

# Women's Wellness ❖ Day ❖

**“YOU HAVE A CHOICE”**

Take part in wellness activities, shopping, and your choice of two breakout sessions focused around physical, mental, nutritional, and spiritual wellness. Women of all ages are welcome!



Thank you to our generous sponsors for making Women's Wellness Day a possibility.

Confirmed sponsors at time of printing.

Exhibitor Spaces are available for Women's Wellness Day! For information call the Chamber office at (920) 982-5822 or visit [www.NewLondonChamber.com/womens-wellness-day](http://www.NewLondonChamber.com/womens-wellness-day)

**ORGANIZED BY:**



# Women's Wellness ❖ Day ❖

**“YOU HAVE A CHOICE”**

**SATURDAY, FEBRUARY 22, 2020  
8 AM - 3 PM**

*Doors open at 7:45 a.m.*

New London High School  
1700 Klatt Rd. New London, WI

The 17<sup>th</sup> Annual Women's Wellness Day coincides with the 100<sup>th</sup> anniversary of women gaining the right to vote in the US. When it comes to your health & well-being, remember, *you have a choice!*

**HOSTED BY:**



**ThedaCare™**  
Medical Center-New London

New London Area Chamber of Commerce  
420 N. Shawano St.  
New London, WI 54961

## KEYNOTE PRESENTATION



### HOPE ZVARA

Hope is a motivational speaker and female entrepreneur, specializing in the practice of yoga. Her personal experiences have led her to develop a unique message and technique that not only inspires people in a time of grief, but helps them find the courage to move forward. Hope has a true passion for connecting with people and helping them find value in their life. Through years of focusing on her own journey and recovery, she has developed a process called “The HOPE Process” which involves **Helping Others to Purposefully Excel** using the three B’s: Breath, Body, and Belief. Hope provides an experience focused on self-love, self-care, healing, and well-being.

## BREAKOUT SESSIONS

Select your **two** favorite sessions from the following and note them on the registration form. Breakout sessions are each one hour long and will be staggered at 8:30, 9:45, and 11 AM.

**You Have a Choice of Products for Your Home**—Have you wondered what goes into the commercially-produced products you may be using on yourself and in your home? The **Essential Woman** creates natural alternatives to these products using natural ingredients and essential oils. Leave with the knowledge and recipes to make foaming hand soap, hand sanitizer, body wash & scrub, bath salts, and a healing salve. All can be made in your kitchen and on a budget. *Presented by: Robin Joy Ernst of Robin’s Nest Learning Center & doTERRA Essential Oils*

**You Have a Choice to Stay Healthy & Prepared**—Learn tasty recipes and many tips to switch up your weekly meal prep process. Preparing healthy meals in advance will save you time & money, help keep you more organized, and may result in less overall stress! Over time, you’ll have more energy from eating better and reaching your health goals! *Presented by: Tracey Johnson of Longevity Nutrition*

**You Have a Choice with Your Health**—You have breast cancer, besides being terrified, what do you do now? Have you been bombarded with advice on natural options to fight your cancer? Maybe you turned to Google and are confused by the options? Is anything natural even worth it? Author Jeanne Gehrke spent the summer of 2018 navigating through chemotherapy but desperately wanted to fight it naturally. Her experience will help you navigate when it comes to fighting breast cancer. Gain the knowledge to help manage chemo side effects naturally, do everything you can to make sure the cancer won’t come back, and more from someone with first-hand experience. *Presented by Jeanne Gehrke of doTERRA Essential Oils*

See Next Page for remaining Breakout Sessions

**You Have a Choice to Stay Active**—Build a health relationship with your body in this yoga class! The class is set in an encouraging environment and focuses on movements, balance and intention to heal, detoxify, and exhilarate the body. This session is great for a variety of skill levels. *Presented by: Trish Schmidt of New London Parks & Recreation*

**The Fight for Your Choice; Celebrating the 19th Amendment**— Discover something new about the fight for women’s voting rights. In this 100<sup>th</sup> Anniversary year of the ratification of the 19th Amendment, Christine Cross, New London Public Museum director, will talk about the decades long battle to win the right to vote and Wisconsin’s important role in the process. *Presented by: Christine Cross of the New London Public Museum*



### FEBRUARY 22, 2020 SCHEDULE OF EVENTS

7:45 AM	Doors Open ▶ Registration ▶ Free Time ▶ View Exhibits & Shop
7:30 AM	Continental Breakfast Begins
8:15 AM	Welcome
8:30 - 9:30 AM	Breakout Session 1 or Shop
9:45 - 10:45 AM	Breakout Session 2 or Shop
11 AM - 12 PM	Breakout Session 3 or Shop
12 - 1 PM	Lunch in the Commons
12:30 - 1:15 PM	Makeover 101 with local artists and stylists
1:30 - 2:30 PM	Keynote Presentation: Hope Zvara
2:30 - 3 PM	Door Prize Giveaways & Closing

## REGISTRATION

Name \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_

State \_\_\_\_\_ Zip \_\_\_\_\_

Phone \_\_\_\_\_

Email \_\_\_\_\_

I would like to attend the following **two (2)** breakout sessions at the following times:

\_\_\_\_\_ Time: \_\_\_\_\_

\_\_\_\_\_ Time: \_\_\_\_\_

I am attending with a friend; please schedule us in the same classes at same times (list name below)

\_\_\_\_\_

\_\_\_\_\_

**Seating is limited – please return registration ASAP**

**Cost: \$35 per person.** Each ticket includes continental breakfast, two (2) breakout sessions, lunch, hair & makeup show, keynote presentation and door prizes PLUS numerous exhibits and vendors.

**1. Make check payable to: NLCOC**

**2. Mail check and registration form to:**  
New London Chamber of Commerce  
420 N. Shawano St.  
New London, WI 54961

**Advanced registration & payment is required to attend. Seats are limited. Contact the New London Chamber at (920) 982-5822 with questions.**

