

Women's Wellness Walk

May 15, 2021

FAMILIAR GROUNDS

SCHEDULE OF EVENTS

8:00 AM

Doors Open

- *Registration
- *Breakfast Begins
- *Socialize
- *Exhibits & Shop

8:30 AM Welcome

9:30-10:30 AM Activity 1

11:00-12:00 PM Activity 2

12:30 PM Lunch

12:45 PM Fashion Show

1:15 PM Closing

1:30 PM Door Prizes

Advanced registration & payment is required to attend. Seats are limited - walk-in availability based on activity registration. New London Senior/Disabled transit van will be available for those who qualify. Questions? Contact the New London Chamber at (920) 982-5822, or visit: www.newlondonchamber.com



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



Women's Wellness Walk

SATURDAY, MAY 15, 2021

8:00 AM - 2:00 PM

FAMILIAR GROUNDS

*An Enriching Event for Women of ALL Ages!
Relieving Stress the Natural Way*



Women of all ages ... experience this enriching event which offers a wide variety of resources and services designed to guide you towards a healthy lifestyle.

Visit a variety of exhibitors who will be available to educate and share various self-care products!

Hosted by
 **ThedaCare**

SPACE IS LIMITED - REGISTER TODAY!

REGISTRATION

Name _____
Address _____
City _____
State _____ Zip _____
Phone _____
Email _____

I would like to attend the following two sessions at the following times:

_____ 9:30am Class
_____ 11:00am Class

I'm attending with a friend, please schedule us in the same classes at same times (list names below)

Seating is limited- Please return Registration ASAP

In order to prevent the spread of COVID-19 in our community, WEDC guidelines will be in place.

Cost: \$35 / attendee

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

Exhibitor Spaces are available! Contact the Chamber for more information.



\$35 per person

Includes...

- Welcome bag
- Light Breakfast
- Choice of 2 Activities
- Healthy Lunch
- Door Prizes

Activity Sessions

Select your two favorite sessions from the following and note them on the registration form. Attendees will walk to their sessions. Activities run from: 9:30-10:30am and 11:00am-12:00pm. New London Senior/Disabled transit van will be available for those who qualify.

Stress Relief Related to COVID-19

Advanced Physical Therapy & Sports Medicine
Tammy Vanevenhoven

Understanding the Mind-Body Connection - the mental health effects of surviving a pandemic, learn coping strategies, and stress relieving techniques. Benefits of meditation, mindfulness.

Health Journey of Self Love

Longevity Nutrition - Tracey Johnson

It's time to SHINE, be INSPIRED, get MOTIVATED and most importantly, EMBRACE your inner joy. Are you ready?

- Emotional and Physical Self Love
- Healthy Eating and Meal-Prepping
- Creating more time for self-Care
- Goal Setting & Journaling

Kickboxing

Academy Martial Arts
Trapper Danke

Our Kickboxing class is much more than just a cardio workout. We provide you with a well-rounded workout that burns calories, relieves stress, and teaches you skills used in self-defense. Our program is available for all fitness levels!

Yoga / Chair Yoga

New London Parks & Recreation
CeCe Hutchinson (Yoga)
Mary Bohm (Chair Yoga)

This Vinyasa flow of yoga uses a sequence of poses that change with every breath to increase strength, flexibility, endurance and balance.

Chair yoga is practiced sitting on a chair or standing using a chair as support. Learn many yoga postures, breathing techniques, meditation, and ways of relaxation without having to get down on the floor. This class is for all abilities.

CBD Products

TheDaCare Physicians - New London
Dr. Daniel Cunningham, PharmD, CDCES

Dr. Cunningham will be sharing the dangers of unregulated CBD products and help attendees to understand the importance of finding safe natural alternatives.