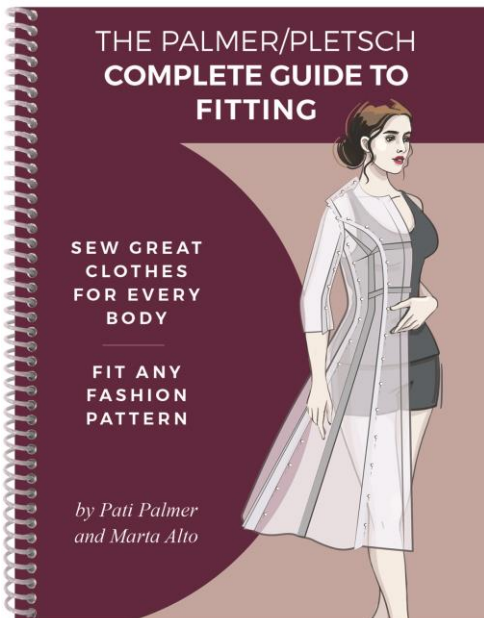




FITS **Sew**WELL  
*come be inspired!*

*Palmer/Pletsch*  
Certified Sewing Instructor



## *Fit for Real People*

### Palmer/Pletsch Workshop

Do you love to sew but are frustrated because nothing seems to fit? Regardless of your body type you can get commercial patterns to fit and look 10 pounds thinner!

During this 4-day workshop, a Certified Palmer/Pletsch Sewing Instructor will guide you thru the fit process. You will:

- Determine your appropriate size
- Understand how your body differs from the basic sloper from which patterns are designed
- Determine what type of designs would flatter you
- Learn the Palmer/Pletsch FIT process: tissue-fit & fit-as-you-sew
- Tissue fit several commercial patterns
- Fabric fit at least one garment

*Repeat attendees welcome to attend 2 of the 4 sessions (specify when you register). Those new to tissue fitting are encouraged to attend for the entire 4 days.*

### Learn to fit commercial patterns with confidence!

**Dates:** Friday/Saturday – Oct 13,14,20,21 2023  
9:00 – 4:00pm

**Cost:** \$195 + GST (2 days – Friday or Saturday) **or**  
\$330 + GST (4 days @ 15% discount)  
*Fit pattern B6849 provided*

**Skill Level:** Basic sewing experience required

**Location:** McKenzie Lake S.E., Calgary