

Ladies Day Off - with NO kids, NO chores, and NO cooking



You're invited to Women's Enrichment Day on **March 20th**. Have fun, learn, and be inspired with other women. For a \$5 donation to the HVEF, you can enjoy 4 different workshops with lots of topics to choose from. Also, you can check out the expo table with jewelry, gift ideas, massages and a variety of others. Look inside for a complete list of workshops and registration form. On-line registration available at www.Enrichment-Day.com

Admission: \$5 Proceeds to benefit the Huron Valley Education Foundation



Educational Foundation

The HVEF is a non profit foundation that helps educators in the Huron valley School District bring unique opportunities to students. The HVEF funds grants for educational field trips, fine arts, performing arts, multi-cultural events, robotics, technology and new learning experiences.

Saturday, March 20, 2010

8am - 1:30pm

at Highland Middle School

305 John St, Highland ~ 1 block W. of Milford Rd at M-59

Hosted by Women In Business

A division of Highland Business Association

PO Box 843, Highland, MI 48357

Phone: 248-889-1422 Fax: 248-889-8782

Email: Info@theHBA.net

Website: www.Enrichment-Day.com

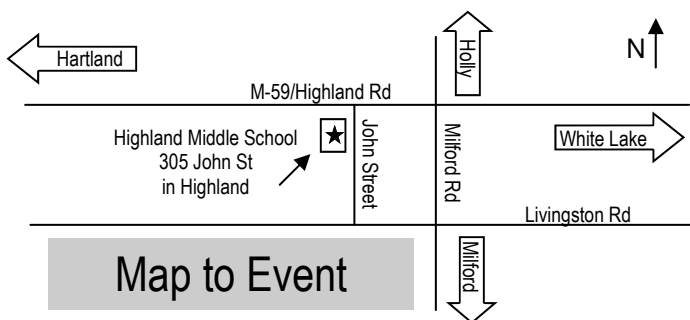
Schedule:

8:00-8:45am	Registration, Continental Breakfast, Visit Exhibitors
8:45-9:30am	Class Session 1
9:30-10:00am	Break, Visit Exhibitors
10:00-10:45am	Class Session 2
10:45-11:15am	Break, Visit Exhibitors
11:15-12:00pm	Class Session 3
12:00-12:30pm	Break, Visit Exhibitors
12:30-1:15pm	Class Session 4
1:15-1:30pm	Door Prize Drawing

THANK YOU TO OUR EVENT SPONSORS!



YOU CAN WIN AN ULTIMATE MAKEOVER! SEE PAGE 4 FOR DETAILS



Thank you to the Event Organizing Committee:

Sally Brush, Custom Plus
 Shelley Dickerson, Huron Valley State Bank
 Wendy Loncar, Mary Kay Cosmetics
 Joshua Mulder, Ameriprise Financial
 Sue Sare, Milford Times
 Linda St. Dennis, Coldwell Banker Callan Realtors
 Emily Senese, Building Blocks Preschool




Session 1: 8:45 - 9:30 am (Select One)

