

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



You're invited to Women's Enrichment Day on **March 5th**. 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 5, 2011

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

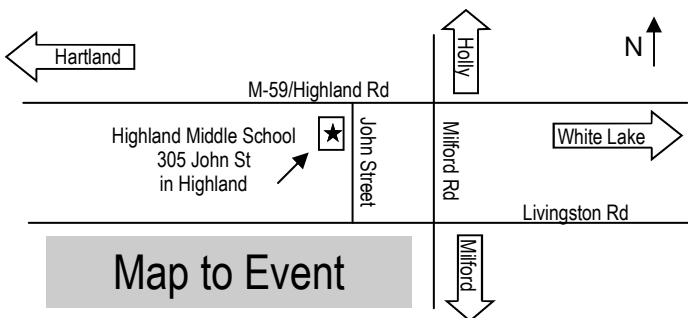
Schedule:

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
Wendy Loncar, Mary Kay Cosmetics
Kim Lucas, Five Star Ace Hardware
Joshua Mulder, Ameriprise Financial
Sue Sare, Milford Times
Linda St. Dennis, Coldwell Banker Town & Country Realtors



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

1. Women & Heart Disease: . . . Sponsored by DMC Huron Valley-Sinai Hospital . . . Nancy Briody, RN will discuss why women need to know about heart disease and its risk factors. Warning signs of heart attacks can typically be different in women which can cause delays in seeking treatment. Also presented, will be ways to communicate with your physician regarding heart disease and ways to lower your risk factors.
2. Pen & Ink Watercolor Project . . . Wendy Willihnganz of Village Fine Arts Association . . . Sponsored by Szott Automotive Group. Start your springtime reading with a little paint & ink to create 2 bookmarks. Have fun with Wendy Willihnganz, as you learn how to use ink and watercolor!
3. Reconnect Your Children With Nature! . . . Suzanne Gabli/Emily Senese of Building Blocks Preschool . . . Building Blocks & Heavner Nature Connection promote "No Child Left Inside...Regardless of Age"! 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.
4. WANTED: People looking for a fresh new Hair Color, Cut or Style! . . . Carole Cota of Hair Chase Salon . . . Experience a family-owned salon, great prices, easy location & a talented, professional staff. For more information visit our workshop at Enrichment Day with giveaways, coupons and fun for all who attend!
5. Get the Energy to Enjoy Your Life! . . . Dr. Jodi Tenjeras of Lakes Area Chiropractic . . . Wake up tired? Yawning in the afternoon? Look & feel older than you really are? Come find out how inactivity and the foods you eat cause a loss or gain of sustained, healthy energy. Dr. Jody Tenjeras will offer tips, and personalized testing is available.
6. Fashion Meets Compassion...Realizing that your jewelry purchase can make a local and global impact!. . . Andy Brown of Waterfall Jewelers . . . Waterfall Jewelers is introducing a new line of fashion jewelry called Sarah's Hope. What makes Sarah's Hope even more beautiful is something you can't see: each purchase helps change women's lives around the world. Come hear the stories behind this stunning line & learn how you can purchase a beautiful piece of jewelry and make a difference at the same time!
7. Managing Your Foot & Ankle Pain and Deformities . . . Lakes Foot & Ankle Associates . . . Dr. Daniel Shanahan & Dr. Aimee Boyette-Popofski 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 shoe 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!



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

8. Flawless Skin with Mary Kay Cosmetics: . . . Wendy Loncar . . . 91% of women would like help finding their perfect foundation match. With 23 shades to choose from, we will find yours! With our formulas, your skin will look and feel young, firm & healthy. Class size is limited to 15. (This workshop also offered in Session 3)
9. Women, do something different! Learn How To Become An Outdoor Woman! . . . Nature Connection . . . This session will offer you ladies some great ideas to get your kids outside, off the computer, and unplugged as you discover the wealth of free or affordable opportunities literally in your own backyard!
10. Live Watercolor Demonstration Jeanne Dehaan of the Huron Valley Council for the Arts ... Sponsored by Huron Valley State Bank, will show the subtle fluid way light and movement are captured in watercolor. Wetting the paper and seeing how the colors flow harmoniously into each other creating life in a painting. Controlling both the water and the paint yet keeping the spontaneity in her work. This demo will be fast and loose but still capture the subject using hard and soft edges, contrast in values and of course lots of water. Class size is unlimited and there is no charge for this demonstration.
11. Financial Strategies For Today's Woman! . . . Chuck Patrello of Primerica . . . For many women, meeting financial responsibilities can be a far greater challenge than it is for men. Women are just as talented, educated & energetic as men, but are offered fewer financial opportunities. Attending this workshop will help you take control of your financial future by learning some steps and strategies to secure your future.
12. Turn Your "Honey-Do" List Into Your "Honey-Done List" . . . Jeff Wright of Wright Renovations . . . This session is designed to show you ways to get things done the right way, right away! This is a unique workshop, designed to provide inspiration!
13. LOSE WEIGHT & FEEL GREAT! . . . Joan Morehead of Xyngular . . . Would you like to be 8-15 pounds thinner in 8 days? Joan Morehead will share information with you to help you get a quick start on reshaping your body and keep the weight off! All workshop participants will be enrolled in a drawing for a free gift.
14. Fitness Motivators Z-BOX!. . . Sponsored by Huron Valley Recreation & Community Education . . . *Originated by Fitness Motivators! Experience the difference Z-BOX offers & enjoy the blends of the hippest dance moves from yesterday & today, along with basic boxing moves. You will feel exhilarated, expecting quick results...so prepare to have fun in this total body work out, resistance training session!



