



TRAINING AND EDUCATION CENTRE KELOWNA FALL 2009 HEALTH & LIFESTYLE COURSES

The UFCW Training and Education Centre is the only fully accredited union training facility in Canada, and offers educational programs and courses FREE of charge to all members and their families. These training programs are funded by the UFCW Education and Training Trust negotiated by your union.

FENG SHUI YOUR LIFE

Feng Shui is the ancient Chinese practice of placement to achieve harmony with the environment. This fun and informative 2.5 hour program will teach you how to combine inner and outer Feng Shui techniques to bring transformative changes to your life.



THURSDAY SEPTEMBER 10TH @ 6:30 – 9:00 PM (at Banks Centre)

REGISTRATION DEADLINE AUGUST 31ST

ADHD – NATURAL ALTERNATIVES

Is medication the only option for treating Attention Deficit Hyperactivity Disorder? Join Dr. Jeff Pereverzoff of Active Care Health for this informative session. You will learn about new research and safe natural alternatives that can be used with or without traditional medical treatment.



TUESDAY SEPTEMBER 15TH @ 6:30 – 8:30 PM (at Banks Centre)

REGISTRATION DEADLINE SEPTEMBER 8TH

COLORS

Discover the colorful personality of yourself and others. Determine personality colors to enable you to communicate and work in a harmonious way.



MONDAY OCTOBER 26TH @ 6:30 – 9:00 PM (at Banks Centre)

REGISTRATION DEADLINE OCTOBER 19TH

RED CROSS EMERGENCY PREPARATION COURSE

Do you and your family know what to do in case of a natural disaster or other emergency? The Red Cross will teach you what to do, and you will learn how to create your own emergency survival kit.



THURSDAY OCTOBER 29TH @ 7 PM - 9 PM (at Banks Centre)

REGISTRATION DEADLINE OCTOBER 22ND

CHRISTMAS BAKING EXCHANGE

Take the hassle out of Christmas baking! Bring one dozen treats for each guest at the baking exchange. You will also receive a mini-cookbook with recipes for all baked goods brought. Bring your own containers and leave with your Christmas baking done!



MONDAY NOVEMBER 2ND @ 7 – 9 PM (at Banks Centre)

REGISTRATION DEADLINE OCTOBER 5TH

HOW TO LIVE AND RETIRE WELL

This is a must-have course for anyone thinking of retirement, as it looks at considerations to make your retirement more pleasant.



TUESDAY NOVEMBER 3RD @ 6:30 – 8:30 PM (at Banks Centre)

REGISTRATION DEADLINE OCTOBER 26TH

WINE APPRECIATION COURSE

This four week non-tasting program will cover topics such as how wines are made, global and local products and how to select, store and pair wines with various foods. Participants will learn how to make smarter buying decisions to get more enjoyment from their wines.



NOVEMBER 5TH – NOVEMBER 26TH, THURSDAYS @ 7 – 8:30 PM (at Banks Centre)

REGISTRATION DEADLINE OCTOBER 29TH



TRAINING AND EDUCATION CENTRE KELOWNA

THREE EASY WAYS TO REGISTER:

Phone: 250-861-1226
Email: jennieo@ufcw247.com
Online: <http://www.ufcw247.com>

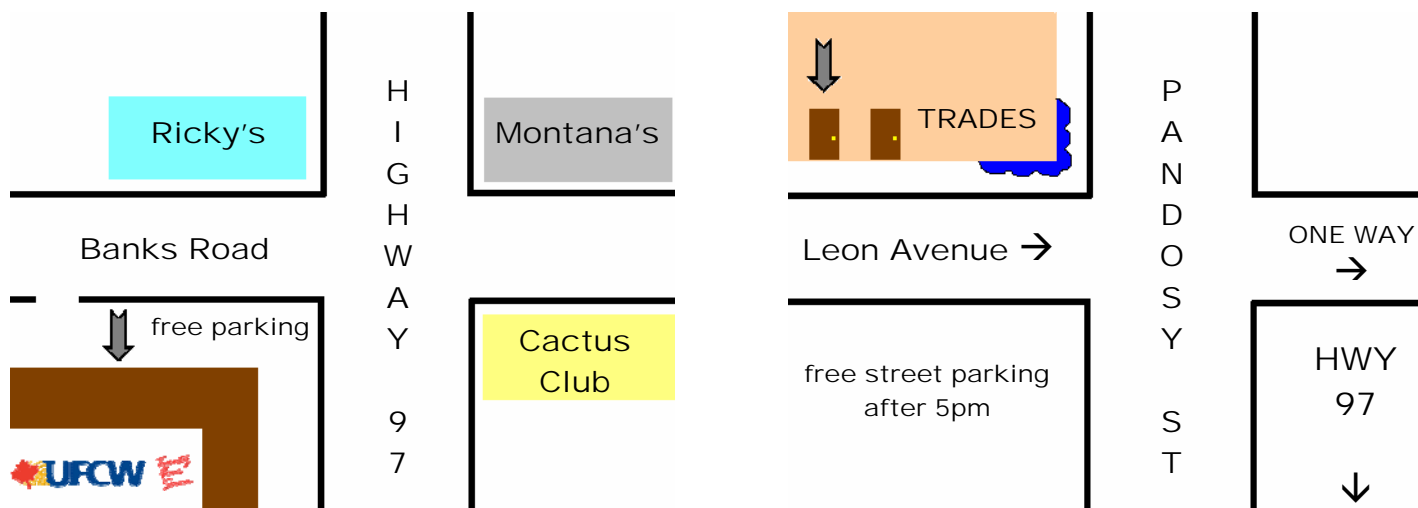
Deposits must be received prior to classes starting to confirm registration.
UFCW Local 247 Training Centre
205-307 Banks Road, Kelowna BC V1X 6A1

TRAINING CENTRE POLICIES:

1. Any UFCW Local 247 member is eligible for any membership program available, as are their immediate families.
2. Any person enrolled in any of the Training Centre's community outreach programs such as T.R.A.D.E.S. and their immediate families can enroll in membership programs provided there is space available.
3. A non-member can be bumped for a member or family member of UFCW. If bumping occurs one week's notice will be given.
4. Anyone wishing to enroll in any membership program must provide a \$25 deposit cheque. This is refundable upon attendance of at least 50% of classes or if you have given notice that you will not be completing the course.
5. A separate deposit cheque is required for each course. Cheques can be reused if courses do not run at the same time.
6. If you will not be able to start a course that you have enrolled in, at least one week's notice is required or the deposit will be cashed.
7. Course availability is subject to enrollment. If a course is postponed or cancelled due to low enrollment, one week's notice will be given.
8. A minimum of 5 UFCW members or family members must be enrolled for a class to start, and the \$25 deposit will be refunded if the course is cancelled by the Union for any reason.

These policies were adopted by the UFCW Local 2000 Executive Board on October 16, 2000.

COURSES ARE HELD AT ONE OF TWO LOCATIONS:



UFCW 247 Training Centre
205-307 Banks Road, Kelowna
(Banks Centre)

TRADES Centre
1652 Pandosy Street, Kelowna