



Morning Exercise Class

- Winter Walk** 8:00 – 9:00 AM (no fee)
- Zumba** 8:00 – 8:45 AM (no fee)
- Zumba** 9:00 – 9:45 AM (no fee)
- Group Pilates** 8:00 – 9:00 AM (no fee)
- Group Pilates** 9:00 – 10:00 AM (no fee)
- Snowshoeing** 8:30 – 9:30 AM (no fee)
- Wake Up with Yoga** 9:00 – 9:30 AM +\$5.00

AM Workshop

(see other sheet for descriptions)

- Mindfulness 101** (no fee)
- Scarf Tying** (no fee)
- Make-N-Take Cards** +\$10.00
- Cake Decorating** (no fee)
- Feng Shui in the Round** (no fee)
- Savory Simple Hors d'Oeuvres** (no fee)
- Garden Stepping Stones** +\$15.00
- Cheese Making** (no fee)
- Learn How to Crochet** +\$5.00
- Healthy Meal Planning** (no fee)
- Mini Massage Class** +\$10.00
- Exploring Watercolor Painting** +\$12.00
- True Colors** (no fee)
- Photo Board** +\$20.00
- CD Calendar Class** +\$10.00
- Make-N-Take Papercraft** +\$5.00
- Skin Care 101** +\$5.00
- Skin Care and Color Cosmetics - Mary Kay** (no fee)

PM Workshop

(see other sheet for descriptions)

- I Sold It On eBay** (no fee)
- Create a Memory Wall** (no fee)
- Make-N-Take Cards** +\$10.00
- Cake Decorating** (no fee)
- Feng Shui in the Round** (no fee)
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- Heart Opening Yoga** +\$10.00
- True Colors** (no fee)
- Photo Board** +\$20.00
- CD Calendar Class** +\$10.00
- Jams & Jellies** (no fee)
- Cosmetics Counter Intelligence** (no fee)
- Skin Care and Color Cosmetics - Mary Kay** (no fee)

Please return this to the Chamber office with payment.

Women's weekend fee	25.00
Additional workshop fee options (listed above)	+
Total payment attached	<input type="text"/>

PO Box 172 Medford, WI 54451
 Fax: (715) 748-6899

AM Workshop

Mindfulness 101 (Limit 12 people)

Learn some basic principles of Mindfulness and how to use it in your everyday life.

No charge
Black River Art Gallery

Scarf Tying

Learn multiple ways to tie your favorite scarves.

No charge
Black River Art Gallery

Make-N-Take Cards (Limit 25 people)

Join Amy Elsner and create cards to take with you. A Great opportunity to get started or to learn new techniques for those of you who already make cards.

\$10.00 charge
The Sports Page

Cake Decorating (Limit 12 people)

The "How To" of frosting a cake , positioning a border, making edible flowers and applying writing. Everyone will receive a small cake to work on and take home.

No charge
County Market

Feng Shui in the Round (Limit 12 people)

Feng Shui is the ancient Chinese art of placement, practiced to enhance the flow of energy in your home and in your life. Learn the basics and enjoy the day at the round house located right here in Medford. Let owner, Rachel Louret show you how she has incorporated the principles of Feng Shui in this very nonconforming and one of a kind setting.

No charge
728 W. Maple Street Medford WI

Savory Simple Hors d'Oeuvres (Limit 12 people)

Be prepared for those last minute parties, tailgates or impromptu celebrations. When you are invited, here is your answer to "what can I bring?" Watch as Laurie Peterson demonstrates a few easy recipes that are quick to make and taste delicious. No matter what your skill level, come and learn some savory simple hors d'oeuvres that will wow your family and friends. Before your class is complete, we will taste all that we have prepared. Come, taste, and see what you too can do. Copies of all recipes are included for you to take home.

No charge
Country Gardens

Garden Stepping Stones (Limit 20 people)

Join Kris Porter to make your garden even more personal. Use your creativity to make a unique addition to your outdoor, or indoor living space. All supplies and decorations will be provided. If you have anything special that you want to bring feel free.

\$15.00 charge
Chamber Office

Cheese Making (Limit 25 people)

Introduction to home cheese making. Learn how to make butter, yogurt, cheese, and mozzarella.

