

Unpathed WATERS Undreamed SHORES

At our 22nd Annual Adult Conference, you will have the opportunity to learn from experienced professionals.

At our symposium, gather valuable information from various social service agencies.

Join us for an exciting day ... enlightening speakers, a delicious lunch, live classical music and many wonderful door prizes!

Please fill out the attached registration form now. Give your registration form and payment to your teacher.

See you at the Conference!

Wednesday, May 18, 2011
Quality Parkway Convention Centre
Ontario Street, St. Catharines, ON

Registration must be received by May 12

Cheques made payable to:
Lifetime Learning Program Development
Post-dated cheques will NOT be accepted after May 12



**Lifetime
Learning
Centre**

535 Lake Street,
St. Catharines, ON
(905) 646-3737
www.lifetimelearning.ca

Itinerary

Registration & Continental Breakfast 8:15 - 8:45 am

Keynote Speaker 8:55 - 10:00 am
Adele Alfano
The Jewels of Change

Symposium 10:00 - 10:30 am

Visit with various Agencies that will *provide you with valuable information*. Adele Alfano will be selling her book and Chef Jasjit will have a display of her "very healthy" spice boxes for sale.

Session A 10:30 - 11:30 am

A1 Angela Peters
A Cleaner, Greener, Glowing You!

A2 Brian Wilcox
Choices & Change: Embracing Change with a Positive Attitude!

A3 Tracey Turavani
Virtual Office Assistant ...
Create Your Own Job!

Session B 11:45 am - 12:45 pm

B1 Morelle Stratychuk
A First Impression Counts:
Get the Competitive Edge!

B2 Chef Jasjit Singh
Spice is Nice!

B3 Tracey Turavani
Virtual Office Assistant ...
Create Your Own Job!

Lunch & Door Prizes 12:45 pm
Closing Remarks

**22nd Annual
Adult
Conference**

**Lifetime
Learning
Centre**

**Unpathed
WATERS
Undreamed
SHORES**

Wednesday, May 18, 2011
Quality Parkway Convention Centre
St. Catharines, ON

Unpathed WATERS

KEYNOTE SPEAKER

Adele Alfano
The Jewels of Change

Adele is an award-winning professional speaker, seminar leader, author, and co-publisher. She has co-published six collaborative books titled: "Expert Women Speak Out!" and the Canadian best seller, "Awakening the Workplace." Her topic --- THE JEWELS OF CHANGE --- will help you recognize, acknowledge and celebrate your valued carats in a changing world!

SESSION A1

Angela Peters
A Cleaner, Greener, Glowing You!

Are you ready to make changes in your diet & lifestyle to finally be your *healthiest self*? You will learn the importance of taking an *holistic approach* to your *health*, both internally and externally. Discuss the importance of *eating clean* as well as how to reduce your toxic load through *greener* cleaners and products. You will come away feeling inspired and confident that you have the knowledge to make the best decision for your health.

SESSION A2

Brian Wilcox
Choices & Change: Embracing Change with a Positive Attitude!

Hypnotist, motivational speaker, author, entertainer ... Brian will be talking about the subject of Choices and Change from his book "It's All About You." Change is inevitable ... learn how to make right choices and embrace change with a positive attitude.



Undreamed SHORES

SESSION A3 AND SESSION B3

Tracey Turavani
Virtual Office Assistant ... Create Your Own Job!

Tracey is a Virtual Assistant and the owner of Sensible Office Services. Topics to be discussed will include: What is a Virtual Assistant (VA), setting up a VA practice, the tools and skills needed to be a VA, the pros and cons of working on your own, where resources can be accessed and, the latest trends in the VA marketplace .

SESSION B1

Morelle Stratychuk
A First Impression Counts: Get the Competitive Edge!

As a Manager with Bell Canada, Morelle knows that a First Impression Counts. How you present yourself will impact how a prospective employer sees you. You might have the most impressive resume, but your dress or body language may prevent you from achieving the success that you desire. Learn how to present your self confidently and gain that competitive edge!

SESSION B2

Chef Jasjit Singh
Spice is Nice!

Join Breakfast Television star, Niagara College instructor and caterer Chef Jasjit for an informative session on spices which contain healthy components that you can use in your daily life. Chef Jasjit will demonstrate a few tasty dishes made with Indian spices. Learn beauty tips and health tips, too! Organic spices will be available.



Please indicate:		Student	Teacher	Ontario Works client	Other
Please Print CLEARLY					
Surname:		First name:			
School:		Teacher:			
You will attend two (2) seminars: MAKE YOUR CHOICES BELOW					
Session A A1, A2, A3	First Choice	Session B B1, B2, B3		First Choice	
	Second Choice			Second Choice	
If, for dietary reasons, you require a special meal at lunch, please specify:					
For office use only: Date submitted:					Initials :