

Women's Center Events

November 2010 - January 2011

Bone Builders Exercise Class

Tuesdays/Thursdays, Noon - 12:30 pm, \$45

12 classes per session, next session begins January 4

This is a low-intensity progressive resistance and weight-training class meeting twice a week for 30 minutes.

Bone Density Screenings (Heel Scan)

November 8, 2 pm - 5 pm, \$5

Space is limited, register soon!

Connections Book Club for Women

November 13 & January 15, 9 am - 10:30 am, Free

Join friends as we explore books related to women's interests.

Light breakfast served. Please call to register, verify the next meeting date and get the current book title.

Dessert with the Doctor

- *New Hope for Healing: Hyperbaric Oxygen Medicine*

November 11, 6:30 pm - 8 pm, Free

Join Dr. Marica Hauter for an educational evening discussing the new science and technology for healing a variety of medical conditions, including diabetic wounds, using oxygen therapy.

- *Mindful Eating*

January 28, 6:30 pm - 8 pm, Free

Join Amy Zacharias, MD, as she leads us in a discussion on true hunger and emotional eating. Learn how to eat what you love without overeating or guilt! Also, get some tips for recognizing emotional hunger and some ideas for improving your health and happiness through mindful eating.

Girl Talk

January 7, 5 pm - 8:30 pm, \$20/mom & daughter pair

\$5/second daughter

An event for girls ages 9-12 and their moms. Event line-up will include presentations on skincare, self-esteem, internet safety, and body changes. Dinner will be served and each mother daughter pair will be able to participate in a craft project.

Women Taking Care Luncheon - *Easy Winter Decor!*

Make Swags, Garlands & Center Pieces!

December 7, Noon - 1 pm, \$12

Join staff from Casey's Garden Shop as they show us how to turn cut branches, twigs and berries found in our own backyard into beautiful winter swags, garlands and center pieces! Also, learn more about what types of fresh greens and flowers look great and last during a season of celebration. Lunch will be served.

Registration is required for all events, unless otherwise noted.

To register, please call

1.800.3.ADVOCATE

(1.800.323.8622)

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