

WOMEN'S FORUM IN KANAB - March 14, 2020
SCHEDULE AT A GLANCE

♥ = Both Youth & Adult Friendly Classes

8:00 - 8:50	Tools to Combat Financial Peer Pressure <small>Amanda Christiansen Board Room</small>	The Delight of Chocolate (Limit 30)  <small>Carolyn Washburn Ballroom C</small>	Being Vulnerable in our Families <small>Jesse P. Higgins City Council</small>	Spring Farmhouse Sign (Limit 25)  <small>Angie Glover Sage</small>		
9:05 - 10:30	<p><i>Beauty Redefined : Keynote Speaker</i> LINDSAY & LEXIE KITE PH. D</p>					
10:30 - 11:00 REFRESHMENTS BREAK						
11:00 - 11:50	Tools to Combat Financial Peer Pressure <small>Amanda Christiansen Board Room</small>	Women's Self Defense  <small>Sue McAley Studio</small>	Being Vulnerable in our Families <small>Jesse P. Higgins City Council</small>	Brush Lettering for Beginners (Limit 25)  <small>Betsy Goodman Sage</small>	Tried & True Insta Pot Recipies & Demonstration <small>Melissa Griffiths Pinyon</small>	Living in the Eye of Your Storm <small>Deanna Rowen Ponderosa</small>
12:00 - 12:50	Tools to Combat Financial Peer Pressure <small>Amanda Christiansen Board Room</small>	Body Image Resilience  <small>Beauty Redefined Ballroom C</small>	Principle Based Parenting <small>Randy & Toni Soderquist City Council</small>	Spring Farmhouse Sign (Limit 25) <small>Angie Glover Sage</small>	Intuitive Eating: A Revolutionary Program That Works <small>Delaney Matheson Pinyon</small>	Empathy and Kindness Through Childrens Literature <small>Sharon Glazier & Rosa DeMille Ponderosa</small>
1:00 - 2:00 LUNCH: Served in Willow Ballroom A & B						
2:00 - 2:50	Cupcake Decorating (Limit 30)  <small>Shalise Sorenson Board Room</small>	The Delight of Chocolate (Limit 30)  <small>Carolyn Washburn Ballroom C</small>	Being Vulnerable in our Families <small>Jesse P. Higgins City Council</small>	Spring Farmhouse Sign (Limit 25)  <small>Angie Glover Sage</small>	Intuitive Eating: A Revolutionary Program That Works <small>Delaney Matheson Pinyon</small>	Living in the Eye of Your Storm <small>Deanna Rowen Ponderosa</small>
3:00 - 3:50	Cupcake Decorating (Limit 30)  <small>Shalise Sorenson Board Room</small>	Women's Self Defense  <small>Sue McAley Studio</small>	Principle Based Parenting <small>Randy & Toni Soderquist City Council</small>	Brush Lettering for Beginners (Limit 25)  <small>Betsy Goodman Sage</small>	Tried & True Insta Pot Recipies & Demonstration <small>Melissa Griffiths Pinyon</small>	Empathy and Kindness Through Childrens Literature <small>Sharon Glazier & Rosa DeMille Ponderosa</small>

Schedule is subject to change