



10<sup>th</sup> Anniversary  
Celebration

Choose from 24 concurrent workshops plus special luncheon & silent auction.

A day to nurture your body, mind and soul

**Saturday, April 17, 2010**  
**8:30 a.m. – 4:00 p.m.**

**Earl of March Secondary School**  
4 The Parkway (off Teron Road)  
KANATA, Ontario

MOTIVATIONAL SPEAKER

**Rosita Hall**

Workshops will be filled on  
a first-come, first-served basis.  
Register by February 27 for Early Bird Savings!

Upon arrival on April 17, each attendee will receive a personalized schedule outlining their individual workshop selections.

Our conference consists of...

8:30 – 9:00	Registration
9:00 – 10:00	Welcome & Event Kick Off
10:00 – 11:00	Workshop 1
11:00 – 11:15	Break
11:15 – 12:15	Workshop 2
12:30 – 2:00	Lunch
2:00 – 3:00	Workshop 3
3:00 – 4:00	Surprise Presentation
4:00	Silent Auction Cash Out

Past year's attendee testimonials...

*"The coffee and muffins at registration and break were such a lovely touch. Made us all feel like we were somewhere really special."*

*"I am so glad I came; wish I had known about it before; I will tell others; it was truly a treat for me!"*

*"Everything was great, well organized, great variety."*

*"I enjoyed all of my workshops; this is my second year; I always leave with a new goal for wellness."*

*"I never thought the lunch would be so lovely, white linen and china and such a fabulous caterer serving us at our seats!!!...not at all what I expected for the price! Great value – I'll be telling all my friends!"*

*"Loved my day; was so therapeutic."*

*"I really enjoyed the workshops; they were lined up well with their titles; no disappointments."*

*"...great range of topics...great length of time for workshops - one hour is just enough..."*

*"The silent auction was terrific...so many fantastic items – great selection to choose from! Next year I'll be back with the plan of doing some shopping."*

*"This was a wonderful experience!"*

## Memorable Photos

### Shirley Coulthard, Black's Photo

Let Black's help you "make your photos memorable". Get advice from the experts on shooting, storing and printing your digital images – bring your camera and questions.



### Women and Travel

#### Carole Paleczny, Captain Sandy's Cruise Holidays and Travel

Women travelling alone have different concerns and encounter a variety of difficulties that can be avoided. Join Carole as she gives helpful tips on what to be aware of as you travel for both business and pleasure.

## Dating – The New Rules

### Linda Miller, Misty River Introductions

Newly single? No Idea where to start? Meet a matchmaker who can give you helpful hints, where to go, who to trust and answer your dating and relationship questions.



### The Girlfriend's Guide to Jewellery

#### Anne Wallner, Alyea's Jewellers

A brief introduction to what to look for when buying jewellery including explanations of karat, carat, what 'fine' jewellery is, estate jewellery and the general care and maintenance of fine jewellery along with opportunity for lots of questions and answers.

## Belly Dance

### Brenda Stocker, Belly Dance Instructor

Come experience the art of basic Belly Dance. Ignite your Inner Goddess and rediscover your inner beauty. Burn calories, alleviate stress and most of all have fun.

## Are You Eating What's Eating You?

### Wendy Armstrong, The Wellness Centre

Identify what kind of emotional eater you are and what the foods you crave represent emotionally. Understand how your moods and emotions are connected with food cravings and eating habits, and learn how to deal with cravings and emotional eating.

## Meditation Made Easy

### Deborah Boldt, Wellness Facilitator & Social Worker, Healing Grounds & Sanctuary

Gift yourself with this 'learn by doing' session. Discover techniques that quiet your mind, relieve stress, renew energy, create inner peace and enhance your intuitive abilities. Take time to nurture your soul.

## Do It With Tools Designed For Women, By Women!

### Karen Donaldson, Tomboy Tools

Come and experience the Tomboy Tools tell-show-do-feedback approach to home improvement projects. We tell you how it's done, show you how to do it, give you a chance to try it yourself and then provide feedback so you can recreate the project in your own home.



### Intuition 2010

#### Judith Birtwistle, Certified Yoga Teacher

You know you've got it, now let's excavate the treasure of your intuitive self. Realize and activate the power for better health, happiness, peace and joy in everyday living.



### Make Exercise Fun

#### Charmaine Hall, Personal Trainer

Participate in this active workshop of exercises that can be done at home or when you travel. We will be using beach balls, water bottles, a chair and more.

## Homeopathy at Home Work and Play

### Allyson McQuinn, Dr. of Medical Helikunst and Homeopathy

Come out for a lively talk about the principles of this 200 year old system of medicine and learn how they can safely and easily be applied at home in first aid situations.

## Your Financial Roadmap, Where is it Heading?

### Vera Adamovich, Certified Financial Planner

We've just had a strong year of recovery for our retirement savings. Do you understand what it all means? There is no such thing as a stupid question so bring yours.

## Chocolate Can Be A Wine's Best Friend

### Lindsay Puddicombe, Puddicombe Estate Farms & Winery

Join Lindsay Puddicombe as she explores the love relationship between wine and chocolate. Enjoy a tasting of wines picked by Lindsay that can take a chocolate dessert to a new level of enjoyment. Sounds mysterious and enticing? It is.



### Introduction to Pole Dancing for Fitness

#### Corinne Brodthagen, 3Sixty Dance and Fitness

Pole dancing consists of floor moves, transitions, and tricks. It targets abdominals, shoulders, arms, legs, and back for strong, lean muscles. The class will begin with 10-15 minutes of floor work for strength, flexibility and sensual movement. You will learn some basic pole moves, and tricks, such as the Fireman and the Front Hook. Classes are designed to suit any fitness level and body type.



