

Pieces and Patches Quilters Guild Present

ROSE PARR'S SEW SMART WORKSHOP

Two Dates To Choose From

Saturday November 16th, 2019

9:30am - 3:30pm OR

Tuesday November 19th, 2019

9:30 am - 3:30pm

*Quilting can be a real pain in the Neck!
...but it doesn't have to be.*



- Rose is an international presenter, who enjoys teaching the ergonomics of healthy quilting to makers from around the world.
- Her method is known as "Stitch and Stretch", teaching the pain-free way to sew while working on quick projects relating to wellness.
- You will receive a personalized ergonomic plan, with detailed measurements for your pressing, cutting and sewing stations, and a stretching program, with modifications tailored to your needs.
- Bring your sewing machine and your lunch. Coffee and Tea provided.
- Supply list available [here](#).



Follow Rose to stay updated about workshops, contests & waitlist availability.



Members \$25 - Non-Members \$45 - Cash, e-Transfer, Cheque
Registration deadline is November 14th, 2019

To Register: Email rose@healthyquilting.com or Call 519- 241-1371

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