



Upper Grand Teachers' Local  
Status of Women Committee presents

This is how you feel?



Upper Grand ETFO,  
help me get through  
this!

Then come to Upper Grand ETFO's

## **INTERNATIONAL WOMEN'S DAY**

### **AFTERNOON TO RELAX AND REFRESH**

*Featuring Linda McDougall as Keynote speaker.*

*Enjoy yoga, pottery and nutrition workshops! Nourish & Flourish!*

Thursday, March 8, 2012

12:30 to 3:30 p.m.

Elora Centre for the Arts (75 Melville Street, Elora)

*Lunch and release time for the afternoon provided by UGETFO.*

**OPEN TO ETFO CONTRACT TEACHERS ONLY**

**LIMITED TO 30 PARTICIPANTS**

**Registration opens February 1st.** To register please email on or after February 1<sup>st</sup> your name and your school name to Linda Barton on First Class before February 13th. Confirmation will be by return email.

For further information or if you have any questions, please contact Gundi Barbour at 519-837-0090 or on First Class.