

**NORTHERN ONTARIO  
RURAL WOMEN'S SEMINAR**

**THE PROGRAM**

**TUESDAY, MARCH 20**

- 7:30 p.m. - Registration
- 8:00 p.m. - COLOUR DRAPING AND MAKE-UP  
"Colour is magic! No matter what kind of clothes you like to wear, the right colors can make the difference between looking drab and looking radiant!"  
Terryl Ledoux, Colour Consultant: COLOURS, North Bay
- 9:30 p.m. - informal reception

**WEDNESDAY, MARCH 21**

- 9:30 a.m. - "THE FARMER TAKES A WIFE"  
Kristina Maus, Concerned Farm Women, Kincardine
- 10:15 a.m. - WHAT ARE THE LONG TERM OPTIONS FOR YOUR BUSINESS  
John Beddows, B.A., Sturgeon Falls
- 11:15 a.m. - BEING AWARE IS OUR BEST PROTECTION  
Marilyn Sewell, P.Agn., Farm Safety Consultant,  
Ontario Farm Safety Association
- 12 noon - Dinner
- 1:00 p.m. - COMPUTERS: "WHAT CAN THEY DO? DO I NEED ONE?"  
John Rowsell, New Liskeard College of Agriculture  
Technology
- 1:45 p.m. - WOMEN'S HEALTH - DO YOU KNOW???  
Breast Self-examination and the Pre-menstrual  
Syndrome  
Dr. Dechesnes, M.D., Sturgeon Falls
- 2:30 p.m. - Break
- 3:00 p.m. - ASSERTIVENESS TRAINING -- LET'S START TODAY  
Gaetan Serre, Canadore College
- 4:00 p.m. - Closing remarks and adjourn
- 4:15 p.m. - Farm tour of Delormedale Holsteins (first farm on  
right as you leave the Sunbeam Hotel)