



YWise Women Conference

June 21, 2008 from 8:30a.m. – 4:00 p.m. (Registration is required by June 17.)

Lethbridge Centre Conference Centre, 200 4 Ave South, Lethbridge

Who: Women aged 45 and over.

Registration is Required: Choose 3 of 9 sessions offered (1 for each time spot), based on healthy Mind, Body and Spirit and the transitions we face at this time in our lives.

Cost: \$10.00. Registration is completed **when payment is received**. Register early as registration is limited to the **first 100 paid women**.

Subsidies are available, see Diana Sim, YWCA Partnerships Manager

Includes: Continental Breakfast, sponsored by excuserv plus inc.; Great Sessions; Lunch; Coffee

Time	Mind	Body	Spirit
8:00 am – 8:30	Registration		
8:30 am – 9:00	Welcoming Remarks		
9:00 am – 10:30 am Session One	Communicating with Ease Deb O’Sullivan	Healthy Eating Renaë Putici	Spiritual Connections Pat Varley and Teresa Groendahl
10:30 -10:45 am	Coffee Break		
10:45 am -12:15 pm Session Two	Career Gumption Heather Petherick	“The Secret” Video Presentation	Holistic Healing Debbie Kelman
12:15 – 1:00 pm	Lunch		
1:00 pm –2:30 pm Session Three	Managing Your Money Paulette Reid	Self Protection Hints & Tips Jaymie Lamers and Twyla Patterson	Living Your Own Feng Shui Cory Watson and Jean Eyre
2:30 - 2:45 pm	Coffee Break		
3:00 – 3:20 pm	“Last – Those Who Laugh” with Lynne Hunter-Johnston		
4:00 pm	Closing Remarks and Evaluation		

For more information, registration form online, session details and speaker biographies, go to our web site: <http://www.ywcalethbridge.org/ywisewomen.htm>