

Vision Board Workshop

- Instructor:** Jean Short; 506-531-7843
- Date/Time:** Thursday, Mar 14 and 28; 2:00 – 4:00pm
- First class:** Thursday, Mar 14 (2 Session/s)
- Location:** Shediac Multipurpose Centre
- Participants:** Min: 6; Max: open

Course Outline:

A vision board includes anything that inspires you. Participants will need to bring a poster board, magazines, paper glue, and scissors. Fancy markers and stickers are optional.

Instructor Bio:

In the past Jean has offered several courses for TSC, such as Pole Walking and Yoga. She has been a Yoga instructor for 20+ years and a workshop facilitator for 15+ years and she likes to laugh a lot, mostly at herself.

Remember to Check Your E-Mail Before Each New Course Begins and During the Course. You will receive an e-mail if:

- a)** the course is cancelled or delayed unexpectedly or if there is a change in the time or venue of the course; **b)** during the course if the instructor gives notice that he/she is ill or unavailable for one of the sessions. The course liaison will attempt to contact those without e-mail by phone, so please make sure TSC has your correct phone number and e-mail.

Attendance/Absenteeism. TSC instructors are volunteers who work very hard to prepare courses. Your cooperation is appreciated in letting them know if you are unable to attend as most instructors plan for the number of students who registered in the course. If circumstances change between registration and the first class, or if you decide to withdraw from the class, please e-mail the TSC coordinator at tscordinator@gmail.com or call 506-364-2780. Many courses have a wait list and someone else may be able to take your place. Once the class has started advise the instructor directly if you are unable to attend a session.

Classroom Comportment. Active class participation is welcomed and encouraged by TSC. We request that class members remain mindful of the level of comfort of their fellow students and the volunteer instructors as they participate in discussion.