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

15. Fitness Motivators ZUMBA! . . . Sponsored by Ameriprise Financial-Josh Mulder. Latin inspired music and a combination of fast and slow rhythms promises to tone and sculpt your body while having a great time. Get inspired & join the party while burning 600-800 calories.
16. Experience Vibrant Living! . . . Edith Nader of Eniva Corp - Independent Representative . . . Need more energy to keep up? Do you want your body to heal itself? Learn about the latest scientifically based information regarding vitamins, minerals and supplements including our UltraShot vitamin energy booster.
17. How to Save Money on Energy Costs! . . . Jeffrey Long of Greenspections . . . Learn how Greenspections uses thermal imaging to show you where you can save money on your energy costs.
18. Sexism in the Automotive Repair Shops! Let Todd Gulich of Liberty Tire & Auto Care in Waterford share his views on how you can avoid the pitfalls of gender discrimination in the automotive repair industry. Get information & strategies that will help you get the most out of your repair shop experience.
19. Creative Ways to Save Your Pictures! . . . Anna Broome of Creative Memories . . . Do you want to learn more about getting your digital photos organized and edited right from your home instead of the kiosk at your local pharmacy? Would you like to do something more than leave your digital photos sitting on the inside of your computer? Are you looking for some wonderful gift ideas for Mother's Day, Father's Day, birthdays and anniversaries? Well come to this workshop and learn about all this and more!
20. Healthy Herbs Grown In Your Own Indoor Garden! . . . Frank Lynn . . . The Flower Factory will give you helpful tips as they guide you through your own indoor herb garden.
21. Flawless Skin with Mary Kay Cosmetics: . . . Wendy Loncar. . . Encore presentation! 91% of women would like help finding their perfect foundation match. With 23 shades to choose from, we will find yours! With our formulas, your skin will look and feel young, firm & healthy. Class size is limited to 15.



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

22. Five Favorite Things: With Five Star Ace Hardware! . . . Kim Lucas . . . Learn 5 fast fixes to every day household problems. If you have something that needs fixing, we have the solution!
23. Pet First Aid & CPR Training With Veterinary Care Specialists & VCS Pets First! . . . Join Dr. Julie Haas as she guides you through complete CPR training & pet safety tips. Feel a real pulse while you practice on a mannequin, and get a certificate at the end!
24. Stain Glass Demonstration . . . Diane Banister of the Huron Valley Council for the Arts . . . Sponsored by LaFontaine Automotive. This workshop 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.
25. How To Set Up A Home Gym & Get Results! . . . Nancy McDaniel of Formula For Fitness . . . Many people pay for a gym membership only to realize that they don't have time to use it. A home gym can be a great solution; and at this workshop, you will be provided with 2 sample work-outs, a recommendation list, and you will have the chance to win a piece of workout equipment. Today is the 1st day of the rest of your life, so let's get moving!
26. Women, Money & Power! . . . Brenda Oldham, LUTCF of RAM Insurance & Financial Consulting . . . Did you know that a large percentage of all women will be solely responsible for their finances at some point in their lives? Are you prepared for that possibility? Whether you are faced with raising a family, starting a business, starting over, or planning retirement...this workshop is for you!
27. Remove the stress from your life today & relax! . . . Denise Kennedy of Total Dimension . . . Total Dimension provides you with their Aveda Signature Stress Relieving Massage while you learn tips on cuts, styles & color for your hair. Let Total Dimension remove stress for a day at our workshop!
28. Sick and tired of being sick and tired? Are you toxic or just hormonally challenged? . . . Jodi Graves-Roberts of Arbonne International . . . Simple class on hormone balance and looking and feeling your best. We will sample some of the Arbonne nutrition/healthy living line and talk about our botanically based hormone balance creams as well. Jodi Graves Roberts has a Bachelor and Master of Science in Naturology and has over 12 years of experience in the community working with women from puberty to menopause!"

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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 is organizing this fun time for kids 3-10 years old for only \$19 per child. 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 and sign up at HuronValleyRec.com (class # 3222) or visit one of the Pools & Fitness centers at the High Schools or call 248-676-8390. **Must pre-register by March 2nd!**



A chance to reveal the new YOU in 2011 with the Ultimate Makeover

Leslie Ruggles 2010 Winner



Photo Courtesy of
Gracon Portrait Studios

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:



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 February 26th 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-White Lake 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 1st
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 (#1-7)	_____	_____
Session 2 (#8-14)	_____	_____
Session 3 (#15-21)	_____	_____
Session 4 (#22-28)	_____	_____