1. **The Case for Roth IRA Conversion**...Josh Mulder, MBA...Ameriprise Financial Managers...New rules for 2010 enable more people than ever to create tax-free retirement income. Join us to see if this strategy can work for you.
2. **Fiction & Fact About Menopause** ...Rekha Pramod, M.D...DMC Huron Valley-Sinai Hospital...Join Obstetrician/Gynecologist Rekha Pramod, M.D. as she discusses women's health. Learn everything you ever wanted to know about perimenopause and menopause, but were afraid to ask. Discussion includes what to expect, symptoms and how to manage them, the latest in hormone replacement therapy, when to see a physician and more.
3. **Follow Your True Colors To A Life You Love**...Antoinette Peterson, MSW, LMSW...Counseling Center for Healthy Living...Take the fun yet powerful true colors assessment to gain a deeper understanding and appreciation of yourself and others. Use True Colors to constructively resolve conflict and open up lines of communication at home, work and play.
4. **Feldenkrais** ... Ms. Duane Karr , RMT, GCFP...Duane Kerr Message Therapy & Feldenkrais...Move your body, sense your body, wake up your brain - Be Well. With Feldenkrais' Awareness Through Movement, help yourself to take whatever is working and build on it. We use movement as the vehicle to learn. Come play with us.
5. **Healthy Benefits of Massage**...Tammy Ware, CMT/Cindy McLaughlin, NCTMB...Essential Massage & Wellness Center...Massage is not just a luxurious treat, it's an effective tool for improving your health. Massage will decrease pain, stress, tension, and anxiety. It will improve sleep, poor circulation, immune function, muscle tone and flexibility. Watch a demonstration, get your questions answered, and receive a \$10.00 coupon of your first visit. You'll be glad you did!
6. **No Child Left Inside**...Linda Schallman, Emily Senese, BS, FCS, & Suzanne Gabli...Heavener Nature Connections...Children now spend more than 7 hours a day in front of some type of "screen". Get simple ideas on how you can get the outdoors back on families' calendars with the wide range of opportunities to experience nature directly, reconnect our children with nature's joys and lessons, and its profound physical and mental bounty.
7. **Achieving The Look**...Andrew Benear...LaFontaine Automotive Group...How to achieve the look you want, with your hair and nails.
8. **Managing Your Foot & Ankle Pain and Deformities**...Dr. G. Daniel Shanahan IV, DPM, FACFAS...Lakes Foot & Ankle...Dr. Daniel Shanahan & Dr. Aimee Boyette discuss the multitude of problems that can affect women's feet including bunions, hammertoes, heel pain, and injuries. Details regarding conservative care and surgical care will be covered. Additionally, they will elucidate topics on your children's feet, diabetic foot issues, sports medicine, proper show gear, and the many myths that surround foot and ankle pathology. Lastly, they will provide valuable information on how to save your health care dollars!
9. **Stress Reduction Workshop**...Holly Morgan...Relax The In Home Day Spa...Relax Renew Refresh. Come learn simple ways to deal with the stress in your life. Walk away with practical ideas tips you can incorporate into your everyday life to reduce anxiety and stress. It will never go away once and for all so learn how to deal with it effectively.
10. **"Y" Don't We Get Together For Health And Fitness**...Ricky Deligny, BS, MA Certified Personal Trainer & Anne Olszewski, BS, Certified Personal Trainer... Family YMCA...Find out your fitness level and let us help you point out your strengths and weakness. We can direct you to the ultimate "Y"ou.
11. **Enriching Women's Lives Through Education**...Mary Ann Peters...Zonta...A discussion on the importance of assisting worthy women to find a career and become self-supporting for themselves and their families. Examples of success stories and how you can become a part of this mission.



Session 2: 10:00 - 10:45 am (Select One)

