



# Winter Wellness

FREE Workshops for Personal Growth  
Windsor Park Collegiate's Family of Schools  
Students, Families & Friends



4 Weeks  
Thursdays  
February 28th  
March 7th  
March 14th  
March 21st

## Workshops

- \* Fitness
- \* Beading
- \* Cooking
- \* Crocheting
- \* Photography
- \* Resume Essentials



Childcare  
provided

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Workshop details and registration information on the back of this sheet

Community Outreach Royal Event

FREE

## Boot Camp Strength Circuit

6:00-7:00 Series: Feb. 28th, March 7th, 14th, 21st

Gym 2

25 spots

Want to live a longer, healthier life? Want increase your strength and decrease your stress? Join us for a free bootcamp circuit that will focus on muscular strength and endurance. No experience necessary. 45 minute workout

FREE

## Cooking for the Family

6:00-7:30 Series: Feb. 28th, March 7th, 14th, 21st

Foods Lab

5 families

Interested in a fun and healthy activity to do with your kids? This family friendly cooking series is open to the community and all levels of cooks. Sign up for one or multiple classes if interested.

FREE

## Beaded Art

6:00-7:00 Series: Feb. 28th, March 7th, 14th, 21st

Art Studio

10 spots

Beadwork is an artform important to different cultures. Participants will see examples of Indigenous beadwork and be taught the steps to create their own art that they can take home.

FREE

## Photography Basics Using Your Device

6:00-7:30 Series: Feb. 28th, March 7th, 14th, 21st

Graphics Lab

20 spots

Come and join us for this relevant session on improving your photography skills. Use your personal device - no fancy cameras required. March 21st a photo booth will be set up for family & friends!

FREE

## Resume Essentials

6:00-7:00 Series: Feb. 28th, March 7th, 14th, 21st

Computer Lab 6

25 spots

Writing an effective resume is a key skill for job seekers. Start your job search with an effective resume to sell your knowledge, skills and abilities to prospective employers. We'll walk through key tips and examples to help you avoid common mistakes. Learn what potential employers are looking for and how to make your resume stand out.

FREE

## Crochet for Beginners

6:00-7:00 Series: Feb. 28th, March 7th, 14th, 21st

Student Service's Learning Lounge

8 spots

Learn basic stitches that will allow you to complete two projects. Crocheting is a creative and relaxing outlet. Come and experience the benefits of this craft.

All Workshops are **FREE**  
& materials are provided

Register through Windsor Park Collegiate's Office for your workshop choice:

204-256-7316