



Heartland
Alberta
Retired
Teachers'
Association

A Branch of ARTA



HARTA Regional Workshop Registration Form

Tuesday, May 14/2019
9:00 a.m.- 3:30 p.m.
Best Western Hotel
2252 50th St., Drayton Valley

Surname: _____ First Name: _____

Street Address: _____

City: _____ Postal Code: _____

Email address: _____ Phone No.: _____

Membership: Check one or more. If you are a branch member, indicate the branch:

ARTA HARTA Non-member

Workshop fee: HARTA members: \$25
Non-members: \$30

No refunds after May 8/19. Space is limited so register early.

Forward registrations to Sandy Hamilton: hamgs1@telus.net
or by mail to: Site 445 Box 1 C6 RR2, Drayton Valley, AB. T7A 2A2

Registration is not complete until payment has been received.

9:00 a.m. - 9:30 a.m.
9:30 a.m.- 10:15 a.m.

10:15 a.m. - 10:30 a.m.
10:30 a.m. 11:30 a.m.

11:30 a.m.-12:30 p.m.
12:30 p.m. - 1:15 p.m.

1:15 p.m. - 1:30 p.m.
1:30 p.m. - 2:15 p.m.

2:15 p.m. - 3:15 p.m.

3:15 p.m. - 3:30 p.m.

Registration and Coffee

Keynote Session:

Body Laughing Yoga

Presenter: Noel Cairney

Break

Good Eating Habits for Seniors

Presenter: Merv Leibel

Lunch

Qigong

Presenter:Carolynne Melnyk

Break

Caring For Indoor Plants

Presenter: Kelly Bateman

Internet Safety

Presenter: Kyle Finn

Feedback: Evaluation / Wrap up