

# JAN 8\_BULLET JOURNALLING

Make the most out of the short winter days

# JAN 15\_SALSA DANCING 101

Get your groove on with Elizabeth Bernal

# JAN 22\_COOKIE JAR GARDENS

Craft your own winter air purifier

# FEB 5\_DIY SUGAR SCRUB

Mix up a winter skin rejuvenator



# LET'S DO IT!

**WONDERING HOW TO BEAT THE WINTER BLUES?**

GET OUT OF THE HOUSE AND OUT OF YOUR COMFORT ZONE!

REGISTER AT [RGODFREY@STRATFORD.CA](mailto:RGODFREY@STRATFORD.CA) / X 132

**1:30-2:30PM | AUDITORIUM**



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