

Back to Basics
"Warming Up Winter"
Saturday, January 30, 2010

8:00 AM – 4:15 PM

Pine River-Backus School

\$25 Full Day, Including Lunch (\$20 for seniors 60+)

\$5/Individual Single Workshop Sessions

\$10/Individual Double Workshop Sessions

\$7 Lunch

\$15 Full Day Children's (K-6) Activities, Including Lunch
Booths open to public, anytime, free of charge!

Feeling the chill of Winter? Why not warm it up? Join us for our 4th annual Back to Basics! We'll focus on ways to stay warm...whether it's winterizing your home, making healthy foods that warm from the inside, ways to cut heating costs, outdoor activities to stay warm and healthy, or things you can do for yourself during the indoor times of Winter. Workshop sessions, keynote speaker, panel discussion, vendors, exhibitors, luncheon, door prizes, and more! To those interested, there will be .4 continuing education credits available.

School-aged (K-6) children's programming runs concurrently...bring the family and enjoy the day together!

Event sponsored by Happy Dancing Turtle, Pine River-Backus Community Education, & Central Lakes College.

Panel Discussion: Warming Your Home

Keynote Speaker: Warming the Local Economy

Dr. Jim Benson, Bemidji State University

Vendors/Exhibitors: If you are interested in having a vendor/exhibitor booth at this event, you may download registration forms from our website:

www.happydancingturtle.org. Vendor/exhibitor registrations received before **December 1** will be included in promotional materials, but registrations can be submitted up until the event, space allowing.

Participants: Registration brochures for participants will be available after **December 21** at: Pine River-Backus Community Education office, Pine River-Backus Family Center, Pine River Chamber Office/Information Center, Pine River Public Library, Pequot Lakes Library, Pequot Lakes Community Education Office, or by calling Happy Dancing Turtle at 218.587.2303. Registration forms may also be downloaded from our website after December 21: www.happydancingturtle.org.

For more information, contact Barb Hines at 218.587.2303 or
barbhines@happydancingturtle.org.