



LAMBTON CENTRE

WHERE MORE THAN TREES TAKE ROOT

WOMEN'S DAY OUT

WEDNESDAY MAY 5, 2022, 9 am-4 pm

Name: _____

Email : _____ Phone: _____

Dietary restrictions : _____

I will be attending the day with _____ and we would like to be scheduled in workshops together.

Sign in and welcome will be from 9:00-9:30 with coffee and tea available.

WORKSHOP Choices We will be offering three (3) workshops sessions during the day. Some workshops have additional fees to cover the cost of supplies. Please number, in order, your top 4 preferences from the 7 available workshops. We will do our best to get you into your top three choices. Your 4th choice is an alternative should one of your other choices be full.

___ **DECORATIVE VASE** Christina Dalkin will facilitate a workshop to create your one magnificent table centre piece. (Optional– participants can create their own vase for \$25 for supplies).

___ **SLEEP HAPPY** Carlyn McNally NLCHS -Practical tips on how to have the sleep of your dreams

___ **QIGONG** - Mary Craig, Qigong is a mind-body-spirit practice that improves one's mental and physical health.

___ **NATURE PHOTOGRAPHY** Self-guided mature walk Trilliums should be in bloom. Bring your camera and step into nature for some inspiring photos or just enjoy the signs of spring all around you.

___ **PATIO GARDENS** —Join Catherine Minielly from the Forest Garden Club for a discussion on patio gardening. (Optional– Participants can create their own planter to take home for \$25)

___ **MINDFULNESS**-Rick Boerkamp will facilitate a nature inspired relaxation exercise to reduce stress and connect with creation.

___ **DREAM CATCHER**— Lynn Millikin, a senior community member of the Kettle & Stony Point First Nation explains the traditions and cultural significance of the Dream Catcher . (Optional—participants can create their own Dream Catcher. \$20 for supplies)

Fees Registration Fee (\$45 HST included) + Additional supplies Total: _____

(office use) Payment received: Yes () No ()

- Lunch will be provided
- Special speaker, Curator from Lambton Heritage Museum, Dana Thorne will share stories of Women of Lambton County with artifacts to view.
- Celebration of faith with Rev. Kathy Douglas.
- The Christian Resource centre will be set up in the farmhouse through out the day.

Registration forms can be **faxed** to **519-786-6686**

Or emailed to **info@lambtoncentre.com**

Payments can be made through the office **519-786-5663 6602 Lakeshore Rd. Lambton Shores ON N0N 1J7**