

**12:00-12:50 Lunch**

\_\_\_ **1:00-1:50 Discover Junk Journaling-** a new low-cost way to express yourself, collect memories, display art or anything you want to put into book form. We'll cover the basic "how-to's", get inspired with samples on YouTube, and try some fun techniques to take home. You can start collecting materials you already have at home - even objects normally destined for the trash - "bits and bobs", photos, tags, stickers, cards, magazine pictures and words, special paper, quotes, etc. for your own Junk Journal.  
Taught by Debbie Andrus

\_\_\_ **1:00-1:50 Natural, Everyday Makeup for Mature Skin-** Haley Hargrove A step-by-step demo focusing on enhancing natural beauty with a few key products. Teach techniques for a fresh, light foundation application that doesn't settle into fine lines and a simple approach to eye makeup that brings out the eyes. **High-light:** Show how to use cream-based products that blend seamlessly for a more youthful look

\_\_\_ Return the registration form with your \$15 donation to:

Seniors in the Park, PO Box 178, Whitewater WI 53190 or drop off at the Starin Park Community Center. Checks made out to City of Whitewater.

# WOMEN'S DAY

***February 21***

***9:00-2:00pm***

*At the Starin Park*

*Community Building*

*504 Starin Rd, Whitewater*

*Proceeds to benefit the*

*Rockin' Respite*

Enjoy a day away celebrating you! This one-day Women's Day features opportunities for your brain, body, and soul.

# Registration Form

You will have the opportunity to enjoy a personal or 2 person sound healing experience during the event.

More information below

Sound Healing uses targeted frequencies and vibrations on a cellular level to return one's body to its natural healing capabilities. At a minimum, most participants will feel profoundly relaxed after a session. Additional benefits may include reduced pain and inflammation, improved sleep, reduced symptoms of anxiety and depression, and improved focus and clarity of mind, just to name a few.

All sessions will be held on a first come first serve basis between 10a-2p for the following discounted rates for this special event:

## **Individual Sound sessions:**

60-minutes: \$50

30-minutes: \$25

## **Group Sound sessions (2 or more people):**

60-minutes: \$20 per person

30-minutes: \$15 per person

## **Tuning fork treatment only (individual only):**

30-minutes: \$15

Lori accepts cash, checks, Venmo, or Zelle payments

Appointments are between 10 am-2 pm

Name: \_\_\_\_\_

Phone: \_\_\_\_\_

Email: \_\_\_\_\_

## **Please check the sessions you will be attending.**

9:00-10:00 Welcome and What is Sound Healing

\_\_\_ **10:00– 10:50 Alzheimer’s Disease and Healthy Brain**

**Aging...for Women** –Dr. Van Hulle will discuss the difference between healthy aging, dementia and Alzheimer's disease. How being a woman might influence risk and resilience for Alzheimer's disease. Finally she will review the evidence behind lifestyle changes that might help reduce the risk for Alzheimer's disease.

\_\_\_ **10:00-10:50 Yoga with Brienne**– Bring a yoga mat and

start your day off with some enjoying yoga.

\_\_\_ **11:00-11:50 Stress Management: Make Peace with**

**Your Anxiety and Move Forward**– Stress is a normal part of life, but it doesn’t have to define our daily experience. Stress management helps you manage the ups and downs in your life with greater ease. Learn practical ways backed by science and spiritual teachings to reduce anxiety and manage stressful feelings. You have the power to turn a daily experience of stress into one of living in a more peaceful state of being.

\_\_\_ **11:00-11:50 Tai Chi and Qigong**- Wisconsin Tai Chi

Academy Assistant Instructor Amber Glass will give participants an opportunity to learn about the benefits of Tai Chi and Qigong for health, fitness, and well-being. Participants will also have the chance to learn a Qigong set! Suitable for all ages and abilities!