

# Women's Wellness Walk

May 18, 2024

FAMILIAR GROUNDS

## SCHEDULE OF EVENTS

8:00 AM  
Doors Open

- \*Registration
- \*Breakfast Begins
- \*Socialize
- \*Exhibitors & Shop

8:30 AM Welcome

9:45-10:45 AM Activity 1

11:00-12:00 PM Activity 2

12:30 PM Lunch

12:30 PM Fashion Show

1:00 PM Door Prizes

Advanced registration & payment is required to attend. Find tickets online at Eventbrite or return this form. Seats are limited - walk-in availability based on activity registration. Waupaca County Catch-a-Ride will be offering rides to classes if you are unable to walk to them. Questions? Contact the New London Chamber at (920) 982-5822, or visit: [www.newlondonchamber.com/womens-wellness-walk/](http://www.newlondonchamber.com/womens-wellness-walk/)



Presented by:

**ThedaCare®**



**Lynn Tank  
Agency**



Insurance Options for All Ages



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OPEN UNTIL 4/3/2024.



# Women's Wellness Walk

**SATURDAY, MAY 18, 2024**

**8:00 AM - 1:00 PM**

**FAMILIAR GROUNDS**

*An Enriching Event for Women of ALL Ages!*

*Me First - A Time To Reflect & Regroup*



Spend some time with the ladies in your life with a day dedicated to health & wellness.

**This is the Perfect Mother's Day Gift.**

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

Presented by



**ThedaCare®**

**SPACE IS LIMITED - REGISTER TODAY!**

## RETURN REGISTRATION

Name \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_

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

Phone \_\_\_\_\_

Email \_\_\_\_\_

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

\_\_\_\_\_ 9:45am Class

\_\_\_\_\_ 11:00am Class

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

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Seating is limited- Please return  
Registration ASAP

**Cost: \$35 each or 4 for \$100**

Bundle deal only good on tickets  
purchased together. No refunds.

OFFICE USE:

Initials: \_\_\_\_\_ Invoice: \_\_\_\_\_ Registered \_\_\_\_\_

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

Or call (920) 982-5822 for payment  
over phone. All major credit cards accepted.

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



# \$35

Includes...

- Welcome bag
- Light Breakfast with Mimosa
- Live Music all day
- Exhibitors
- Choice of 2 Activities
- Healthy Lunch
- Fashion Show
- Door Prize Giveaways

per person or  
bundle 4 for \$100

### Activity Sessions

Select TWO sessions. Walk to your session  
and return to Familiar Grounds. Transportation  
is available.



## Me First, a Time to Reflect & Regroup

LOCATION: 106 W. NORTH WATER ST.  
MK FLOORING BUILDING, CLASS DONE BY THEDACARE



Things you should know about your Annual Physical  
and routine care! Come learn what is new regarding  
recommended health maintenance to ensure that  
you can live your best life. Tina Bettin will share the  
important changes that you need to know to stay on  
top of your health and well-being.

## Dream Pillows

LOCATION: 303 W. NORTH WATER ST.  
USW LOCAL 2-1970, CLASS DONE BY IRISH ACRES FARM STAY



Say YES! and join in the Y.ou E.mpower S.pirit  
DREAM PILLOW craft session. Learn about the  
history and meaning of a dream pillow. Dream  
pillows are the key to the limitless universe of  
dreams. They induce relaxation and melt away the  
day's nervous tension. Create your own  
personalized small muslin sachet filled with a blend  
of organic aromatic herbs.

## Chalk Couture With Robin



LOCATION: 112 W. WOLF RIVER AVE.,  
ROBIN'S NEST LEARNING CENTER, LLC

Are you interested in making some beautiful crafts  
to decorate your home for a special occasion, or  
give to someone special as a gift? If you're not  
sure where to start, this is the class for you. Create  
a canvas project with Robin a designer with Chalk  
Couture. You don't have to be artistic, just be  
open-minded to trying something new.

## Make Some Macramé



LOCATION: 509 W. NORTH WATER STREET  
EVENTS EVERLASTING

Macramé is a form of textile produced using knotting  
techniques. The primary knots of macramé are the  
square and forms of "hitching" various combinations of  
half hitches. Create something fun and learn a new skill  
while relaxing with your friends.

## Purposeful Potting



LOCATION: 609 N. SHAWANO ST  
BEES & BLOSSOMS FARM

Growing flowers in pots will not only brighten up your  
backyard but they will also brighten your mood. Check  
out this demonstration class at a greenhouse and learn  
from the expert gardener, Liz who will give you tips to  
liven up your outdoor space and give you potting tips  
you can use at home.

## Beginner Yoga & Self Care

LOCATION: 213 W. NORTH WATER ST.  
MINDFUL MOVEMENTS YOGA STUDIO



Yoga is a practice that connects the body, breath and  
mind. It uses physical postures, breathing exercise and  
meditation to improve overall health. Join Mindy at her  
brand new yoga studio downtown for this beginner yoga  
and self care class. Yoga is a great way to improve your  
overall health and well being.