

# "I-Care, We-Care...What's Best for You and Me"

## A Self-Care Workshop with James Ballard

(Why being your No.1 priority helps all of us)

### PRE-REGISTRATION

Sunday, Oct. 9, 2016

6:30-8:30 pm

Maine Holistic Center, 81 Main St., Bangor

First Name:	Last Name:	Female ___ Male ___
Mailing Address:		
Town:	State:	Zip:
Home Phone:	Cell Phone:	
Other Phone:	E-mail:	
Cost: \$20 per person (pre-register). <i>Please pay by check or money order if sending in the mail.</i>		
Number of people you are registering: _____ x \$_____ each = \$_____ [total amount due]		
Check #: _____ Check amount: _____ <i>Total workshop fee must be paid at time of registration. The registration fee is non-refundable (but may be applied to future programs in some circumstances).</i>		
Names of other participants you are registering:		

\*\*Space is limited. To guarantee a place in this workshop, please mail your check or money order--payable to Healing and Expressive Arts Retreats of Maine [or H.E.A.R.]— to be received **by Mon., Oct. 3, 2016** to:

Eileen Mielenhausen  
Healing and Expressive Arts Retreats of Maine  
PO Box 1604, Blue Hill, ME 04614-1604

\*\*Please wear comfortable clothes and bring your own water bottle.

\*\*Directions and more details will be sent when registration form and payment are received.

\*\*We are happy to assist you if you have special needs or concerns. Please call/text Eileen at (207) 441-2785 (cell) or at [eileen.mielenhausen@gmail.com](mailto:eileen.mielenhausen@gmail.com)

*NOTE: This is a smoke- and fragrance-free facility. We appreciate your support!*