

Registration Information

Pre-registration required. Please complete registration form including your choices for the morning and afternoon workshops. No senior citizen tuition waiver.

Attach your check or money order (made payable to Harford Community College) and include your phone number. You may also charge to MasterCard, Discover, VISA, or American Express by including the card number and expiration date. DO NOT MAIL CASH. Your check is your receipt.

MAIL FORMS TO: Noncredit Registration, Harford Community College,
401 Thomas Run Road, Bel Air, MD 21015

REGISTER IN PERSON: Edgewood Hall
HCC Campus

REGISTER BY FAX: 443-412-2383

FOR FURTHER INFORMATION, CALL 443-412-2376.

_____ HCCID/SSN _____ Home Telephone _____ Work Telephone

_____ Last Name _____ First Name _____ Middle Initial

_____ Home Address

_____ City _____ State _____ Zip _____ County

Sex: Male Female Senior Citizen (60 or older)? Yes No

Date of Birth: ____/____/____

Ethnic Code (circle one): **01 Caucasian** **02 African/American** **03 Hispanic/Latino** **07 Multiracial**
04 Asian **05 Native American** **06 Other**

Course Number	Course Title	Fee	Total
25533	New Visions for Women	\$35.00	\$35.00

Charge my tuition to: VISA MasterCard Discover American Express
Card# _____ Expiration Date: ____/____/____

Check or money order enclosed

I certify that the information provided on this form is true and correct.

Signature: _____ Date: ____/____/____

WORKSHOP A: 10:00 – 11:10 a.m. (Indicate first and second choices)

- Finding Your Family History with Ann Winkler
 Everlasting Arrangements with Linda Masland
 Party On . . . with Robyn Burke

WORKSHOP B: 11:20 a.m. – 12:30 p.m. (Indicate first and second choices)

- Eat This, Not That - Healthy Options with Sara Stees
 Women Who Made a Difference in Maryland with Dr. Bernadette Flynn Low
 Financially Savvy Women with Jodi Davis

WORKSHOP C: 1:40 – 2:50 p.m. (Indicate first and second choices)

- Fit and Fabulous in 15 Minutes with Koach Kiona (limited to 20)
 Women's Basic Self-defense with Sheryl Gallagher (limited to 20)
 Express (and Impress) Yourself with Pat Timberg

OFFICE USE ONLY
<input type="radio"/> Spring <input type="radio"/> Summer <input type="radio"/> Fall
Registered By _____



NEW VISIONS
for women

HARFORD COMMUNITY COLLEGE
401 Thomas Run Road
Bel Air, Maryland 21015

NEW VISIONS
for women

Everlasting Love
CELEBRATING 20 YEARS



Saturday, February 20, 2010

Harford Community College
Edgewood Hall

Co-Sponsors:

American Association of University Women
Chesapeake Professional Women's Network
Harford Community College
Harford County Commission for Women
Harford County Department of Community Services
Harford County Public Library
Open Doors
Upper Chesapeake Health
League of Women Voters
Y of Central Maryland

HARFORD COMMUNITY COLLEGE

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Everlasting Love

CELEBRATING 20 YEARS

Time flies! It's February, Valentine's Day just passed, and we are celebrating 20 years of New Visions for Women! Since 1991, our annual workshops and speakers have been helping to move you toward personal and career success by offering opportunities to expand your horizons and explore the possibilities. Join us for a reunion and bring your 20 year memories to share. Dress is casual.

Conference Specifics

Date: Saturday, February 20, 2010

Time: 8:30 a.m. – 3:15 p.m.

Location: Harford Community College, Edgewood Hall

Entrance #3 off Thomas Run Road

Cost: \$35 (includes continental breakfast, light lunch, and workshops)

Weather Concerns: Call the Harford Community College Weather Line at 443-412-2322. Alternate date is Saturday, February 27, 2010.

Space is limited, register early! Because of meal considerations, cancellations for the conference must be received five days prior to the event in order to receive a full refund.

Agenda

8:30 a.m. – 8:45 a.m.	Sign-in and Continental Breakfast
8:45 a.m. – 8:50 a.m.	Welcome
8:50 a.m. – 9:00 a.m.	Getting to Know You
9:05 a.m. – 9:50 a.m.	Keynote
10:00 a.m. – 11:10 a.m.	Workshop A
11:20 a.m. – 12:30 p.m.	Workshop B
12:30 p.m. – 1:30 p.m.	Lunch
1:40 p.m. – 2:50 p.m.	Workshop C
3:00 p.m. – 3:15 p.m.	Wrap-up and Door Prizes

About The Keynote Speaker

Laurie DeYoung has been Baltimore's morning cup of coffee for more than 24 years. Waking listeners up with her insightful and fun features such as Simple Pleasure Thursday and The Secret Sound Weekdays at 7:40 a.m., DeYoung received the Country Music Association Major Market Air Personality Award in 1994 and the nominations keep coming. Laurie's show is something the whole family can enjoy during their morning commute!

