

# I CAN DO IT!<sup>®</sup> *At Sea*

## **WRITER'S WORKSHOP: I CAN PUBLISH MY BOOK! PROGRAM 4**

**Featuring Lisa Fugard, Reid Tracy & Margarete Nielsen**

**JULY 11-18, 2009**

**ALL SESSIONS WILL BE HELD IN THE QUEEN'S LOUNGE  
— ENTRANCE ON DECKS 4 & 5**

SATURDAY 7/11 7:30PM – 10:00PM	SEATTLE, WA ~ EMBARKATION REID TRACY
SUNDAY 7/12 7:30AM – 8:30AM	AT SEA Ship Shape with Chris Rauchnot (Lido Pool ~ Deck 8) Exercise/Stretch (not in pool) Open to Everyone – Limited Space
11:30AM – 1:30PM	LISA FUGARD
MONDAY 7/13 7:30AM – 8:30AM 11:00AM – 9:30PM 11:30AM – 1:30PM 1:30PM – 2:00PM	IN PORT Ship Shape with Chris Rauchnot JUNEAU LISA FUGARD LISA FUGARD BOOK SIGNING
TUESDAY 7/14 7:30AM – 8:30AM 5:30PM – 7:30PM	AT SEA Ship Shape with Chris Rauchnot LISA FUGARD
WEDNESDAY 7/15 7:30AM – 8:30AM 8:00AM – 4:00PM	IN PORT Ship Shape with Chris Rauchnot SITKA
THURSDAY 7/16 7:00AM – 1:00PM 7:30AM – 8:30AM 11:00AM – 1:30PM	IN PORT KETCHIKAN Ship Shape with Chris Rauchnot MARGARETE NIELSEN
FRIDAY 7/17 7:30AM – 8:30AM 8:30AM – 9:30AM 6:00PM – MIDNIGHT	IN PORT Ship Shape with Chris Rauchnot REID TRACY ~ LISA FUGARD ~ MARGARETE NIELSEN VICTORIA, BC
SATURDAY 7/18	SEATTLE, WA – DISEMBARK