

be you.
do you.
for you.

Women's Day Out



Tickets

\$20

Purchase online at
<https://app.booking.ca/bkpenholdpub/index.asp> or
at the Town Office

Penhold
Memorial Hall
Sat. March 17
9:30 - 4:00 pm



- * Light Breakfast & Ice Breakers with Great Neighbours
- * This is Me! with Melanie Willerth
- * Laughter Yoga with Dale Joyal
- * Lunch Catered by Devine's
- * Creative Corner
- * Mini Intro to Self-Defense with Shaun Kranenborg
- * What Colour Are You? with Brenda Grosenick
- * Swag Bags and Door Prizes too!!



Contact Jamie or Teresa at 403.886.4567 or
jamies@townofpenhold.ca or
fcss@townofpenhold.ca
for more information

