

4. Friendships: Their Making & Keeping

SHEILA HALLMANN & CAROL LYSNE

Our friendships may change, may even end, as our life circumstances change. In this workshop we explore how to make new friends as well as ways to maintain and care for existing friendships. Learn to make the nurturing of friendships a priority and you will have vital and long lasting relationships your entire life.

"My friends are my estate." Emily Dickinson

Sheila Hallmann RN., DGFUMC's Advocate Parish Nurse and Carol Lysne, Director of Mental Health Ministries share an office and a passion for educating people about the body-mind-spirit connection. Together they form the "Wholly Health Group."

5. Your House is a Mirror of Yourself

JACQUI NEURAUTER

Understand yourself and the choices you have made by exploring your home as a symbolic mirror of your inner self. Reflected here are your past, present, and how you are moving forward or being blocked on your life journey. Visualization, reflection, drawing and group sharing help you learn how to create a home for your soul and spirit to thrive.

6. Aging "Gracefully"

BONNIE J. PRICE

In this workshop we will identify the cultural and social experiences that have shaped our identity and created our beliefs about aging. We will move from self doubt, guilt and defensiveness to choice: the choice to love and express who we are, to enjoy the opportunities the present offers, and to have fun while living the "well lived" life.

Bonnie J. Price M.A. Bonnie brings a wealth of experience with her. She is a great grandmother. She has worked for the DuPage Probation Dept., IL Dept. of Mental Health, U.S. Department of Agriculture, and Rush Pres. St. Luke's Hosp. She is also a certified hypnotist.

Design your program to suit your personal tastes ...

\$35 for All Day provides:

3 workshop sessions plus lunch & exhibits

~ or ~

\$15 for each individual workshop

\$15 for lunch & exhibits

Registration requested by April 12

Name _____

Phone # _____

Email _____

_____ Morning Keynote Workshop

_____ Lunch & Exhibits

Choose Two Afternoon Workshops:

Circle a preferred time

1:30 3:15 Letting Go & Moving On

1:30 3:15 Enrich your Life by Demystifying the Energy of Money

1:30 Radiant Sexuality

1:30 3:15 Friendships: Their Making and Keeping

1:30 3:15 Your House is A Mirror of Yourself

1:30 3:15 Aging Gracefully

Paid _____ Ck _____

**Lunch ~ Exhibits ~ Demonstrations
11:30 - 1:15 in Gym**

Cooking For One or Two ~ **Trader Joe's**/Brian Hunter

Revitalize Your Beauty ~ **Walgreen's**/Skin Care and Makeup

The Art of Hair ~ **Katherine Threatt**/Simple and Complimentary Hairstyles

Clothes You Love to Live In ~ **Weekenders**/Diane Brod

Get Organized ~ **The De-Clutter Box**/Kim Cosentino
A Passion to Create ~ **The Quilt Basket**/quilting

Traveling Women ~ **Mayflower Tours**



beginning

anew

Create The Life You Want To Live

Saturday, April 14, 2007

Keynote Workshop:

"Mastering What's Next"

Jacqui Neurauter

9:00 registration/Workshop 9:30 AM

**11:30 Luncheon featuring Lively Exhibits
and Demonstrations**

**Choose Two from Six Afternoon Workshops
(Each offered at 1:30 and 3:15)**

**Design your program to suit your
personal tastes ...**

Call forth a new reality for yourself

by creating and defining

Who You Will Be

First United Methodist Church
1032 Maple Avenue, Downers Grove, IL 60515
Tel: 630-968-7120 Web: www.dgfumc.org



Keynote Workshop:

“Mastering What’s Next”

Jacqui Neurauter of Harmonious Pathways

Workshop 9:30—11:15 AM

A new chapter of your life is waiting to unfold. How would you like it to look? Will you be the one to choose or will you leave it up to chance? You now have an opportunity to bring out your music and be reborn to experience the most rewarding and fulfilling period of your life. “Mastering What’s Next” is about garnering and channeling wisdom from your life as you let go of the past and begin your new adventure. Learn how to tap into the real you, overcome obstacles and create a meaningful vision for your life, whether it involves a new career, paid work, service, new learning, family, or fun.

Jacqui Neurauter

Personal/Professional Coach and Consultant

*Jacqui specializes in helping clients realize healthy, fulfilling, prosperous and successful lives through personal and professional coaching. She believes that being in tune with your authentic truth balanced with a supportive environment leads to meaning and harmony in your life. She is also presenting **Your House Is a Mirror of Yourself** workshop this afternoon. Jacqui is a graduate of the Coaches Training Institute and an adjunct faculty member at Harper and DuPage Community Colleges. Her work has been highlighted in the Chicago Tribune and Crain’s Chicago Business.*

Visit Jacqui’s website:

www.harmoniouspathways.com

Afternoon Workshops Selections

1:30-3:00 PM repeated at 3:15-4:45 PM

CHOOSE TWO FROM THE FOLLOWING SIX:

1. *Letting Go and Moving On*
2. *Enrich Your Life: Demystifying the Energy Flow of Money*
3. *Radiant Sexuality*
4. *Friendships: Their Making & Keeping*
5. *Your House is a Mirror of Yourself*
6. *Aging “Gracefully”*



1. Letting Go and Moving On

SHELLY ZABIELSKI

Comparing what we expected in life to *what is* can lead to feelings of disappointment and unhappiness. We are faced with a decision, “Will we struggle and fight with what is occurring or will we accept and deal with it head on?”

Through discussion and activities, we will explore the concept of acceptance, which suggests that although we may prefer that things in our life be different, we come to recognize the futility of the struggle. This is an ultimate form of wisdom and the greatest stress reliever we can embrace.

Shelly Zabielski B.S.N., M.A.T. worked as an oncology and urology nurse at Hinsdale Hospital for seven years and as an elementary school teacher for thirteen years. She is currently completing her Masters of Science in Clinical Psychology at Benedictine Univ. in Lisle. Shelly is presently serving her internship at DGFUMC where she leads parenting classes and provides reduced fee counseling. Shelly became a paraplegic in 2002 following aortic surgery. Learning to adjust to life in a wheel chair has been her own process of “Letting Go and Moving On.”

2. Enrich Your Life:

Demystifying the Energy Flow of Money

MARCIA GERZAN

This money workshop offers the opportunity to think a new way about money and learn the deeper meaning of money’s energy. We will explore and discover how money fears block the energy flow of wealth and blessings that are available to each of us. By changing limiting thoughts and behaviors, you can make choices that allow money to flow with ease in your life.

Marcia Gerzan, is a Financial Coach, Divorce Mediator and Educator. She is a professional speaker on the subject of money and finance. With over 25 years of financial experience with individuals, couples and groups, her life work is to share her knowledge and money expertise with others. Her true intention is to inspire others to be financial aware; find in themselves clarity, ease and joy in life.

3. Radiant Sexuality

SALLY STROSAHL

As we age, our bodies and sense of sexuality change also. Radiant sexuality flows from radiant beauty—mind, body, spirit. Menopause presents another opportunity to define our own unique needs and what feels good to us at this stage in our lives. We will explore radiant sexuality from a spiritual, physical and emotional perspective with stories, laughter and the “Belly Button Song.” Not for married women only.

Chocolate will be served!

Sally Strosahl, M.A., LCPC is a marriage and family therapist and musician who presents about wellness and health at any size with a mind, body, spirit perspective. She loves teaching the ancient healing chants and energizing groups with song and movement. She is the mother of 3 adult children and is collecting ideas about radiant grand parenting.