

SO WHAT IS THIS ALL ABOUT ME WEEKEND ABOUT?



We are so excited to offer so many new workshops this year! This is a rough draft of the agenda. A final agenda will be mailed when you confirm your reservation!

Saturday, March 13:

- 9:30 – 10:30a.m. Registration and the Pampering Begins
The Professional Salon Students,
Mary Kay by Judy Boehman
Massages by Evansville Massage Specialist
- 10:45 - 11:30 Dr. Carla Brandt sponsored by Bayer Health
- 11:35 - 12:20 Relax - Meditation by Ruby Sneed
- 12:30 - 1:30 David Dafore -Lunch Presentation catered by Just Rennie
Rebif patient advocate sponsored by EMD Serono
Why is David's tongue insured for a million dollars!
- 1:35 - 2:20 Managing Me - Organizational Tips by Jennifer Hollander
- 2:25 - 3:10 Swallowing Dysphagia – Food for thought by Dawn Westfall
Deaconess HealthSouth Hospital
- 3:15 - 4:00 Financial Wellness – Laurel Hart
- 4:05 - 4:50 It's all about You –
Nutrition and Wellness Coach - Bonnie Schnautz
- 5:00 - 6:00 Dinner Catered by Black Buggy
- 6:30 - 8:30 Entertainment – What's Playing at the Movies!

Sunday, March 14: Hotel Breakfast is served till 9:30am

10:00am Wrap up

Come join us for this FUN weekend event for couples and singles. Those that attended in previous years are still talking about all the FUN they had!!

If you would like to stay Friday night also, contact the Fairfield Inn West at 812-429-0900 and ask for the special Tri-State MS rate of \$69.00. You will be responsible for paying for this extra night.

Only wanting to stay one night and would prefer Friday instead of Saturday night. Call TSMSA at 423-5943 or 1-866-514-4312 and we will make that arrangement.

RSVP today by mailing in your registration form! **More workshops being added!**

It's all about "ME" Adult Weekend!



**Saturday, March 13th and Sunday, March 14th
The Fairfield Inn – West
5400 Weston Road (off the Lloyd Expressway),
Evansville, IN**

**\$70.00 includes a room for Saturday night and meals for two
\$20 per person for Saturday and meals -no room needed**

*******RESERVATION FORM*******

Name: _____

Address: _____

Phone Number: (____) _____ **Zip Code:** _____

E-mail address (Please print): _____

Check if attending Saturday and No Room Needed _____

Guest(s) who will be staying in same room: _____

Check one: _____ Handicap _____ king bed _____ two beds

Please note any special needs here. We will attempt to accommodate through the hotel staff, but cannot guarantee availability.

**Mail Check to Tri-State M.S. Association, 971 C South Kenmore Dr.,
Evansville, IN, 47714. An agenda will be mailed to all registered participants.**