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## Directions to KR Training:

From South take Everett Turnpike N toward Manchester. Take exit to Rt-101W

From North take 293 S to exit Rt-101W

From East take 93 N toward Manchester. Exit Left onto I-293 N. Continue on Rt-101W

From Rt-101 W take Kilton Rd exit onto RT-3 S (South River Road). Turn Right on Back River Rd (at Dunkin Donuts). Take immediate Right on to St. Andrews Drive. KR Training is located last condo on right

KR Training  
47 St. Andrews Drive  
Bedford, NH 03110

Scheduled Classes plus One on One  
Tutoring Available

Registration: (603) 606-1944

Cost: Fees may vary depending on  
classes

Contact: Regie Messamore  
[r.messamore@comcast.net](mailto:r.messamore@comcast.net)  
[KR-Training.biz](http://KR-Training.biz)  
(603) 606-1944

## KR Training

### Instructor – Regie Messamore

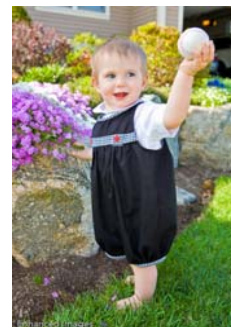
Lessons given by Regie Messamore. Regie has 50 plus years of sewing experience. She goes to Martha Pullen School of Arts and Fashion in Huntsville, AL once a year and brings back all the latest heirloom techniques.



## KR Training

### Sewing Lessons

You're never too young or old to learn to sew. Sewing can be relaxing and very rewarding once you've made that first, and subsequent, piece of garment, quilt, table scarf, or whatever. Check out the Calendar for all class postings. Fees may vary depending on classes



## Beginner Classes

- Pillow
- Pillow Cases
- Skirt (with or without embellishments)
- Tops



## Intermediate Classes

- Machine Embroidery
- Beginner Quilt multi-hoop read & modify pattern



## Advanced Classes

- Heirloom Dresses
- Dresser Scarfs with mitered corners

