

# Tickets

**Registration Fee: \$35.00**

**Vendors Tables: \$45.00**

(This also includes the registration fee)

All conference sessions, lunch and refreshments are included with the fee.

Registration forms must be returned by October 17th with the registration fee, to the Town of Irricana Municipal Office before 4:30pm.

222 2nd Street or by email to [irricana@irricana.com](mailto:irricana@irricana.com)

Tickets are also available online

## Registration

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

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

Email: \_\_\_\_\_

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

### Morning Breakout Session:

1st Choice: \_\_\_\_\_

2nd Choice: \_\_\_\_\_

### Afternoon Breakout Sessions:

1st Choice: \_\_\_\_\_

2nd Choice: \_\_\_\_\_

### If you are a vendor...

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

Product: \_\_\_\_\_

Are you willing to provide a door prize or items for our swag bags? **Yes** **No**

## Schedule of Events

Welcome/Keynote	9:00 am - 10:00 am
Break	10:00 am - 10:15 am
Break Out Sessions	10:15 am - 11:15 am
Group Session	11:15 am - 12:15 pm
Lunch	12:15 pm - 1:00 pm
Keynote	1:00 pm - 2:00 pm
Break	2:00 pm - 2:15 pm
Break Out Session	2:15 pm - 3:15 pm
Shopping	3:15pm - 4:15 pm
Closing Comments	

## Register Today

*Nothing is more beautiful,  
than just being you*

## Town of Irricana

Community Hall

300 1st Street Irricana, AB

T0M 1B0

[irricana@irricana.com](mailto:irricana@irricana.com)



**17th Annual  
Women's Conference  
October 19th, 2019**

**Town Of Irricana**

**403 - 935 - 4672**

## KEYNOTE SPEAKERS

Annemarie **Remedy'sRx**

*"Motivate your mind for a healthy and happy heart".*

Learn how to live healthier and longer, while keeping your mind and body happy.

***Your mind will enjoy it  
Your heart will love it!***

Learn how your environment, daily rituals and what you eat gives your life meaning and purpose and how you can bring more of these principle to not just your home but your community as well.

Mariam Dreher

Miriam brings together a very special kind of music with both Swiss and Western yodeling. It spans from traditional country, bluegrass, gospel and more. She is a recipient of 23 music awards including Canadian and International. 2008, the International Platinum award for yodeling in Branson, Missouri.

2013, recipient of the Queen Elizabeth Diamond Golden Jubilee medal presented by a retired Governor General.

With performances all across Canada and various parts of the US with entertainment at poet gatherings, seniors residence, hospitals, guest ranches and more. She is also the founder, producer and directed the annual Yodel fest venue for 11 consecutive years in Airdrie being sold out.

## Vendors

If you are interested in becoming a vendor at this event and you believe that your product fits well with our theme please message us through the [irricana@irricana.com](mailto:irricana@irricana.com) link or with Patty at the town office with your completed registration form.

## Morning Breakout Session

Option One: Once Upon A Flower

The ever so popular Air Garden Creation is back once again! Join Jennifer Feeney with Once Upon A Flower in this hour long breakout session to learn about the South American version of these incredibly easy to care for plants and ideas of how to incorporate them into your home décor.

Option Two: Gem Stones with Jen

Want to learn about Crystal healing? This is a class about spirituality, science and properties of Gemstones and how to use them in everyday life.

We will also be making a bracelet to take home

Option Three: Gentle Yoga

In this session you will have the opportunity to take some time for both your mind and body. We will go through a gentle series of yoga poses to get your body moving feeling great, while bringing focus to your breath. If you need a refresh and renewal this is the session to take. No previous yoga experience is necessary, however, you must be able to get from the floor to a standing positions. Please wear comfortable clothing, bring a water bottle, yoga mat (If you have one)

## Shopping

This break time will allow you to take your time to visit with our vendors at their stalls. You can check out all there awesome merchandise **.Tracy Goodbrand,** 3:15-4:00 Guest speaker.

## Afternoon Breakout Session

Option One: Simply Food For Thought with Jo-Lynn Knapp

OVERCOMING! My personal story of my journey though Lyme Disease. From deathly ill to starting a whole new business and everything in between, I would love to share how even when you think your life is over, you can grow, learn and succeed in ways you never thought possible.

Option Two: Ancora Design

You will have the opportunity to finish a 24"x6" rustic wood centerpiece box in the stain or paint finish of your choice. You will be able to choose from a variety of stencils to put on one or both sides of your box. These boxes make wonderful table centerpieces, or kitchen/ bedroom accents.

Option Three: Reiki

Located in Alberta Canada, Isca Wuttunee has been interested in healing for 25 years, using a mix of Reiki, Cranio Sacral and Wing Chi (Breath of the Dragon) Spiritual healing. In this sessions I want people to experience the movement of energy between people, which we will demonstrate with a short exercise of standing together in a circle hand in hand. After which we will go through a short meditation of grounding. We want to build a conversation .

## Morning Group Session

Drumming Circle - an effective tool for health and wellness and a breath of fresh air in our fragmented, stressed out world. Research is pouring out pointing to therapeutic Drum circles as a powerful option for stress reduction and that is good news for mental health.