No charge
Farm Home Center

Learn How to Crochet (Limit 10 people)

Now is your chance to learn how to crochet or get some new techniques on it. Yarn and needles will be provided.

\$5.00 charge
Eartha Naturals

Healthy Meal Planning

Learn how to plan healthy meals that cost less and prepare them in less time. Will be going over a lot of topics about Meal planning, tips to save money, Healthy ingredient substitutions, etc.

No charge
UW Extension Office

Mini Massage Class (Limit 20 people)

Learn some simple massage techniques to reduce muscle tension and headaches. Focus will be on the neck, shoulders, and upper back. Learn easy stretches you can do at your desk to reduce tension and discomfort and energize yourself during your workday. Students are fully clothed while learning this relaxing and beneficial way of reducing stress and feeling great. With Kathryn Tessoroff (Licensed and Certified Massage Therapist)

\$10.00 charge
Mind Body Spirit Yoga

Exploring Watercolor Painting (Limit 8 people)

Join Sandy Klingbeil and create your own original floral painting while learning techniques and understanding the beauty of watercolors.

\$12.00 charge (includes fine paper and use of materials)
ExVoto Art & Design Studio

True Colors

This workshop will walk you through what personality color you are. Each of us has a dominate color and in this class you will learn the different types of personalities and how they affect you in a fun and easy to remember way.

No charge
Chamber Office

Photo Board (Limit 8 people)

Create a one of a kind photo board to match your décor using fabric, ribbon, buttons, and more. Photo Board will be 24x18. Check out a Photo of our project on our Facebook page. Happy craft'n.

\$20.00 charge
Hoffman's Fabric Floral & Crafts

CD Calendar Class (Limit 12 people)

Make a cute cd calender for on your desk at work or home! We will make and decorate a page for each month with Riley the moose stamps! There's nothing this moose can't do!

\$10.00 charge
Creative Hideaway

Make-N-Take Papercraft

A make and take for beginner to seasoned paper craft/ rubber stamp/ scrapbookers. You'll use a variety of techniques and tools to make a greeting card and basic scrapbook page. All supplies provided.

Approximate time to complete 15-30 minutes.
\$5.00 charge
Eartha Naturals

Skin Care 101 (Limit 20 people)

With Lisa Kraemer Licensed Esthetician-Ever wonder what you could do differently to improve your skin? Learn all the skin care secrets and receive a free skin analysis. Great for all ages.

\$5.00 charge
Eartha Naturals

Skin Care and Color Cosmetics - Mary Kay (Limit 10 people)

Try our skin care line and get recommendation for skin care that's right for YOU! Top it off with a color cosmetic look and a pampering hand treatment! No purchase necessary.

No charge
AmericInn

PM Workshop

I Sold It On eBay (Limit 12 people)

Learn the basics of eBay selling.

No charge

Black River Art Gallery

Create a Memory Wall

Learn the basics on creating a Memory Wall in your home. Demos on placement, hanging, shadow boxes, and more.

No charge

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ExVoto Art & Design Studio

Heart Opening Yoga (Limit 15 people)

Yoga class designed to work on anxiety, depression, and general healing techniques for living. Students learn yoga poses to energize and sooth nervous system for life in our fast paced world. Taught by a registered, certified yoga instructor Pam Peterson.

\$10.00 charge

Mind Body Spirit Yoga Studio

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There's nothing this moose can't do!

\$10.00 charge

Creative Hideaway

Nail Treatments by Shawn (Call for appointment: 715-748-3666)

Choose from three different options: Paraffin Dip, Nail Polish, Hand Massage.

\$5.00 charge

Mind Body Spirit Yoga

Jams & Jellies 101 (Limit 15 people)

Join Chris Griesbach, owner of Griesbach's Country Gardens LLC at Eartha Naturals for an informative demonstration on cooking with jams & jellies. Learn new & easy ways to use jams & jellies in everyday cooking, including recipe ideas for appetizers, main dishes & simple, delicious desserts.

No charge

Eartha Naturals

Cosmetics Counter Intelligence (Limit 20 people)

Join Kate Bromann & Chelsea Zenner to learn about cosmetic & hair product ingredients and their effects. Learn what nourishes & strengthens vs. what irritates & damages skin & hair. We will arm you with the information you need to make intelligent cosmetics counter decisions.

No charge

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