

Lighten Your Life

24th Focus on Women

Resource Day

Thursday, April 25, 2019

3:30-8:00 pm

Juneau Community Center

500 Lincoln Drive, Juneau



3:30-8:00 p.m. Booths and exhibits ongoing

Exhibits will be available with information on health education and services provided by area agencies, as well as products to “pamper” the woman in you. A Silent Auction will be held throughout the evening with prizes donated from the booth vendors.

A light buffet prepared by Jason White will be available from 4:30-6:30 p.m. for all registered guests.

Pre-registration is required with a \$10.00 non-refundable registration fee per person.

4:30 p.m. Lighten up and Reduce Stress “Taking Care of You”

Pattie Carroll, University of Wisconsin Division of Extension will present this research-based program which offers practical strategies and experiences to help parents, caregivers, and community members deal with stress in their daily lives. Learn how to manage life’s challenges in healthy ways and allow you to take better care of yourself, your overall health, and others in your care.

5:45 p.m. Lighten up and Breathe “Resistance Training”

Rachel Schraufnagel is a motivating physical therapist from Beaver Dam Community Hospitals, Inc. who specializes in therapeutic exercise to strengthen your posture and combat back pain. You will learn simple and effective ways to strengthen your body in your home with provided resistance bands.

6:30 p.m. Lighten up and Laugh “From Hollywood to the Cornfields”

Leslie Norris Townsend is a fun, high-energy comedienne providing clean stand-up comedy, music and audience participation that is as much “show” as it is a “party.” In the classic fish-out-of-water tale, Leslie moved from Hollywood to rural Ohio to live and work on her family’s 100-year-old farm. She raises her family in rural America on little money and no farm experience by using lots of laughs and accepting her surroundings. She teaches you the lessons learned by laughing through adversities. This former Beauty Queen offers the audience of every size and personality an intriguing look at marriage, motherhood and trying to balance it all while maintaining your sanity!

Questions? Call (920) 386-2866

This resource day is sponsored by Beaver Dam Community Hospitals, Inc. and coordinated by the following agencies committed to a healthy community: Dodge County Housing Authority, Moraine Park Technical College, University of Wisconsin Division of Extension, BDCH, and community members at large.

Focus on Women Registration Form

Name: _____ Address: _____

City, State, Zip: _____

Phone: _____ Email: _____

Registration required by April 15, 2019 – first-come, first-served basis. Seating is limited. Registration must include the name, phone and email of all persons attending and a \$10.00 non-refundable per person registration fee.

Checks made payable to: **BDCH Focus on Women**



Mail registration form and \$10.00 per person to: Dodge County Housing Authority, 491 East Center St., Juneau, WI 53039