

5th Annual Women's Festival

AGENDA

SATURDAY

- 11:00 Registration
- 12:00 Lunch
- 12:45 Welcome and Introduction to the Festival by  
Linda Galloway, "The Importance of Play in Women's  
Lives", followed by a discussion.
- 1:30 Introductions to workshops
- 2:00 Workshops  
Wen-Do - Eileen Pedersen  
Midwifery - Pam Johnson  
Consciousness Raising for Fat Women - Laurie Kahn  
Okanagan Native History - Molly Bonneau
- 3:00 New Games
- 3:30 Workshops  
Introduction to Feminism - Helen Douglas  
Sexuality - Linda Galloway  
Women and Fitness - Sandee Prokipitch  
Herb Walk - Molly Bonneau
- 4:30 New Games
- 5:00 Free time, registration, etc.
- 6:00 Dinner  
Entertainment, socializing and dancing.

AGENDA

SUNDAY

8:00 Morning Stretches - yoga, etc.

8:30 Breakfast

9:15 Morning welcome - introduction to workshops

10:00 Workshops

Happiness: A Question of Balance - Fran Jasiura

Lesbianism - Donna Lee & Joanna Beyers-Coosemans

Wen-Do - Eileen Pedersen

Folk Dancing - Nancy Netting

11:00 New Games

11:30 LUNCH

12:30 Workshops

Stress Management - Trudi Lockheed

Women's Literature - Webster and Bailey

Delly Dancing - Karen Haire

1:30 New Games

2:00 Workshops

Women's Music - Jody McMurray & Catherine Connell

Tai Chi - Diane Wells

Open Time - for spontaneous workshops and  
discussion groups

3:45 Closing Circle - goodbyes, appreciations, singing

4:00 Group Clean Up