

Select A Session - AM

Clutter Free - Patricia Coughlan

Patricia Coughlan is the consultant for **Clutter-Free Professional Organizing**. A creative Professional Organizer with over 25 years experience in streamlining environments and simplifying lives, Patricia works with individuals to help organize the closets, cabinets, drawers and living areas of homes and the departments, files and desks of corporate offices in ways that reflect their individual styles and personalities by using simple, practical approaches to purge, sort, and reduce clutter and to keep it from coming back. Patricia welcomes every opportunity to share how to have an organized lifestyle with others.

The Art & Science of Face Reading

Jackie Latimer

Experience a deeper understanding of yourself and others through face reading and body-mind analysis. Understand the language of your Body's-Mind? How your thoughts manifest your physical body? Why YOU are in the Shape YOU are in and what it means, physically, mentally, emotionally? We face the world' like an open book, revealing our expression and suppression of our personality, character and state of health. You will understand the insightful language of the body and how "the information is in the formation" and "the issues are in the tissues. Know Thyself there is nothing else to know. Love thyself and be healthy and happy.

Take Your Best Shot - Susan Wright Amendt

Susan is a 12 yr. member of the CPGA professional golf association. She is an accomplished instructor with a down-to-earth approach to teaching. Her style reflects her years spent touring as an amateur and a professional golfer. She is best known for her successes on the Players West Tour, Futures Tour, Canadian Women's Tour and is a veteran of numerous LPGA Events. Join her in learning how to stretch properly, tips for the traveling golfer and an interactive session on where you will learn about the golf swing.

Select A Session - PM

Engage -Connect-Amaze- Robyn Beazley

Robyn is an enthusiasm expert! She is best known for being contagiously outgoing, sharing her positive energy with everyone around her. From her life lessons Robyn will inspire her audiences to help them grow their careers and their personal lives. Robyn focuses on empowering women to achieve balance in their lives through goal-setting, action steps and a positive outlook. Robyn resides at Coaldale, AB with her husband John.

Richelle Cygan - Firebrand Fitness

How To Have the Body of Your Dreams.

We all have a picture of our dream body. Join Richelle in learning how to design a workout, focus on good nutrition, manage your stress and how it all ties together. Richelle has been AFLCA Certified since 1998. She is currently enrolled in NAIT's Personal Fitness Diploma program. Richelle is a resident of the Warburg area and offers both classes and personal trainer services.

Personal Massage - Jennifer Davison - Wolf

Jennifer has lived in the Buck Lake area for the past 9 yrs. and has operated Echo's Spa and Wellness Centre in Breton since 2004. Since then she has earned her certificates in many healing techniques. Jennifer received her training in Calgary, Red Deer, Vancouver and Portland Oregon, offering the following modalities: Relaxation & Therapeutic massage, Reflexology, Com-passionate Oncology massage for people living with Cancer, Healing Touch, The Reconnection, and Esthetics. Jennifer has also received her Phase I & II of Community Drum Circle Facilitation. Jennifer's goal has always been to Bring Wellness to the Rural area. Jennifer will be opening a learning centre in Buck Lake, in the near future. The learning centre will provide a facility for people in the community, to share their talents as well as learn new ways of living a life full of joy and wellness.

Registration

Mail, Fax or Drop off at the Village of Breton Office completed Registration form by September 18,2009

Choose one in Session I and one in Session II

Conference Fee \$25

Includes lunch, 2 sessions and door prizes

Session I

Session II

Clutter Free

Engage, Connect, Amaze

Face Reading

Body of your Dreams

Take your Best Shot

Personal Massage

Name _____

Mailing Address _____

Phone _____

Email Address _____

Make Cheque Payable to: The Village of Breton

Box 480, Breton, AB T0C 0P1

Hosted by

Breton Family & Community Support Services and supported financially in part by Wetaskiwin Family & Community Support Service;

Saturday
September 26, 2009

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