

# HOW-TO-FEST

• 10 am - 2 pm • 100% FREE •

Echo Centre

more info @ 250-723-2181

[www.portalberni.ca/parks](http://www.portalberni.ca/parks)



## APRIL 18, 2015 10 AM - 2 PM

### Schedule of Sessions

Check out the great sessions we have lined up for the How-To in 45 Fest inside!

Sessions all begin on the hour and will run for 45 minutes or less in the listed rooms at Echo Centre.

**No sign up is necessary, all ages welcome!**



Come and check out as many sessions as you would like, and enjoy a day of learning.



# 10 AM

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## How To...

**Clock-in Your Health!** - Sondra Austin. CEDAR ROOM (CENTRE).

**Tune Up Your Bike** - Daryl Chase, Healthy Habits. CRAFTROOM A.

**Take Great DSLR Photos** - Royce Oakes. DOGWOOD ROOM.

**Transform Your Furniture With CC Cladwell Paints** - Desja Walker, Haven Living. FIR ROOM.

**Learn about Salving Fry** - Sheena Falconer, West Coast Aquatics. HEMLOCK ROOM.

**Unleash Your Creative Side** - Maggie Hodge Kwan, Creative Clarity. MUSEUM GALLERY.

# 11 AM

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## How To...

**Understand Photography Basics** - Alana Bodnar. CEDAR ROOM (CENTRE).

**Go Seed to Seed** (Seed processing strategies, storage and planting) - Dan Schubart, Transition Town Society. CRAFTROOM A.

**Enhance Your Great Photos** - Royce Oakes. DOGWOOD ROOM.

**Play Magic the Gathering** - Les & Susan Toth, Card Corner & Collectables. FIR ROOM.

**Play Arena** (Board Game) - Les & Susan Toth, Card Corner & Collectables. HEMLOCK ROOM.

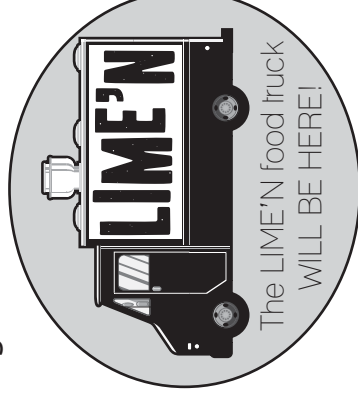
**Master The Fine Art of Putting** - Brian Rands, Alberni Golf Club. OUTDOOR.

**Deal With Social Media Privacy** - Tashia Potter, Great Central Social Company. MUSEUM GALLERY.

# 12 PM

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**Break for lunch!** Lime'n Food Truck will be here at Echo Centre with some great food and coffee for sale.



# 1 PM

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## How To...

**Move Free Live Free - Awaken Movement & Be Empowered** - Michael Kleyn, Ethos Parkour. CEDAR ROOM (CENTRE).

**Practice Yoga for Less Stress & Better Sleeps** - Livi De Rooy, Twisted Willow Studio. CEDAR ROOM (EAST).

**Make Music With Your iPad** - Justin Unrau, Vancouver Island Regional Library. CRAFTROOM A.

**Practice Meditation for Beginners** - Christina Brack, Inner Stillness Holistic Studio. DOGWOOD ROOM.

**Create Instant Garden & Cold Frames** - Jacob Colyn, Parks, Recreation & Heritage. OUTDOOR.

**Master the Fine Art of Putting** - Brian Rands, Alberni Golf Club. OUTDOOR.

**Learn reaching & throwing assists for water rescues** - Miki Schwarz, Parks, Recreation & Heritage. ECHO AQUATIC CENTRE.