### Secrets for a Lifetime of Healthy Hair

#### Karen Sharp, Thinning Hair Specialist

Is your hair reaching its full potential? Karen will dispel the myths and provides real life solutions for maintaining healthy hair and scalp, including thinning hair issues.

## Older and Better – Sex for Boomers!

### Shelley Taylor, Venus Envoy

Sex after 40, 50 and 60 can be fun, inventive and exciting! Join us to discuss the pros and cons of boomer sex and learn some tips and tricks to keeping it hot (and not just in flashes!)

## Ditch the Workout, Join the Party! ZUMBA!

### Marie Devlin, Blue Bamboo Yoga

Zumba is a FUN latin dance class set to salsa, merengue, cumbia and other international music. The class is easy to follow, has red hot dance steps and anyone can do it! All you need is your running shoes and a bottle of water! Join one of the fastest-growing, dance based fitness crazes in the world!



### Decorating Demystified

#### Susan Phillips, Spotlight on Decor

Susan's Top Ten Tips for all those who dare to care how their homes look and function. Decorate like a pro and create your own decorating magic.

## Say Yes to Yoga!

### Kylie Delfino, Blue Bamboo Yoga

Demystify the ancient practice of yoga. Discover it's philosophical and psychological benefits as a means to living a fuller, more meaningful life. Leave with both mental and physical practices you can use in your daily life. Loose fitting clothing is optimal.

## Fantastic Appetizers

### Jo Ann Hennigar, A Sense of Taste

Nothing starts a party off like mouth watering appetizers. Dazzle your friends with easy appetizers which can be prepared ahead of time and served as they arrive. Learn how to make a few of our more popular appetizers.

## Awaken To Your Life Purpose

### Jennifer Clark, Professional Spiritual Teacher

During this engaging lecture, you will learn the tools to discover your life purpose and learn the techniques required to follow your inner compass to live an authentic passionate and purposeful life.



### Body Typing to Fine-tune Your Lifestyle & Energy

#### Katherine Willow, Naturopathic Doctor

Learn how each Ayurvedic body type requires fundamental differences in lifestyle including: diet, exercise, sleep, sex, work and spirituality. Additional resources will be given to help you continue your exploring!



### Be Safe Online

#### Sheila Alder, Computer Tamers & Woman to Woman Computing

Sheila Alder will discuss online safety, including social networking, and provide free and effective tools to keep you, your computer, and your family safe in the online world. Can you bank or use your credit card safely online? Come and find out the latest safe practices, and take home the information you need.



### Make the Perfect Gift Basket

#### Tina Short, Memorable Gifts

Have you ever wondered how to make those beautiful, professional-looking gift baskets? Then you won't want miss this fabulous workshop. Save hundreds of dollars by creating your own custom gift baskets.

## 2010 WITNC Conference Registration

\$65.00 if registration and payment are received before February 27, \$75.00 if submitted after. Final registration deadline is March 27. Your registration fee (payable by VISA, MasterCard, or cheque) will cover admission to three workshops, lunch, silent auction and motivational speaker. **Unfortunately, we are not able to issue refunds after the final registration date.**  
All registrations must be accompanied with payment and received by the deadline.

Profits from this event are being donated to Friends of Hospice Ottawa.

Make cheques payable to: **The WEBB (Women's Educational Business Breakfast)**

If paying by credit card ('Friends of Hospice Ottawa' will appear on your credit card bill).

### 1. Mail: WITNC Conference

55 Springwood Circle  
Stittsville, ON K2S 1E2

2. Email: [witnc2010@bell.net](mailto:witnc2010@bell.net)

3. Phone: 613-786-1437

4. Fax: 613-836-7651

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

E-mail Address: \_\_\_\_\_

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

Method of payment: \_\_\_\_\_ Credit Card \_\_\_\_\_ Cheque

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

VISA/MC/ NO: \_\_\_\_\_

Phone Number: \_\_\_\_\_

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

Name on Card (if different): \_\_\_\_\_

Confirmation will be sent via **EMAIL** along with other information you will require before the conference.  
Please be sure to include an **EMAIL** address.

### Please choose any **THREE (3)** workshops

\_\_\_\_\_ Memorable Photos

\_\_\_\_\_ Chocolate Can Be a Wine's Best Friend

\_\_\_\_\_ Women and Travel

\_\_\_\_\_ Introduction to Pole Dancing for Fitness

\_\_\_\_\_ Dating – The New Rules

\_\_\_\_\_ Secrets for a Lifetime of Healthy Hair

\_\_\_\_\_ The Girlfriend's Guide to Jewellery

\_\_\_\_\_ Older and Better – Sex for Boomers!

\_\_\_\_\_ Belly Dance

\_\_\_\_\_ Ditch the Workout, Join the Party! ZUMBA!

\_\_\_\_\_ Are You Eating What's Eating You?

\_\_\_\_\_ Decorating Demystified

\_\_\_\_\_ Meditation Made Easy

\_\_\_\_\_ Say Yes to Yoga!

\_\_\_\_\_ Do It With Tools

\_\_\_\_\_ Fantastic Appetizers

\_\_\_\_\_ Intuition 2010

\_\_\_\_\_ Awaken To Your Life Purpose

\_\_\_\_\_ Make Exercise Fun

\_\_\_\_\_ Body Typing to Fine-tune Your Lifestyle and Energy

\_\_\_\_\_ Homeopathy at Home Work and Play

\_\_\_\_\_ Be Safe Online

\_\_\_\_\_ Your Financial Roadmap, Where is it Heading?

\_\_\_\_\_ Make the Perfect Gift Basket