



*American Association of Family and Consumer Sciences
Connecticut Affiliate Spring Conference
Thursday, May 3rd, 2017 at The Spa at Norwich Inn*

Keynote Speaker and Presenter Michelle Jacobik, a financial and personal growth expert is a highly sought-after Budget Coach. Michelle has coached thousands on how to gain financial freedom while preaching that true wealth is about relationships, good health and continuing self-improvements. Her financial solutions & divorce support programs have successfully led individuals around the country in rebuilding their financial foundations. Using budgeting tools, debt reduction planning, and saving techniques within her signature LIFESTYLE RE-DESIGN PLANNING™ process, she helps clients forge their way toward their goals & the future they desire. She is also the author of *Prosperity After Divorce: Take Charge Of Your Finances & Create The Life You Really Want*, as well as a contributing writer for Thrive Global & DivorceForce.com



Specialized Breakout Sessions: perfect for focusing on areas you are most interested in learning more about and networking with teachers across the state who share your interests.

Presenters include:

- King Arthur Flour
- #Metoo Movement with Dr. Shannon Weaver
- Mindfulness - Sue Murphy
- Edible Education with Jen Rothman
- Cyber Safety with Sarah Peck
- FCS Teacher Martha Kelly

Exhibits: Local businesses from across the state want to talk to you about your classroom needs

Program of Events

7:30-8:15 Registration | “Wrap & Roll” Continental Breakfast

8:15-9:30 Welcome by Lori Peck, President AAFCS/CT

Keynote ~ Michelle Jacobik, financial and personal growth expert. Michelle has coached thousands on how to gain financial freedom while preaching that true wealth is about relationships, good health and continuing self-improvements.

9:45-10:45 Breakout Session #1

11:00-12:00 Breakout Session #2

Noon-1:30 Lunch | Awards | Meeting | Exhibits | Silent Auction

1:45-2:45 Breakout Session #3

3:00-3:15 Wrap-up | Program Evaluation Silent Auction Results Posted



Directions:

I-95 North to I-395 N via **EXIT 76** on the **left** toward **Norwich/Plainfield**. For 9 miles *merge* onto CT-2A E via EXIT 9 toward **Preston/Ledyard**. Then 1 mile to **CT-32** exit, EXIT 1, toward **Norwich/Uncasville**. Then 0.38 miles and turn **left** onto Norwich New London Turnpike/CT-32.

Continue to follow CT-32. For 1.42 miles to the Spa at Norwich Inn, **607 W Thames St, Norwich, CT**, 607 W THAMES ST is on the **left**.

2018 AAFCS/CT Spring Conference Registration Form

Name: _____

Phone: _____

Address: _____

City: _____

Zip: _____



Requesting Certificate of Participation:

_____ Yes _____ No

AAFCS Membership Number: _____

E-mail address: _____

Lunch Selection: *all lunches will be served with the Spa Garden Salad*

_____ **Chicken Marsala:** *Chicken, mushroom marsala sauce, twice baked potatoes, sautéed spinach*

_____ **Honey Lavender Salmon:** *Grilled Salmon, Norwich Inn honey-lavender glaze, jasmine rice pilaf & green beans Almondine*

_____ **Roasted Vegetable Primavera:** *Penne pasta with seasonal vegetables, garlic, extra virgin olive oil & fresh herbs*

Please indicate any Special Dietary Needs:

Please return paper registration form with a check made payable to **AAFCS/CT**
postmarked by **April 25, 2017**

Mail to: Karen Lutkus
161 Taylor Road
Colchester, CT 06415

_____ AAFCS Member: \$ 125.00

_____ Non-Member: \$ 125.00

_____ College or High School Student: \$ 50.00

School Attending: _____

Total Enclosed: \$ _____

Check # _____

P.O. Pending # _____

Questions regarding the program contact:

Karen Redanz

kredanz94@gmail.com

607 West Thames Street

Norwich, CT 06360