## Pieces and Patches Quilters Guild Present

## ROSE PARR'S

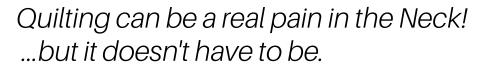
# SEW SMART

### WORKSHOP

#### Two Dates To Choose From

Saturday November 16th, 2019 9:30am - 3:30pm OR

Tuesday November 19th, 2019 9:30 am - 3:30pm



- 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.



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