

Winter 2012

Are you ready to
rejuvenate your mind,
body and soul?

Escape To A New You!



Ladies, the “Escape To Real Life” program is offering three new courses this winter. These courses have been specially selected to help you kick off the new year in a positive direction. On Monday, March 5th, we will be ending off the session with a special ‘Spring Fashion Show’ to show you all the new trends for this coming season. Read all the details below:

Monday, February 13th—9:30am-11:30am and 7:00pm-9:00pm

Discover What Fitness Really Means **Teacher—Beth Bertone** **Cost: \$5.00**

According to a CBC article, "In Canada - 12.4% of new members join gyms in January, but by June most of the new members will quit, having failed to transform a body shaped by years of inactivity into a perfectly toned machine". Unrealistic personal goals and expectations are some of the reasons people quit exercising. In this session, we are going to learn what fitness **REALLY** means. You will learn about the types of fitness activities, how to set realistic and achievable goals, practice proper body alignment and positioning for various muscle strengthening and stretching exercises. Let's learn together and have fun gearing up for an amazing fitness experience in 2012!!! You can be "**Totally Fit and Having Fun in 2012**" -- **YES You Can!!** Please wear comfortable clothing and running shoes and bring a yoga mat or beach towel to the class to do some stretching exercises. Come and have a chance to win a door prize!

Monday, February 20th—9:30am-11:30am and 7:00pm-9:00pm

Discover A New Look **Teacher—Maria Delduca** **Cost: \$5.00**

Maria, who has studied and trained for 1 year at the Fiorio Beauty Academy, will be giving a makeover, including cut, colour and makeup application to 2 women. Her goal in this class is to modify every woman's beauty regimen, in order to inspire them to leave their house everyday looking beautiful and radiating with confidence. Maria will be delighted to answer any questions that you may have and looks forward to meeting all the ladies that attend. She guarantees that you will be glad you came.

Monday, February 27th—9:30am-11:30am and 7:00pm-9:00pm

Discover Your Personality Type **Teacher—Patty Cianfagna** **Cost: \$5.00**

Would you like to understand yourself better? Would you like to discover your special gifts and see how these gifts affect your relationships? Come and learn what your personality type is. You will also learn how to determine other people's personality types which can make you more understanding of them and can help to deepen your relationships. Join us for this two hour interactive seminar.

All classes are being held at Glengate Alliance Church, 6009 Valleyway, Niagara Falls. Please use the entrance at the front of the building where you see the white letters on the wall that says “Glengate Alliance Church”. We will be meeting once again in the cafeteria. To register for any of these classes, contact Joanne Young at youngjo@sympatico.ca or 905-938-2238.