

“I-Care...What’s Best for Me”

A Self-Care Workshop with James Ballard

(Why being your No.1 priority isn't selfish)

PRE-REGISTRATION

Friday, Oct. 7 6:30-8:30 pm HeartStone House, 634 Meadow Rd., Hampden

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). *Please pay by check or money order if sending in the mail.*

Number of people you are registering: _____ x \$_____ each = \$_____ [total amount due]

Check #: _____ Check amount: _____ *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).*

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 Sat., Oct. 1, 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**

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