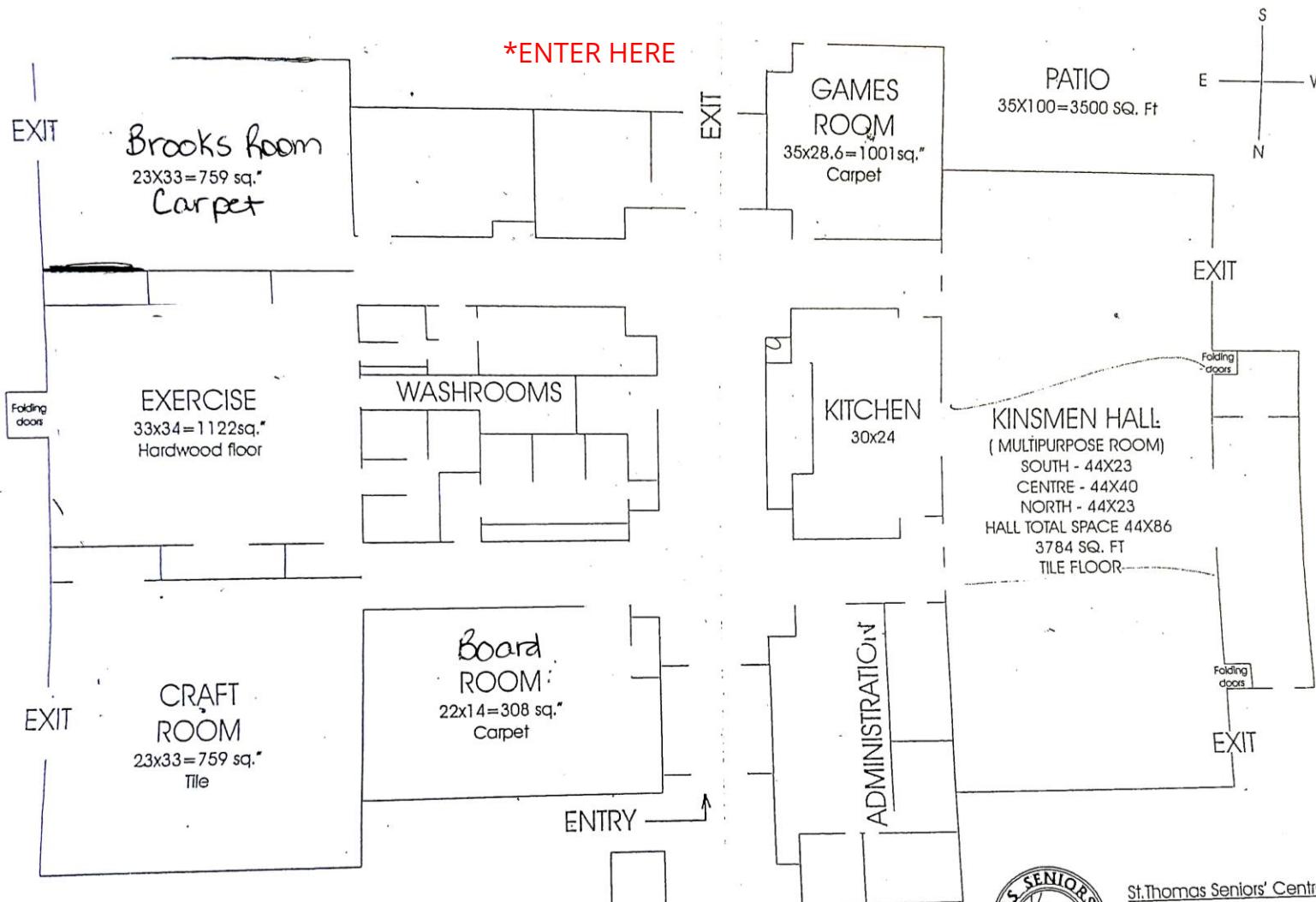
Total tickets available = 130

Ticket Price: \$65 plus app. fees

Y W YWCA ST. THOMAS - ELGIN	Craft Room (max. 14)	Exercise Room (max. 30)	Joanne Brooks Room (max. 20)	Kinsmen Room North (max. 30)	Kinsmen Middle	Kinsmen Room South (max. 20)	Games Room (max. 16)
Workshop #1 9:30 - 10:40	Guacamole & Salsa with a Spanish Twist Taco House Co Aurora Alcocer \$10 fee	Sound Healing Meditation Missy Vermeersch, Accessing Reiki with Missy	Tapping into Peace Diane Yeo Mindfulness	Passion for Travel Jo Lynch (Boutique Travel Services) & Caroline Wilson (Book Your Travel)	Rest Space	It's Not Personal - It's Personality Katherine Englander, The HR Business Group	Needle Felting Art Kristina Bell, Upside Downie Homestead \$10 fee
Workshop #2 10:55- 12:05	Cupcakes Decorating Cindy Leon, Honey Cake Pastry Shop \$5 fee	Restorative Yoga - Rest & Relax Andrea Sauer, Yoga with Andrea	Are You Sick & Tired of Feeling Sick & Tired? Angie Mailhot, Railway City Health Hut	How to Keep Ourselves Healthy Through Different Stages of Life Megan Soloy-Theil, Silver Birch Naturopathic and Wellness Clinic	Rest Space	Mind Meets Muscle Alicia Nolan & Alicia Lewis, Life Coaches	The Mindful, Creative Practice of Hand Stitching Heather Robinson, gathered \$5 fee
Lunch 12:15-1:45*	Guest Speaker - Mary Lou Smoke, Indigenous Elder-in-Residence Western University						
Workshop #3 1:50 - 3:00	World in Writing: Whimsy & Wonder Peri Hayes, YWCA Educator & Writer	Salsa Dance Taco House Co & Latin Passion Dance Academy	Come Back to Your Body Jill Bond Groovy Moon	Women Encircle - Drumming Christine Norman, Expressive Arts	Rest Space	Quiet Power: An Empowering Candle Ritual for Women Kim Goodhue & Shelley Barret, Purely Wicked \$5 fee	Stitch Please: Knit & Crochet 101 Melinda Erin Whitehead \$10 fee

St.Thomas Seniors' Centre Floor Plan

*Doors Open @ 9am - South Entrance



St.Thomas Seniors' Centre
225 Chestnut Street,
St.Thomas, Ontario, N5R 2B5
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