



WOMEN'S DAY

FRIDAY MARCH 1ST

Community Centre (Building 93)

\$5

*Dress comfortably
and enjoy the various activities.*

4:45	Culinary discovery workshops <i>Three different recipes and healthy juice tasting</i>
5:00	Mix & Express Workout with Bougeotte Placotine
5:30	Conference by Karine Robitaille <i>Moi d'abord, comment se prioriser sans se culpabiliser</i>
6:00	Introduction to yoga workshop
6:00	Culinary workshop
6:30	Conference by Jessica Misak <i>Ma vie de Millionaire</i>
7:00	Introduction to yoga workshop
7:45	Conference by Andréanne Rochette <i>Le parcours de l'inspirante entrepreneure et fondatrice de Yogi Nomade</i>

Guided meditations

5:00 | 5:30 | 6:00 | 6:30 | 7:00 | 7:30



REGISTRATION

https://crfmv.info/Femmes_Women
Tickets also available at the door

INFORMATION

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Centre de ressources
pour les familles militaires
Valcartier

FINGERFOOD

BEVERAGES

MUSICIAN

KIOSKS

discovery massage
cooking
nails
finances
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Limited places

With the financial participation of:



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