

THE FRIDAY SAMPLER

A Patchwork of Creative Ideas

August 25, 2017

9:00 a.m. – 3:00 p.m.

Youth Building



Giovanna Follo, Ph.D. Assistant Professor, Sociology, Wright State Lake Campus will demonstrate “Reality-Based Self-Defense Commando Krav Maga.” Real Life deserves real situations. Bring a partner and join Giovanna for a hands-on presentation. In this interactive session, Giovanna will discuss how to be aware and alert as you go through your day. She will be showing you several techniques that you will be able to practice during the workshop. Join Giovanna and learn **“Reality-Based Self-Defense Commando Krav Maga.”**

LuLaRoe Tracy Wheeler will show participants how to **“Boost Your Self-Esteem: How you Dress Affects How you Feel.”**

LuLaRoe is an exclusive clothing line designed to fit women from xxs-3xl. Their clothing is sold by independent business owners at pop up boutiques, private online shopping groups, and other events. LuLaRoe clothing is simply comfortable and fashion forward. Tracy Wheeler is a LuLaRoe retailer who is from Greenville and loves to share how wonderful and empowered these clothes make women feel. Join Tracy to **“Boost Your Self-Esteem: How you Dress Affects How you Feel.”**



Representatives from **KitchenAid Experience®** will demonstrate new recipe ideas during their presentation titled, **“Self-Confidence in the Kitchen.”** They will also demonstrate how fun and easy it is to use KitchenAid® Countertop products. Please join us as representatives from the **KitchenAid Experience®** show us some new ideas to boost your **“Self-Confidence in the Kitchen.”**

Janet Miller will share her lecture, **“My Quilting Journey – 100 Quilts.”** Janet is a quilt designer, teacher and lecturer. She has been quilting for over 50 years and currently has 52 quilt patterns, one book, and 13 crochet patterns on the market. In the past she has designed for Marcus Fabrics and Jennifer Chiaverini publications. Join Janet as she takes us on her pilgrimage of self-awareness through **“My Quilting Journey – 100 Quilts.”**



Presentation Schedule

9:00 am – Welcome to the Friday Sampler: A Patchwork of Creative Ideas

9:15-10:15 am – “Reality-Based Self-Defense Krav Maga”
with Giovanna Follo

10:15-11:15 am – “Boost Your Self-Esteem: How You Dress Affects How You Feel” with LuLaRoe Tracy Wheeler

11:15-12:15 pm – “Self-Confidence in the Kitchen”
Presented by KitchenAid Experience®

12:15-1:00pm - Lunch

1:00 pm-3:00 pm – My Quilting Journey – 100 Quilts” with Janet MillerMiller