12. **ANEW You: Springing Forward With Flair**. After months of the winter blahs, spring is a welcome relief, bringing hope, promise and renewal. Just as the flowers pop through the earth in all their glory, you too can greet the season with a new spring in your step and a renewed sense of who you are and what you have going for you. Discover the secret of keeping yourself renewed, revitalized and resilient every day, regardless of whatever gets in your way. C. Leslie Charles is an award-winning speaker and nationally acclaimed author who still lives in her home town area of Lansing. Using the wit and wisdom that helped her prevail over poverty, hardship and loss, Leslie's practical, personal message is just the pick-me-up you need for your next step in self-enrichment. 
13. **Stain Glass Demonstration** ... Diane Banister of the Huron Valley Council for the Arts ... Sponsored by Huron Valley State Bank. Stained Glass - copper foil and lead came methods. This demonstration will give an overview of the different types of stained glass - foil and lead. It will explain the various tools and equipment that is used in both processes. A selection of glass will be on hand to show the various types of glass available and how you incorporate the pattern within the glass into the actual project. The process of applying copper foil to glass will be shown along with a demonstration of the soldering process. Several completed pieces will be available as examples of both processes. Class size could be up to 30 people. No charge for this demonstration.
14. **Problem Solving Through Art and Creativity** ... Deborah Parrett of the Huron Valley Council for the Arts ... Sponsored by Mike Genson Plumbing & Mechanical. Join the elite problem solvers of the Dragon Squad. Through a unique beginning drawing method Deborah will teach participants to solve everyday problems by taking a big problem and solving it by breaking it down into small parts, and solving the small parts. Pencil, paper, and a new creative perspective will be supplied. Students only need to bring their passion for drawing. Max class size is 30 people. No charge for this workshop.
15. **Learn to Knit** ... Lee Johnson of the Huron Valley Council for the Arts...Sponsored by Kohls. Join Lee as she guides you through the wonderful world of fiber arts. During this workshop you will learn (or build on) the fundamentals of knitting by starting a simple scarf. Needles, fibers, patterns and hands on instruction are provided. Come as a beginner or learn new methods to strengthen your knitting skills. There is a max of 10 people for this workshop. \$5.00 per person materials fee (payable to the instructor at the workshop)
16. **Advanced Watercolor Demonstration** ... Jeanne DeHaan of the Huron Valley Council for the Arts ... Sponsored by Milford Times. Jeanne will be demoing the unique characteristics of watercolor by showing how control the water within the paint. Different qualities can be achieved through control and manipulation of the paint with introduction of water and removal of water. She will be showing her ability to paint spontaneous and loose while achieving realistic results. Max class size is 20 people. No Charge for this demonstration
17. **Watercolor Pencil & Ink Mini Workshop** with Pat Buckner of the Huron Valley Council for the Arts...Sponsored by Milford Times. Whether you desire to illustrate a story or paint the details of a flower, this mini workshop will help you reach that goal by introducing you to the basics of working with watercolor pencil and ink along with learning the essence of seeing as an artist sees. You will leave this mini workshop with a small piece of artwork you will have completed yourself. This workshop is an introduction to more in-depth classes that are taught at the HVCA in Highland. Class Maximum 25 people. Workshop Fee \$8 (payable to the instructor at the workshop).



Session 3: 11:15 - 12:00 pm (Select One)

