

# 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



## ***NORTHLAND*** ***ELECTRICAL SERVICES***



## WOLF RIVER COMMUNITY BANK



# 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.