

MMM Ottawa-Outaouais EBB'S BAY WORKSHOP 2025!

SAVE THE DATE!!
SATURDAY, SEPTEMBER 20TH

9:30AM Start time

3:00PM Relax and enjoy the lake

5:00PM Pot-luck Supper

* Full schedule to come in September!

REGISTER TODAY!

MMM Colours, Dance Technique,
Movement Therapy, Creative Dance, Yoga & More!

187 Dunlop Crescent, Carleton Place, ON (Mississippi Lake!)

Bring comfortable clothing and proper footwear (if necessary) to dance with outdoors on the lawn, a yoga mat, bathing suit, sunscreen and bug spray.

Please bring your lunch & a pot-luck side dish for dinner and drinks of your choice for the day. MMM Ottawa-Outaouais will provide BBQ Salmon for dinner.

Register: susanljack@gmail.com / 613-250-0207

Fee ~ Donation to MMM Ottawa-Outaouais