

2018 WOMEN'S FORUM REGISTRATION

Please Read Carefully and fill out completely.

*Women's
Forum*

Name: _____

Address: _____

City: _____ State _____ Zip: _____

Tel: (H) _____ (C) _____

E-Mail Address _____



My NON-REFUNDABLE \$20.00 registration fee is enclosed.

My registration includes continental breakfast, workshops, tote bag, and lunch.

Please be sure to list your 1st, 2nd, and 3rd choices.

SESSION 1: 10:00 AM - 10:50 AM

Workshop: 1-23 Please list choices below.

Choice: 1st _____ 2nd _____ 3rd _____

SESSION 2: 11:00 AM - 11:50 AM

Workshop: 24-47 Please list choices below.

Choice: 1st _____ 2nd _____ 3rd _____

Lunch-check one: Ham/Cheese ___ Turkey/Cheese ___ Chicken Salad ___ Tuna Salad ___ Hummus Pita ___

SESSION 3: 1:15 PM - 2:10 PM

Workshop: 48-67 Please list choices below.

Choice: 1st _____ 2nd _____ 3rd _____

Registration by mail deadline is March 1, 2017. Registration at the Forum opens at 8:00 AM.

Advanced Registration is Recommended!

Make your checks payable to: **Women's Forum**

MAIL TO: Women's Forum • PO Box 3274 • Fredericksburg, VA 22402

Session 1: 10:00 – 10:50

- 1. Knitting 101. Bring yarn & needles if available. If not, come anyway. Sharon Adinolfi.**
- 2. Essentials of Estate Planning. Carrell Blanton Ferris Attorneys: Jeremy Pryor & Kevin O'Donnell, lawyers.**
- 3. Mah Jongg for Beginners. Lynda Baer.**
- 4. Communicate and Lead Without Fear. Mary Lou Bowers. Toastmasters International.**
- 5. Downsize to Right Size – I have too much stuff. Linda Clevenger. Organization Direct.**
- 6. Angellwings: Beaded Bracelets. Angel Coker.**
- 7. The Latest in CRRL eBook Services and Apps. Chuck Gray. Research Librarian, CRRL.**
- 8. Be More Beautiful: Select and Apply the Best Makeup for You. Donna Green. Mary Kay consultant.**
- 9. Empowering Communications: Confronting Harassment. Marcia Grimsley.**
- 10. Chiropractic Throughout Pregnancy and Beyond. Dr. Erica Heppe, Chiropractor.**
- 11. The Art of the Selfie: Self Portraiture Photography. E. H. Kindred.**
- 12. Women of Wisdom Hair. Living with cowlicks for 50 year olds and more. Janice Lancaster. Image Studio.**
- 13. Estate Inheritance: Disposal Options to Assist Families, Executors, etc. Kimberly Moulds. Smooth Transitions.**
- 14. Getting Started With Genealogy: Finding Your Ancestors. Dr. Shelley Viola Murphy. Genealogist.**
- 15. Healthy Living for Your Brain and Body: Tips from latest research. Lori Myers. Dir. Fredbg. Alzheimer's Office and Greater Richmond Chapter.**
- 16. Writing Your Story: How to Write a Memoir. Joy L. O'Toole.**
- 17. Fermenting Foods for Good Health. April Payne. Spotsylvania Ext. Agent.**
- 18. Vermicomposting: Worms Are Eating My Garbage. Diana Wallace Perrussel. Master Gardener.**
- 19. Zumba Fitness. Pamela Reynolds. WOW Fitness, Inc. Soft shoes or Socks only.**
- 20. Wedding Planning 101, Your Heart's Desire. Karen Skeete. Sapphire Bridal.**
- 21. Hidden Gems of the Virginiana Room. Fredericksburg Branch, CRRL. Sue Stone. Volunteer Historian.**
- 22. Start, Brand and Market Your Small Business. Linda M. Vaughan, Small Business Developer Counselor.**
- 23. From Amateur Writer's Group to Published Author. How you, too, can do the same! Elizabeth D. Mowbray. Author.**

