## **Growing, Changing, Standing Strong**

2017 Lambda State Convention Workshops April 21-23, 2017

Dr. Debra LeBlanc, Beta Phi, Lambda State Educational Excellence Chair

Workshops offer a high level of interest for all members. Professional Development credits are available for all workshops marked with \*\*. Forms will be available at every workshop for active educators to complete for credit.

## Registration is required for these workshops – Deadline is March 28, 2017

## Boxes and Bags - A Friday Night Make It and Take It Workshop

Rebecca Stewart, Alpha Epsilon and Shirley Prince-Walczak, Beta Omega, Lambda State Women in the Arts Members

Make small treat boxes and gift bags from cardstock and scrapbooking paper. Materials, templates and tools will be provided. *Workshop fee of \$5.00. Limited to 30 participants. Registration is required.* 

## Zentangle \*\*

Sue Dion, Alpha Lambda and Pat Poertner, Alpha Lambda
Zentangle: an easy-to-learn, relaxing, fun, method to create beautiful images by drawing structured patterns. Zentangle is a proven method for mindfulness; fosters self-esteem and focus; reduces stress and has a calming influence. Participants will learn the basic steps of Zentangel and how to use it in their professional/personal life. Workshop fee of \$5.00 for small kits to be provided. Limited to 25 participants. Registration is required.

Registration is easy.... Email Debbie LeBlanc at <a href="mailto:dleblancedd@gmail.com">dleblancedd@gmail.com</a> your name to reserve a spot at one or both workshops. Money will be collected at the workshop. Correct change is appreciated.