**Schedule of Events**

November 8, 2012

**1:00 – 1:30 Guided Relaxation & Meditation** *Michael Newton*

**1: 45 – 2:15 Music**

*Nick Hamlyn*

**2:30 – 3:00 Massage & Self- Massage**

*Academy Canada*

**3:15 – 3:45 Relax through Therapeutic Art**

*Sandra Hewitt-Parsons*

**4:00 – 4:30** **Make Homemade Hand/Facial Scrubs** *Lorraine Poole*

**4:45 – 5:15 Hands-on Food/Healthy Lunch Demo**

**5:30 – 6:00 Music**

*Justin Mahoney*

**6:15 – 6:45 Comedy Corner**

*Gerri Lynn Mackey*

**6:45 – 7:30 Zumba**

*Humber Community YMCA*

**All-Day Kids’ Corner Events** (Face painting, kite/puppet making & more!

***Enjoy Mocktails, Smoothies & Fruit Lollipops!***

***Complete the Passport Event & Enter for a Chance to Win a 2 Night Stay at the Delta in St. John’s.***

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