Laurie has been married for 32 years and has three children: 26-year-old Graham, 21-year-old Taylor and 16-year-old Paris.

Brochure designed and printed courtesy of Upper Chesapeake Health.

Workshops / Presenters

WORKSHOP A 10:00 – 11:10 a.m.

1) Finding Your Family History with Ann Winkler

What will you discover as you explore genealogy and your family's past? Learn research basics and a variety of ways to trace and share your family's story. Discover how new advances in technology over the past 20 years have made your search easier and more accurate.

Ann Winkler is a librarian at the Whiteford Branch of the Harford County Public Library. She has been researching her family history for over 30 years and has taught research techniques to both the public and library staff statewide.

2) Everlasting Arrangements with Linda Masland

The cutting garden may be asleep under a blanket of snow but you can still enjoy the beauty of flowers with dried arrangements. Linda will create "everlasting" arrangements appropriate for various home settings plus offer gift ideas and suggestions for fun containers.

Linda Masland is an accredited Flower Show Judge and 1st Vice President with the Federated Garden Clubs of Maryland, a member of Friendship Garden Club, and a Harford County Master Gardener. She has conducted many flower arranging demonstrations and workshops throughout Maryland.

3) Party On . . . with Robyn Burke

Planning a birthday, anniversary, or reunion? Discover ways to host an inexpensive yet fabulous gathering as Robyn reveals the secrets to food, fun, and festivities without spending a bundle!

Robyn Burke serves as Executive Director for Open Doors Career Center, Inc., a not-for-profit social services agency that has been serving Harford County and its surrounding areas since 1979. Open Doors shares a rich history as an original partner with New Visions for Women.

WORKSHOP B 11:20 a.m. – 12:30 p.m.

1) Eat This, Not That - Healthy Options with Sara Stees

Serving sizes have increased over the last two decades, along with our waist lines. We have become super-sized rather than natural sized. This informative class will focus on getting back to the healthy eating habits that we may have lost. Participants are encouraged to bring (or create) a three-day food diary to the class for interactive work.

Sara Stees, M.S., ACSM, RESEP, serves at the Upper Chesapeake Cardiovascular Institute Program. She has taught several "healthy" options for us at New Visions for Women over the past few years. Welcome back Sara!

2) Women Who Made a Difference in Maryland with Dr. Bernadette Flynn Low

Maryland has produced some amazing women who were among the first lady leaders and philanthropists. Baltimoreans have been generous with their money and talents over the years; the highlighted women reflect this inclination.

Dr. Bernadette Flynn Low is a professor of English at the Community College of Baltimore County. She earned a Doctorate at the University of New Mexico with a focus on 17th century British literature. She is particularly interested in the culture of Baltimore, especially the contributions of its women.

Workshops / Presenters (Cont'd)

3) Financially Savvy Women with Jodi Davis

Join Jodi for an informative and humorous look at the financial mistakes women make and what we can do to correct them! Historically speaking, women have relied on others to help them make financial decisions. Ladies, time to take control!

Jodi Davis is the Vice President for Kelly Financial Group, LLC. She serves as Vice Chair of the Commission for Women and Chair of the Citizen's Review (aka Foster Care) Board. Jodi has a passion for educating women about all aspects of finances.

LUNCH 12:30 – 1:30 p.m.

WORKSHOP C 1:40 – 2:50 p.m.

1) Fit and Fabulous in 15 Minutes with Koach Kiona

Use T-tapp, a special sequence of comprehensive, compound muscle movements which focus on helping the body rebuild digestion, assimilation, and elimination in addition to improving lymphatic function and neuro-kinetic flow. Increased energy, mental clarity, a smaller waist and overall health immediately improve as your body tightens and tones. Learn how this new form of movement is revolutionizing exercise!

Koach Kiona is a certified advanced personal fitness trainer with 9 years of experience. She is registered with the International Fitness Professional Association and is a popular instructor at several Maryland locations.

2) Women's Basic Self-Defense with Sheryl Gallagher

Get smarter and braver as time goes by with a short introduction into the world of self-defense. Learn how to say "No" and mean it! It is just as important to listen to your intuition as being able to throw a good palm strike. Gain confidence as you become more aware of your surroundings.

Sheryl has 17 years of experience in the martial arts and received a black belt in Tae Kwon Do in 1996. She has been instructing women's self-defense classes at HCC, Y of Central MD, and for various other groups since 2004.

3) Express (and Impress) Yourself with Pat Timberg

"Life IS a stage" and performances are given daily. Through the use of non-threatening and interactive strategies, participants will discover outlets for their powerful imaginations and creativity while gaining insights and confidence in expressing themselves to affect the changes they seek.

Patricia Timberg is an expert in Educational Theatre, the art of using drama techniques to enhance learning. She holds her Master's Degree from studies in Great Britain, where she began developing and expanding her methods beyond the proscenium arch of the stage into personal, business, and educational arenas.

There will also be overflow workshops designed as an option for a large crowd:

Book talks _____ Campus power walk _____ Networking _____