

## Registration Form

### Personal Information:

Name: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_

Postal Code: \_\_\_\_\_

Phone (day): \_\_\_\_\_

Phone (eve): \_\_\_\_\_

Email: \_\_\_\_\_

### Sessions:

#### Round 1 Sessions (check 1 only)

Tai Chi - Good for the Soul

Permanent Makeup-Is it for You?

Massage

#### Round 2 Sessions (check 1 only)

Stress Buster

Building Your Positivity Portfolio

Building Confidence from the Outside In

**Registration Fee: \$45.00 (+GST)**

**Payment: Cash  Cheque  VISA**

**MasterCard**

Account # \_\_\_\_\_

Expiry Date \_\_\_\_\_

Name on Card \_\_\_\_\_

Signature \_\_\_\_\_

**Please make cheques payable to ESSMY.  
Payment must accompany form.**

*Session choices are first-come first-served. ECEP reserves the right to substitute, based on availability.*

## Program

**9:00 am – 9:30 am**

- Registration, coffee & muffins

**9:45am – 10:45 am**

- Keynote Presentation  
“Kidnapped in Nigeria  
- A Survivor’s Story”

**11:00 am – 11:45 pm**

- Round 1 Sessions

**11:45 pm – 1:00 pm**

- Lunch Break

**1:15 pm – 2:00 pm**

- Round 2 Sessions

**2:15 pm – 3:15 pm**

- Wrap up session  
“Community Drum Circle”  
Peter Nolan

**3:15 pm – 3:30 pm**

- Announcements & Door Prizes

*Please fill out the evaluation form  
found in your registration package  
and leave in the basket located  
in the front foyer.*

*Thanks for attending our  
Women’s Day Out!*



ESSMY Continuing Education Program  
Proudly Presents



# Taking time

# for You...



# A Women’s

# Day Out!



## Saturday October 24/09

### 9:00 am - 3:30 pm



École Secondaire  
Sainte Marguerite d’Youville School  
51 Boudreau Road,  
St. Albert, AB, T8N 6B7

E  
C  
E  
P

For the  
Love  
of  
Learning!



## Sessions & Speakers

### Keynote Session — 9:45 am -10:45 am

**"Kidnapped in Nigeria  
A Survivor's Story"**  
-Julie Mulligan



Julie Mulligan was visiting Nigeria on an intended month long Rotary International Group Study Exchange. The Drayton Valley GSE Team Leader of the five women group arrived in Nigeria on April 9, 2009. One week later, she was taken hostage at gunpoint from the vehicle she was travelling in with her Rotarian host. Julie will share the personal story of her two weeks in captivity.

### Round 1 Sessions — 11:00 am -11:45 am

1. **Tai Chi - Good for the Soul**  
- Brad Schultz, Abundant Peace Tai Chi

In today's society our biggest threat is STRESS. It's the greatest cause of disease and unhappiness. However, you can learn to transform your stress-response into a practice of peace and tranquility. Join us in this session to discover the gentle, healing movements of Tai Chi and experience greater relaxation and mental balance. Participation is required.

2. **Permanent Makeup-Is it for You?**  
-Patricia Power, External Affairs  
Clinical Spas

Wake up looking beautiful. Perfect brows 24/7. Eyeliner that never comes off. Learn how permanent makeup can make your morning routine so much simpler. Natural looking brows and perfectly placed eyeliner can be achieved. Patricia will discuss patient selection and comfort, color and shape, healing time, and cost. View before and after photos and find out if you are a candidate for this great procedure.

3. **Massage Therapy**  
-Carol Smith, The New Therassage Clinic

There is nothing like a good massage to relax and rejuvenate. Come and see how massage therapy can be used as a tool to help empower you to take control of your health.

## Sessions & Speakers

### Round 2 Sessions — 1:15 pm - 2:00 pm

1. **Stress Buster**  
-Rosa Marrazzo  
Certified Clinical Hypnotherapist

Is stress taking over your life? Have you forgotten what it feels like to be calm in any situation? Join Rosa in this calming session and learn a few simple techniques that will assist you in letting go of accumulated stress.

2. **Little Black Raincloud or Little Miss Sunshine: Building Your Positivity Portfolio**  
-Bev Baker-Hoffman

Are you generally a positive and optimistic person or is your default button set to negativity and pessimism? Understand why it is important to fill your storage tank of positive emotion and learn how to turn your thundercloud into rays of sunshine.

3. **Building confidence from the outside in**  
-Brigitta van der Putten  
Impact Image Consulting

As women, we give so much time to others that we often have no time left for ourselves. Part of taking time for yourself means having fun with your appearance and looking your best, which in turn builds confidence. We will talk about body image, personal style, confidence and solutions surrounding these issues. It will be interactive, informative and fun!!!

**Wrap Up Session — 2:15 pm - 3:15 pm**  
"Community Drum Circle"

• **Peter Nolan - Facilitator**  
Peter leads a community drum circle that is high energy, hands on, uplifting, edifying, and FUN. He brings with him a collection of drums from many different countries, emphasizing the fact that each of us are part of a world larger than ourselves. Throughout the course of the hour, the group moves from a inexperienced and novice group of individuals pounding out rhythms, into a collective of unified members of a 'whole body', producing music that is wonderfully enlightening and orchestral in its arrangement. The drum circle closes with a prayerful reflection, and each member of the circle feels connected to each other and the community. This is a workshop for the heart!

## Displays

**Arbonne International** - Diane Rurka  
**Beauty Blends** - Cindy deBruin  
**Creative Memories** - Dillis Brown  
**Epicure Selections** - Kathy Langlois  
**Heritage Makers** - Ellen Myhovich  
**Magic Tree Beauty** - Linda Murdoch  
**Norwex** - Lianne Halbert  
**Pampered Chef** - Shannon Rudko  
**Silpada** - DeAnna Gunputrav  
**Stampin' Up** - Sandra Fenton  
**Watkins** - Darcie Rea

Please visit the various Home-Based  
Businesses, on display from  
11:45 am - 1:15 pm.

**Registration Fee: \$45.00 (+ GST)**  
(includes coffee & muffins, Keynote,  
lunch, 2 sessions & wrap-up)

**Registration Deadline:**  
October 9/09

Late registration fee  
\$55.00 +GST until October 16, 2009

Please fill out Registration Form  
and forward to:

**Women's Day Out**  
Attn: Pamela Albert  
51 Boudreau Road  
St. Albert, AB  
T8N 6B7

Phone: 780-459-3237

Fax: 780-460-9161

Email: palbert@gsacrd.ab.ca

