

Women, Be Strong!

Come, nourish your body, mind and spirit
at the seventh annual

Women's Wellness Day "POWERFUL, JOYFUL, HOPEFUL"

Saturday, January 31, 2015 - 8 a.m. to 1 p.m.

St. Matthew's Ev. Lutheran Church, Wauwatosa

*Weaving Wellness
Into Your Life*



Strengthen your mind

- with Susan A. Marshall's keynote on transformational growth
- in a break-out session on assertiveness and boundary setting with counselor Brittney Neidhardt-Gruhl

Strengthen your body

- with personal trainer and wellness coach Garrett Stangel

Refresh your spirit

- with Rev. Lisa Bates-Froiland, using "muscles" you didn't know you had

Strengthen your relationships

- with other fascinating women like you over a tasty breakfast and lunch

You may register between services in the Commons on January 11, 18 or 25, through the church office (414-774-0441) or by downloading the registration form on our website - www.stmattslutheran.org. The fee is \$10 with scholarships available.

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(414) 774-0441 - www.stmattslutheran.org