



Saturday, August 16, 2014 10:00am-3:00pm

The Harlan Center

Main Street

Harlan, KY

REGISTRATION FORM

\$5.00 Registration Fee

Registration will close at Noon on Wednesday, August 13th

Name: _____

Address: _____

e-mail: _____ Phone: _____

10:00am-10:15am- Registration Check in and Welcome

10:15-11:10am (choose one workshop)

___ **Healthy Relationships** *(Strategies to know the difference between Healthy vs Unhealthy Relationships)*

___ **Resume Writing** *(learn strategies to create a resume to get you noticed in today's workforce) Dana Brown/KCEOC*

___ **Assert Yourself** *(Assertiveness training...knowing the difference between Assertiveness and Agressiveness) Craig Tagmeyer, Director of Psychiatry Harlan ARH*

11:15a-12:10p (choose one workshop)

___ **How to Be Chic and Cheap at Home** *(Decorating Your home with inexpensive, everyday items) Sam Milwee/HCDVC*

___ **Choosing Your Color Palette** *(Finding the right makeup colors for the look you want) Carla Hartsell*

___ **Jazzercise** *Rhonda Howard*

12:15p-1:30p Lunch and Presentation of 2014 Appalachian Woman Award/Fashion Show

1:15p-3:00p Bingo, Door Prizes

\$5.00 Registration Fee

Return completed form and registration fee to: HCDVC

PO Box 1672

Harlan, KY 40831