- 18. Zumba & Z-Box...** Fitness Motivators - Donna Truss, AFAA Certified...Sponsored by Huron Valley Pools & Fitness...Have fun trying two popular workouts! Fitness Motivators certified instructors will take you through a dance exercise journey of HOT Latin inspired music with Zumba to Z-Box where you will experience the difference of a mixture of dance and basic cardio boxing.
- 19. Mini Makeover...** Wendy Loncar & Kim Ungerman...Mary Kay Cosmetics...Mini Makeover with Wendy Loncar/Kim Ungerman using Mary Kay Cosmetics. Lush new tropical shades - berries, citrus fruits, melons. We will show you beauty tips to emphasize your best look. Go home from class with a gift bag valued at \$15.
- 20. Want A Better Relationship?...** Terrie Browning, LPC, CFC, DCC...Total Wellness Center and Alternative Therapies...Better your relationships (both personal and professional) by creating a better you! We will discuss the importance of communication in all relationships. Do you have the four C's: communication, compromise, coping, and cuddling?
- 21. Insurance Options For All Ages...** Jan Anger, Independent Licensed Broker...JA Honest & Personal Insurance Analysis...Young adult to Senior Citizen, understanding your options can save you money and help with future needs. Will be reviewing Health Insurance for individuals, Medicare options, Life & Final expenses, Long Term Care, Annuities and Dental programs.
- 22. Healthy Family, Healthy Child...** Emily Senese, BS, FCS & Suzanne Gabli...Building Block Preschool...Learn how to create a healthy environment for children and manager your life in a safer, greener, healthier way.
- 23. Digital Scrapbooking For Beginners...** Anna Broome...Creative Memories...Join us to learn in simple steps how to create beautiful digital scrapbooks hard or soft covered or even page prints to be used in a traditional scrapbook album. Learn the basics of what Creative Memories Storybook Creator 3.0 can do. Special software bundle pricing for all who attend the workshop.
- 24. The Good for You Energy Boost...** Edith Nader...Eniva Corp Independent Rep...No more Monster! No more Red Bull! The ultimate mix of high-performance nutrients that help the body and mind without the high sugar, artificial sweeteners, artificial flavors, artificial colors, caffeine and no Phenulalanine. So you get the energy blast you need without the jitters, crash or burn. You will be able to try Eniva's UltraSHOT in the workshop.
- 25. Keep Your Feet In Shape - While You Get In Shape...** Aaron Goodnough, CPED...For Feet's Sake...Different types of footwear offerings are on the market today. I will show you how to buy the right pair to maximize your workout. Also covered are common injuries and how to avoid them. Take the workshop and be automatically entered into a drawing to give away a FREE pair of shoes too! (up to \$100. value)
- 26. Family Focused Estate Planning-The Truths In Plain English...** Jack Bolling, Esq...Law Offices of Jack Bolling...What is a trust vs a will? Which one do you need and what will it cost? How can you protect assets from creditors and predators, or plan for a divorce or second marriage? Medical directives, Living Wills and Powers of Attorney; what they are and why we need them. Learn why most estate plans are just "word processing" and won't work when you need them to.
- 27. If You Are Me, Who Am I? (Identity Theft)...** Lisa Schiller, Group Benefits Specialist, CITRMS...Prepaid Legal Services...What you need to know about identity theft.
- 28. The Care and Choosing of Pocket Pets...** Dr. Jennifer Groehn...Highland Veterinary Hospital



Session 4: 12:30 - 1:15 pm (Select One)

- 29. The Healing Arts...** James Tester, Program Coordinator, NCTM...Providence Center for Healing Arts...Find out about the wonderful range of programs offered at the Center for Healing Arts, ceramics, art workshops, yoga and so much more!
- 30. What Are You Waiting For?...** Shelly Diehr, BA...Sponsored by Ameriprise Financial ...So, what exactly are you waiting for? Studies show that time spent with friends reduces stress. Why not plan a nice girl's vacation? It could be a weekend trip to Chicago or Toronto. It could be a spa weekend up north. It could be a week exploring Cape Cod, Martha's Vineyard or Nantucket. How about experiencing Tuscany? Always wanted to go to Hawaii, but the timing was never right. What are you waiting for? Come meet with me and I'll give you a flavor of what some girl's vacations can cost. All participants will be entered to win a Hawaiian style bracelet and set of earrings.
- 31. Missing: Our Children's Health...** Dr. Curt Ahern DC...Ahern Family Chiropractic...Do you or someone you know have a child who struggles with ADD/ADHD, Autism, digestive issues, Sensory Disorder, etc? If so, this talk is for you!
- 32. Jump Start Your Metabolism...** Jodi Graves Roberts...Arbonne International...Do you spend your days feeling exhausted or are your hormones out of whack? Are you constantly wishing you could get rid of that extra spare tire around your middle? It may be time for a detox. Let me show you how to lose weight and jump-start your metabolism in 2010 with Arbonne.
- 33. The New Rules Of Marriage...** Anne Gross, MSW, LMSW...Counseling Center for Healthy Living...What you need to know to make love work.
- 34. A Quick Dip...** Kim Lucas...Five Star Ace Hardware...Whether you are a pool or spa novice, veteran or just thinking of "getting your feet wet" this class will cover the basics of pool & spa care & chemistry. Tips to save you money, time & headaches. So you can start enjoying your pool & spa again!
- 35. Diet and Exercise Myths...** Nancy McDaniel, ISSA, Certified Personal Trainer...Formula for Fitness...Focus on healthy, sensible eating and an exercise plan that you can follow.
- 36. Beautiful Hair And Save Money, Too...** Carole Cota...Hair Chase...Lots of freebies, gift certificates and fun learning how to recession proof your hair budget. Find out all about the best cuts, colors and styles for you and require less upkeep, and how to save money on salon services and products.
- 37. 5 Minute Face...** Nicole Wipp...The Source Skincare...How to walk out the door and look great in 5 minutes flat.
- 38. Everything You Need To Know Before You Buy Your Next Vehicle...** Thad Szott...Szott Auto...Dealer secrets revealed and how to negotiate your BEST deal.
- 39. Learn To Be Prepared For A Pet Emergency!...** Julie Hass, DDM/MS...Veterinary Care Specialists...During this presentation you will learn how to prepare a first aid kit for your household pets and about items to have on hand in case of a disaster. We will also review techniques for handling an injured pet. Learn about the hidden dangers in your house (chemicals, medications, plants and food items!) We will teach you how to respond to these life threatening dangers.
- 40. Creating a healthy home, it's easier than you think...** Kim Galbraith...2 Moms and a Mop. Every year 5 to 10 million household poisonings are reported. They are the immediate result of accidental ingestion of common cleaning, pesticide, personal care and other common household products. Come join us for an interactive session as we discuss the true reality these toxins have on your family and the many alternatives that are available.

