

## CONFERENCE 2010 WORKSHOPS

We are pleased to be offering 10 exciting new workshops for your pleasure.

Everyone may sign up for 2 workshops, each being 1 ½ hours in length.

Please indicate your 1<sup>st</sup>, 2<sup>nd</sup>, 3<sup>rd</sup> & 4<sup>th</sup> choice on the registration form.

1. **Loving the Skin You're In** with Diane MacMillan

This workshop looks at style and shape vs. fashion providing tips to enhance the features you love and camouflage the ones you don't. Making the most of what you've got without having to spend a fortune.

2. **Moms Gone Green** with Charlene Day

In this interactive workshop they provide 10 simple tips to help reduce your environmental impact and live happier, healthier lives. You even look at eating green and how it affects you personally, locally and globally.

3. **Circle Dancing** with Audrey Fyfe

Have you sat around too long today? Well here is your chance to get up and get moving. No partners or previous experience required. Each dance is taught before you dance. Dress comfortably, casually.

4. **Ontario Christian Gleaners** with Elaine Merkus

Every day we can see images on television of hungry and starving children. Every thirty seconds 8 people will have died from hunger while at the same time thousands of tons of food are wasted. The Ontario Christian Gleaners have found a practical solution. Come and find out how the OCG is using Ontario's surplus to feed the hungry in the world.

5. **Opportunities for Young People in Organic Farming** with Ann Clark

Ann Clark, Associate Professor, Department of Plant Agriculture at the University of Guelph, is a coordinator of the Major in Organic Agriculture. Grazing livestock has been one of her areas of research. She brings a wealth of information to share.

6. **Nothing More Comforting – Our Ancestors' One-Mile Diet** with Dorothy Duncan

Dorothy is an author, historian and international lecturer on Canada's culinary history. The workshop includes samples of historical recipes. Books will be available to purchase.

7. **Gardening – Plant Combinations** with Daisy Moore

This workshop will show you how to combine plants for all season long and keep the flower beds interesting. You will learn about support and companion planting.

8. **Plastic Bag Mats** with Mary Dicky

Find out how to make mats from milk bags. These mats have many uses and also help keep plastic out of the landfill by recycling. Mary, with the help of others, has sent many mats to people in Haiti.

9. **Skin Cancer Prevention and Early Detection, Staying Ahead of the Game** with Dr. Kenneth A. Kobayashi, MD, FRCPC

You will learn about the different types of skin cancers, several different aspects of protecting your skin to prevent sun damage and skin cancers, and raise your awareness of unusual spots on your skin which might be skin cancer.

10. **Vaccinations** - presenter to be confirmed

This workshop will be an open discussion on people's experience with and concerns about vaccinations. What does your doctor say?