

# Area 4 Education Day – March 27, 2010

## It's A Wedding Shower!

### Class Descriptions

#### **Lauren Lindeman - Certified Judge, Music**

- ✓ Finding and Identifying Suitable Music
- ✓ Musical Artistry
- ✓ It's All About "Do" (sight singing)
- ✓ Who's On What and Who Cares (chord analysis)

#### **Lynn Randall - Certified Judge, Singing**

- Let's Sing (vocalizing properly)
- Let's Sing (continued)
- My Singing Scores Were What? (elements on the score sheet that identify quality singing and how to attain it)
- Sing "Till You're 106

#### **Jeanne O'Connor - Certified Judge, Presentation**

- Step It Up (some easy choreo moves)
- That's Entertainment (elements of Presentation)
- Visual Enhancement (watch DVD of performances and analyze)
- Bringing the Song To Life

#### **Katie Taylor - Director of 2nd Place Medalist Chorus**

- ❖ Building A Better Chorus
- ❖ Music Reader 101
- ❖ Music Reader 101 (continued)
- ❖ Music Teams Hints

#### **Marianne Cooke - International Board Of Directors**

- Newly elected chapter officers will want to attend this orientation and training on how to successfully lead and administer a Harmony, Inc. chapter. Start your harmony year off right and learn to better run the business of your chapter.

#### **Kate Pearce - Health Coach & Wellness Program Specialist**

- **Ready to Boost Your Brain Health?**  
Being at the top of your game whether it be at work, chorus, or home is vital in our busy world. Let's take a peek inside our gray matter to gain insight on how it

functions, understand what is needed for care and feeding of our master minds, test your brain IQ, and learn the "Top 10" for exercising your brain. Are you ready to empower yourself with good thinking?

- **Rev Up Your Energy!**

You used to eat without gaining an ounce...wouldn't you like to learn to recharge your metabolism? What is metabolism? Apply the FITT Principle and come up with a realistic starting plan for yourself. Tips and demonstrations of simple exercises to get on the path for feeling better and looking better...learn how you can start pursuing your best life now by being active for life. Bring a notebook, pencil, and resistance bands (if you have them).

- **Nutrition Mission: Leading a Delicious Life**

What are the healthiest foods to eat? What foods are going to address your holistic needs and make you feel good? Where can you turn for resources to calculate your calories and nutrition? You will learn about creating a plan for your successful daily nutrition, getting the "skinny" on dieting, and engage in lively sharing about identifying positive eating behaviors. Bring note taking supplies and your list of top 10 favorite foods written on paper.

Kate Pearce worked in the meat industry for over 20 years, went back to school and received her Registered Nurse degree, a nutrition certificate and is working as a Health Coach and Wellness Program Specialist for a wellness company in Sheboygan, WI. Her past 5 years in encouraging people to increase their positive choices and reduce risks demonstrated measurable amounts. She encourages others to "Live Well to Be Well". Kate is a member of Sound Celebration chapter of Plymouth, WI under the direction of Janice Westphal.