

Healthy Quilting - Frequently Asked Questions

Q: What do your lectures / presentations cover? What are the fees?

A: **“Sew Smart - The Ergonomics of Healthy Quilting”** is a live PowerPoint presentation that applies ergonomic theory to your crafting life. From cutting and sewing posture to stretches designed to be done at your sewing table. Strategies and tips are designed to “use what you have” to stay pain-free.

Lecture fee is \$300.00 Canadian and the lecture contract can be viewed and downloaded

at <https://www.healthyquilting.com/presentationsandworkshops>

45-60 minutes with Q & A

Q: What is your availability?

A: You can check my availability at <https://www.healthyquilting.com/presentationsandworkshops>

I am available Monday to Saturday and can accommodate any time zone.

Q: What video-conferencing platform do you use?

A: I am most familiar with Zoom.

Q: What are your qualifications?

A: I hold professional certifications in Holistic Nutrition, Ergonomics, Personal Training, Home Economics, and a few more. My ergonomic improvements / strategies are based on documented research. The health and wellness information I present is selected specifically for the chronic conditions and common problem areas that maker’s encounter; it is based on health industry standards of practise and not on “what worked for me”. I am not able to diagnose health concerns nor discuss individual health concerns in a group setting.

Q: Will you answer questions at the end of your presentation? What about follow up questions?

A: I look forward to answering your questions regarding ergonomics and studio design at the end of my talk. The health and safety of your members is important and their questions concerning personalized modifications to stretches can be emailed to me for 30 days after your meeting at no additional charge.

Q: What if our organization is not in Canada?

A: If paying by cheque in USD my fee is \$236 USD. Deposit of \$118 and a postdated cheque for the day of the presentation for the balance. Please note that the booking date is not finalized until the deposit is received.

Note: The easiest way to pay is through the PayPal button on my website. It will convert the payment to your currency, with no additional fees to your group. If your group is not set up to do so, many guilds are having a member pay and then writing a cheque to that member.

There are no further forms required with regards to the host country, taxation is applied through the Canadian Revenue Agency. I am happy to accommodate almost any time zone, Monday through Saturday.

Thank you for thinking of me and please let me know if you have further questions. Rose