

Ladies' Saturday Activities Registration Form

Please select as appropriate from the following events:

Ladies' Saturday Luncheon - 11:30am - 1:30pm

\$23.00 Grilled Chicken Market Salad

Ladies' Saturday Activities - 2:00pm - 4:00pm

Choose one

\$30.00 Big Picture Gallery & Studios/Betsy Popelka (wine and painting)
-Painting "Lavender Fields"

Free Mustard Seed Catholic Book Store
(There will be no transportation provided)

Total Cost: \$_____

Reservations for luncheon and activities are due by April 15th.

Ladies Luncheon Guest Speaker – Jessica Aldrich

Jessica Aldrich, LMHC, CADC, is a licensed mental health counselor and certified alcohol and drug counselor with her own private practice- Tranquility Counseling, PLLC in Altoona, IA.

She is a University of Iowa graduate with her B.A. in Psychology and her M.A. Degree in Rehabilitation and Counselor Education. Jessica is passionate about mental health and has a wonderful presentation: Nourish to Flourish-Self-Care.

[Self-Care is the practice of taking an active role in protecting one's own wellbeing and happiness]



Register online at www.iowakofc.org/convention

Send one check for the ladies' and youth activities payable to Knights of Columbus Iowa State Council:

If you have any questions prior to the convention, please contact:

Cindi Aldrich at 515-971-9124 or via email at jon725@msn.com