

# Breton Women's Wellness Day

Courage, Change & Chocolate...  
the Seasons of your Life



Saturday October 19, 2019  
Breton Community Centre

A day filled with learning, laughter, fabulous food,  
giveaways with a sprinkle of chocolate!

## Your \$25 ticket includes:

- Keynote address by Shelby Varughese, Image Consultant
- 2 Breakout sessions - addressing Meditation, Solo Travel, Style Personality, Chalk Couture, Essential Oils and Fraud Awareness
- Gourmet Lunch
- Cooking Demonstration with ATCO Blue Flame Kitchen
- Vendor Shopping area
- Door Prizes and Swag Bags

Tickets available at the Village of Breton Office  
Hosted by Breton FCSS, Alberta Health Services and PCCS

For more information contact

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