

MARKETPLACE

VENDORS

Arbonne
Bird Carvings
Chanticleer
Colour Paradise
Elm Tree Centre
Fido & Fifi
Frock and Dilettante
Funky Leggingz
Germana's Gems
Guelph Mompreneurs
HOPE Soap
Jamberry Nails
Jeunesse
Norm's Wood Pens
Norwex
Optimal You
Our Dressing Room
ReFind
Sacred Stones for the Soul
Scrabulous Me
Season's Jewels
Silveri Jewellers
Stampin' Up
Steeped Tea Inc
Strandz
Sutherland Insurance
Sweet Temptations
Sweetie Box Studios
The Plumber's Wife
Waterloo Wellington Regional Cancer Program
Younique

**Please check the website for complete
vendors list**

NEW THIS YEAR

It is time to shed those wool sweaters! To help celebrate the warmer temperatures, this year's Spring Fling will include a fashion show featuring the must-haves for next season's wardrobe. Displaying some of Downtown Guelph's most frequented fashion shops. Both new and gently-used clothing will be on display, helping rejuvenate your spring collection. Clothing will also be featured from HOPE Stylin' – HOPE House's own clothing bureau!

***The Fashion show will feature Spring
outfits and involvement from the
following boutiques:***

Arbonne
Germana's Gems
Frock and Dilettante
HOPE Stylin'
IF Footwear
Millenium
Our Dressing Room
Silveri Jewellers
Wild Rose Consignment



TICKET INFORMATION

\$20.00

We have a great day planned drop in and join us at anytime. You will be able to attend workshops on Food, Fashion, Interior Design, Gardening and Health and join us at noon for the fashion show!

You can also shop our marketplace area filled with local artisans.

Breakfast and Lunch will be available for purchase. Food provided by Bentley's Tea House in Fergus.

If you have any questions, please call Alex or Karen at HOPE House at 519-265-4299 or email at springflingeve2015@gmail.com.

Tickets are also available at the following retailers:
Accents For Living, Bentley's Tea House,
Our Dressing Room, Sweet Temptations,
The Plumber's Wife.

LAKESIDE CHURCH
7654 Conservation Rd,
Guelph ON N1H 6J1
519.265.4299

For more information or to purchase tickets,
please visit our website:

www.springflingeve.ca

Facebook - SpringFlingEventGuelph
Twitter - JOYSpringFling

The Christmas JOY Home Tour Presents

springfling

GARDENING . FASHION . HOME . FOOD



11 APRIL 2015
LAKESIDE CHURCH

SESSION 1: 9:30AM – 10:30AM

WORKSHOP 1:

Silveri Jewellers – Accessorizing with Jewellery

Do you struggle knowing how to accessorize your outfits with jewellery? Do you need a chunky, striking piece for a certain outfit or something charming and simpler to show off you and your outfit to its best advantage? Join Silveri Jewellers as they put together outfits and accessories to make a completely put together you!

WORKSHOP 2:

Starbucks – Becoming a Coffee/Tea Connoisseur

Join the team from Starbucks as they explore types of coffee from different regions around the world. Learn how to brew a perfect cup of tea and enjoy some wonderful sampling during this informative session.

WORKSHOP 3:

The Plumber's Wife – Décor Trends and Tips

Back by popular demand, we once again welcome The Plumber's Wife to Spring Fling. Come and be inspired and motivated by the trends and tips they will be sharing with us.

WORKSHOP 4:

Natura Laura Health – Healthy Glow is the Way to Go

Treating your skin naturally from the inside out. Come and learn how to obtain a healthy looking glow using natural scrubs, exfoliators, energy cleansing baths, essential oils, dry skin brushing and many more tips.

WORKSHOP 5:

ReFind – Taking a Tired Old Piece and Giving it a Brand New Purpose

Join Dana from ReFind as she takes you through the process of finding an old, worn out piece (shutters, wood etc) giving some attention and with creativity, turning it into a piece that is a favourite for your home.

SESSION 2: 11AM – 12PM

WORKSHOP 1:

Accents for Living – One Sofa Four Looks

Be inspired with Maggie Bard from Accents For Living by Discovering the Power of Paint and Accessories. We can help to rejuvenate your space using simple, affordable ideas that take the stress out of design no matter what your budget. The design trends of 2015 showcase a modern, simplistic approach... less is more. Using just one sofa, we will show how to transform the look of your space using beautiful colour palates and accessories four different ways!

WORKSHOP 2:

Elm Tree Centre – Therapeutic Touch and Stress Management

Learn how to effectively manage your stress. Stress can look like depression, chronic pain, indecision or anger. Join Martha, a recognized Therapeutic Touch Practitioner as she explains emotional situations that can be the cause of chronic pain. The session will include a demonstration of basic Therapeutic Touch techniques as well as a discussion time.

WORKSHOP 3:

Colour Paradise – The New Thrillers, Fillers and Spillers for 2015

This workshop is all about what is new, up and coming plants for your garden and urns for Spring. Join the Colour Paradise Team as they talk about what is new this year in the world of plants and learn how to make the perfect planter using thrillers, fillers and spillers!

WORKSHOP 4:

The Bite Catering – Everything Fresh Herbs

Be inspired and learn how to grow, prepare, cook and store fresh herbs from the garden. From pesto to bouquet garni; you will learn everything you need to know about fresh herbs!

SESSION 3: 2:15PM – 3:15PM

WORKSHOP 1:

Optimal You – Optimal Food for Optimal Health

You are what you eat! Learn about the foods you should be consuming for optimal health and wellness, increase your energy and build up disease resistance!

WORKSHOP 2:

Natura Laura Health – Myth or Mayhem Why so many food allergies?: Is it a fashion or are our guts wrenching for a reason?

Some people feel socially awkward when they have a food allergy as hosts often go out of their way to cook for them, only to find that the ingredient list still has hidden culprits. Learn how both parties can help the situation – how to be a gracious guest and how to be a smart and savvy host. What if a new family member has a food allergy – does everyone have to follow? How to cook to appease multiple requirements without going (too) crazy.

WORKSHOP 3:

Our Dressing Room – Dressing for Your Body Type

Did you hear the good news? Dressing for your body type has never been easier at Karen Roussel's session. Find all the tricks of the trade that you will ever need to know for your body type so you can shop with absolute success. At the same time find out about where your hem line should be for your t-shirts, skirts, capris to make you look slimmer. Have questions about what neckline you should wear to compliment your face? Karen will also address this question as well. This workshop is designed to be an open, fun dialogue that will help you answer all your "Dressing" requirements in order to look and feel your very best. Because...You're Worth It!

WORKSHOP 4:

Sweet Temptations Cupcakery – Easy Cupcake Decorating 101

Always wanted to decorate beautiful cupcakes at home? Easy Cupcake Decorating 101 with Jakki & her team from Sweet Temptations Cupcakery will show you how! Learning unique and simple techniques, you will enjoy decorating cupcakes with ease. We provide all the materials - and you get to take your beautiful cupcakes home! No experience necessary, we welcome decorators of all skill levels! Learn how we decorate our great cupcakes in our flagship storefront, located in the south end Borealis plaza.

HOPE House, the organization behind both JOY events, is a poverty-relief organization that is working to offer innovative solutions to tackle the large issues surrounding poverty and food insecurity. Our programs offer tangible, compassionate assistance and focus on building skills and moving our clients towards independence. Here are some of our programs: The Food Market, Edu-Kitchen, HOPE Stylin' Clothing and Hair, Run & Read, The Back to School Backpack Program, Christmas Hampers and many others.

To learn more about HOPE House please visit www.lakesidehopehouse.ca

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