Session 2: 11:00 -11:50

24. **Easy Home Repairs.** Sundra Adinolfi.
25. **Advanced Estate Planning.** Carrell Blanton Ferris Attorneys. Jeremy Pryor & Kevin O'Donnell, Lawyers.
26. **Quilting 101.** Pat Burroughs, Quilter.
27. **Therapy Dogs: Their Mission and Training.** Martha Clark and Jesse.
28. **Downsize to Right Size: I Have Too Much Stuff.** Linda Clevenger, Organization Direct.
29. **Chronic Pain. What You Can Do.** Colleen Furman.
30. **Water, Wheat and Sugar: The Good, the Bad and the Ugly.** Joan Geisler. 80/20 Healthy Habits.
31. **Aging in Place. Learn what you need before you need it.** Valerie Hopson-Bell. Eldercare Connections.
32. **I Feel as Though I Have No Voice In This Relationship.** Dr. Jacobs. Counselor.
33. **Mindful Eating. Manage your weight without dieting while enjoying good food.**
Faye Krause, Registered Dietician.
34. **Living Carefree: Hair Makeup and Age-Defying Skincare.** Janice Lancaster. Image Studio.
35. **Acupuncture for Better Health.** Dr. Nora Wilson-Lesser. D.C.
36. **Estate Inheritance: Disposal Options to Assist Families, Executors, etc.** Kimberly Moulds. Smooth Transitions.
37. **How to Treat Your Own Neck Pain and How Physical Therapy Can Help.** E. Kristen Park. DPT. RPT. CDN.
38. **Micro and Macro Nutrients. Why we need them and how we get them.** April Payne. Spotsylvania Ext. Agent.
39. **Regrowing Food from Kitchen Scraps to Extend Your Buying Power.** Diana Wallace Perrussel. Master Gardener.
40. **Leave Me Alone – I'm Reading Books You Wouldn't Want to Put Down.**
Meg Raymond. Res. Director, Fredericksburg Branch, CRRL.
41. **Stretch Your Automotive Budget.** Dan Ritchie. Express Auto.
42. **Consumer Scam Alert! Be Aware, Be Safe.** Kara Rockwell. Res. Director. Salem Church Library. CRRL.
43. **Why Can't I move? Causes and cures for joint pain.** Dr. Jason Sneed, Osteopathic Specialist.
44. **Brain Health.** Dr. Christine Thompson.
45. **Planning Affordable Luxury Group Vacations.** Linda Vaughan. Mid-to-Luxury Travel- A Concierge Service.
46. **Expand Your Workplace Wardrobe Using Thrift Shop Finds.** Evelyn White. Arts & Flowers.
47. **Line Dance. Wilderness Line Dancers.** Gym. Soft shoes or socks only.

Session 3: 1:15 – 2:05

- 48. Quilting 101. Pat Burroughs. Quilter.**
- 49. Veg 101. Easy steps for healthier life. Christine Carlson. Vegan Educator.**
- 50. Chronic Pain. What You Can Do. Colleen Furman.**
- 51. Water, Wheat and Sugar: the Good, the Bad and the Ugly. Joan Geisler. 80/20 Healthy Habits.**
- 52. Amazon Firesticks: The Basics for Better TV or How to Cut Your Cable Bill. Kelly Gutridge.**
- 53. Healing The Broken Family. Dr. Jacobs. Counselor.**
- 54. Follow the Leader: Belly Dancing. Anthea Kawakib and The Prism Dancers. Gym. Soft Shoes.**
- 55. Mindful Moments and Meditation: Manage Your Anger. Azra Khan. Mediation Coach.**
- 56. Education Essentials. Show me the money. Rhonda Lyles.**
- 57. Should My Child Take the SAT or ACT and When? Sandra Manigault. Educator.**
- 58. Getting Your House in Order Financially. Dr. Shelley Viola Murphy. HUD Housing Counselor/Financial Coach.**
- 59. How to Treat Your Own Neck Pain and How Physical Therapy Can Help. E. Kristen Park. DPT. RPT. CDN.**
- 60. Stretch Your Automotive Budget. Dan Ritchie. Express Auto.**
- 61. Yoga for Everyone. Kara Rockwell. Res. Director. Salem Church Library.**
- 62. A Natural Approach to Back Pain. Dr. Jason Sneed. Osteopathic Specialist.**
- 63. Steps to Becoming a Real Estate Agent. Judy Laxague. Agent and Trainer.**
- 64. Cardiopulmonary Resuscitation. (CPR). Aisha Tarver.**
- 65. Emotion/body Code: How to Release Deep-Seated Trapped Emotions. Angela Santiago. Aromatherapist.**
- 66. Should I have Fido groomed and trained? Julie Paul. Trainer.**
- 67. Nurturing the Whole Woman: Body, Mind & Soul. Unita Walburn. Phoenixrisinghealth.com.**
- 68. Protect Yourself from Fraud and Identity Theft. AARP's Fraud Watch Network. Genea Luck. Assoc. State Dir. Outreach. AARP.**