



Day of Indulgence – Saturday, November 7– “Day at a Glance”

8:30 am to 9:30 am	Arrival and Registration				
9:30 am to 10:15 am	Opening and Warm-up				
Session A 10:15 am to 11:30 am	Mind & Body Balance Dr Richard Baxter, Discover Chiropractic Family Wellness Centre A010	Thai Cooking Demonstration Executive Chef, Laurel Point Inn A020	Laughing Matters Hilary Leighton MEd, Royal Roads University A030	Spa Experience Massage; Makeup tips; Tea Leaf Reading; and Colour Analysis A040	
LUNCH 11:30 am to 12:30 pm	Lunch, Phenomenal Women Awards Early Bird Winner Revealed				
Session B 12:30 pm to 1:45 pm	Flower Arranging Christine’s Creations - Floral Design B010	Running Clinic Peter Goetsch, The Running Room B020	Wine Pairing Louise Wilson, International Sommelier Guild B030	Spa Experience Massage; Makeup tips; Tea Leaf Reading; and Colour Analysis B040	Ghost Tour John Adams, Discover the Past B/C050
Session C 1:45 pm to 3:00 pm	Energy Management Jennifer Walinga PhD, Royal Roads University C010	Aromatherapy Brigitte L’Heureux, Amphoria Aromatherapy C020	Bath Bomb Making Sarah Jenkinson, MFRC C030	Spa Experience Massage; Makeup tips; Tea Leaf Reading; and Colour Analysis C040	Ghost Tour ~Continued~ B/C050
3:15 pm to 4:30 pm	Keynote Speaker Kimberly Law – How to Look Like a Million, on a Budget! Closing Ceremony - Farewell Hope you had a FABULOUS Day				