

❧ Breakout Sessions ❧

REFLEXOLOGY

Nancy Beauchamp, BSN holds a Bachelor of Science in Nursing, is a certified Reflexologist, Certified Parish Nurse from Marquette University and is the owner of **Just Imagine It**, which offers natural options for personal health management. Reflexology is an ancient touch therapy on specific reflex points and zones in feet, hands and ears. Reflexology treatments can relieve many different physical symptoms related to pain, neuropathy, sleep issues, bowel issues and plantar fasciitis. Nancy will also demonstrate Toe Reading: Learn how your toes tell you about your life experiences and what you can do about it!

THAI BODYWORK

Tori Seiter, a St. Matthew's member and **Board certified Massage Therapist with INVIVO Wellness**, demonstrates Thai Bodywork, an ancient form of massage helping to restore the flow of energy throughout the body. Participants will engage in a Thai routine featuring gentle soothing movement, yogic stretching and rhythmic rocking. All activity is done clothed, on a mat and the effect is uniquely relaxing as well as energizing. The benefits of Thai Bodywork are stress and pain relief, better resistance to injury, improved range of motion and deep relaxation. Tori has 10 years of experience and is a team member at **INVIVO** that won Best of Milwaukee 2014, an honor they are nominated for again this year.

ESSENTIAL OILS

Kait McCullough, a St. Matthew's member and representative for **dōTERRA Essential Oils**, will answer commonly asked questions: What are essential oils? How do you use essential oils? How can essential oils lead to a healthy lifestyle? Discover how essential oils can be used to support your immune system, reduce stress, repair injuries, promote emotional health and provide countless other benefits. Participants will experience oils topically on the hands, and feet if desired, aromatically in the air and will be able to smell a variety of oils. Kait is very excited to teach others about the amazing benefits of essential oils!

❧ The Schedule for the Morning ❧

8:00-8:45 Breakfast and Registration	10:15-11:00 Breakout Sessions I
8:45-9:00 Welcome and Devotion	11:00-11:15 Break
9:00-10:00 Keynote Address	11:15-12:00 Breakout Sessions II
10:00-10:15 Break	12:00-1:00 Lunch & Closing Remarks

Throughout the morning take time to visit with one another and our speakers.

Yes! I'd like to come to St. Matthew's Women's Wellness Day on Saturday, January 30, 2016



BREAKOUT SESSIONS (select two)

- Reflexology
- Thai Bodywork
(wear comfortable clothing)
- Essential Oils

NAME: _____

PHONE: _____

EMAIL: _____

CHILD CARE: yes # of children _____

Cost is \$15.00 with checks payable to 'St. Matthew's Lutheran Church.' Return this form and fee to the church office. Scholarships available. Registration Deadline: January 27th.

Keynote Speaker



In a world so full of bad news wouldn't it be nice to receive the kind of life changing good news that positively impacts every area of your life? Wouldn't you like to be known as a joyful person and a life giver? You'll find out how this is possible as we discuss the good news that comes in the form of kind words, grateful expressions, a peaceful presence and timeless truth found in God's word.

Elizabeth is a sought-after conference and retreat speaker and regular columnist for 'Just Between Us', a magazine to encourage and equip women for a life of faith.

Her blog along with information about her upcoming book and speaking schedule can be found on her website; www.espeaks.net

Elizabeth Murphy: Author, Speaker, Story Coach

stretch your *Mind*



strengthen your *Body*



find your *Power*



relish your *Joy*



nurture your *Hope*

"How beautiful upon the mountains are the feet of the messenger who announces peace, who brings good news, who announces salvation, who says to Zion, "Your God reigns." Isaiah 52:7

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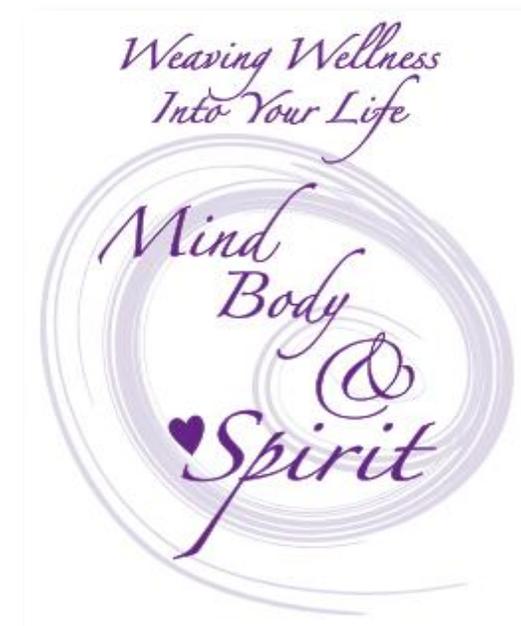
office@stmattslutheran.org
www.stmattslutheran.org

Women, Be Well!

Come strengthen your mind, body,
& spirit at St. Matthew's
Women's Wellness Day



*"How Beautiful Are the Feet
of Those Who Bring Good
News"*



Saturday, January 30, 2016