



Spouse and Companion Program

Monday, June 1, 2009 - Join us for breakfast at 8:00 am...a chance to meet old and new friends and plan your week.

Tuesday, June 2, 2009 - All day trip to Banff after breakfast.

Cherished by Canadians, Banff National Park is renowned around the world as a protected paradise with 6641 square km of mountain, forests and lakes. But in the midst of this vast wilderness you will discover the beautiful town of Banff. We will ride the gondola up to the top of Sulphur Mountain and experience the "breathtaking" view of the magnificent Bow Valley and the Banff Springs Hotel. You will be able to have lunch at any of the great restaurants in the town and shop at the quaint boutiques and shops. Don't be surprised if an elk crosses your path.

Cost per person: \$25.00 (As the conference is subsidizing costs, your minimal cost will include coach transportation, taxes and lift ticket for the ride up Sulphur Mountain.)

Wednesday, June 3, 2009 - Hands On Cooking Lesson - Cowboy Cuisine

We will spend the morning preparing and cooking our own lunch. The chef, of the Talisman Centre, is planning a Western style, 3 course meal that will allow all of us to experience Calgary. Don't miss this opportunity to learn a few new culinary ideas and have fun doing it.

The Talisman Centre is an exceptional, experience-driven environment that inspires people from Calgary and around the world to achieve and celebrate their sport and wellness aspirations. It provides facilities, programs and services for the wellness and recreational sporting needs of all.

Cost per person \$25.00 (As the conference is subsidizing costs, your minimal cost will include coach transportation, taxes, instructor and all food and non-alcoholic beverages.)

For further information, please do not hesitate to contact either Sharon Fisher at sharonfisher@cogeco.ca (905) 319-9748 or Brenda McCready at brenda.mccready@cme-mec.ca (780) 426-6622

REGISTRATION DEADLINE – MAY 31, 2009

For complete details on our companion program or to register, visit the conference website at www.measureupforsuccess.com

Name: _____

Address: _____

Telephone: _____ E-mail: _____

I would like to participate in the following Companion Program Events:

All Planned Events — \$50.00

Tuesday — \$25.00

Wednesday — \$25.00

PAYMENT OPTIONS:

Check/Money-Order enclosed (payable to AME)

Visa

MasterCard

AMEX

Discover

Card #:

Exp. Date:

Security Code #::

Signature of Card Holder:

How to Register: By Fax: 224/232-5981

By Web: www.measureupforsuccess.com

By Mail: 3115 N. Wilke Rd, Suite G Arlington Heights, IL 60004

For additional details or questions, contact: Del Crawford 224/232-5980 ext.223