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Need an activity to keep your kids busy while you attend our event? Try the Kids Fit and Fun Zone at Highland Middle School

Huron Valley Community Education & Recreation and Leisure Unlimited are organizing this fun time for kids 3-10 years old for only \$10 per child. Leisure unlimited has over 15 years experience in putting the 'fun' in sports and games! The games begin at 8am and run until 1pm. Children may enter games at any time or leave when moms are ready to go. For more information visit leisureunlimited.net or sign up at HuronValleyRec.com or visit one of the Pools & Fitness centers at the High Schools. **Must pre-register by March 18th!**

A chance to reveal the new YOU in 2010 with the Ultimate Makeover

Marilynn Semonick,
2009 Makeover Winner

One lucky lady can win a chance to transform her life with a 3 month makeover process. Please note this is not a "Day at the Spa" kind of makeover. We're looking for candidates who are ready for a life change and will be able to complete all the tasks involved in the process including: regular appointments with a personal trainer, skin care and make-up consultations, teeth whitening, clothing selection, hair and nail appointments, health evaluation appointment, financial evaluation appointment, and a photography session. To register for a chance to win the makeover, visit www.enrichment-day.com. Applications will also be available at the event.

Our Makeover Winners from Prior Years:



Photo Courtesy of
Gracon Portrait Studios



Free Gift for the First 150 Ladies Pre-registered for Enrichment Day

Registration begins immediately. Feel free to copy registration forms for your friends. Pre-registrations must be received by March 13th in order to receive the free gift (first 150 registrations only). Register early. Class sizes are limited. To register:

1. Complete the registration form. Please print clearly.
2. The cost to attend is \$5. Proceeds from this event go to Huron Valley Education Foundation.
3. Make checks payable to Highland Business Association. Fee must accompany your completed registration form. You will not receive written confirmation.
4. Mail payment and this form to Women In Business, PO Box 843, Highland, MI 48357

On-line Registration is available on our website at www.Enrichment-Day.com

Pre-registration Form Due March 13th
Registration Fee is Non-Refundable \$5 Donation

Name: _____

Address: _____

City, State, Zip: _____

Phone: _____

Email: _____

How did you hear about the event? _____

**Please write your 1st and 2nd
workshop choices for each session:**

	1st choice	2nd choice
Session 1 (#1-11)	_____	_____
Session 2 (#12-17)	_____	_____
Session 3 (#18-28)	_____	_____
Session 4 (#29-40)	_____	_____