

**Our Keynote Speaker is
Susan A. Marshall**

She is the founder of the Backbone Institute, whose mission is “to create a stronger, more confident future one person at a time.” Ms. Marshall is the author of several books, including her newest which will be the focus of her presentation, *Of Beauty and Substance: A Backbone Guide for Women*. A highly regarded speaker and leadership practitioner, she has worked with corporations, educational institutions and individuals. The Backbone Institute’s motto is, “Never grow a wishbone where a backbone ought to be.”

BackboneInstitute.com

Stretch your mind

Strengthen your body

Find your power

Relish your joy

Nurture your hope

St. Matthew's Ev. Lutheran Church
1615 N. Wauwatosa Avenue
Wauwatosa, Wisconsin 53213
414.774-0441
office@stmattslutheran.org
www.stmattslutheran.org

Women, Be Strong!

Come, strengthen your
mind, body and spirit
at the Seventh Annual

Women's Wellness Day
“Powerful, Joyful, Hopeful”

*Weaving Wellness
Into Your Life*



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

*“...the joy of the Lord is your
strength.” Nehemiah 8:10b*

Breakout Sessions

A) Strong... From the Inside Out

Garrett Stangel, MA, HFS, CPT

Strengthen your backbone--literally--with personal trainer Garrett Stangel, as he addresses the connections between a strong mindset and a stable spine. He will introduce functional exercise for daily living and focus on prevention of common back problems.

Garrett earned his BS in Kinesiology from UW--Milwaukee and an MA in Education from Marquette University. He is a master trainer for the American Council on Exercise who teaches Integrated Fitness Training workshops. As a personal trainer and fitness coach, he helps his clients achieve their vision for themselves through exercise, nutrition, and lifestyle modification.

B) Spiritual Strength: Using "Muscles"

You May Not Realize You Have!

Pastor Lisa Bates Froiland

Through stories and examples from her life and work at a small, diverse congregation, Pastor Lisa will explore resources available to all of us for accessing joy and responding with resilience to the inevitable highs and lows of life.

Lisa Bates-Froiland attended St. Olaf College and Indiana University for Master's and Doctoral degrees in Speech Communication. Upon settling in Milwaukee Lisa transitioned from an academic career to follow a long-standing call to ordained ministry. Since 2011, she has served as pastor to the congregation and community of Redeemer Lutheran Church, next to the Marquette University Campus in Milwaukee.

C) Practicing Assertiveness and Boundaries in Everyday Life

Brittney Neidhardt-Gruhl, LCSW, CBIS

Develop assertiveness skills for everyday situations (relationships, work and family) while integrating the often difficult task of setting boundaries with the people we care about. Challenging scenarios will be discussed and solutions will be uncovered to start a toolbox of skills that will empower you in your daily interactions with others!

Brittney Neidhardt-Gruhl is a Licensed Clinical Social Worker, earning her undergraduate degree in Psychology and Master's degree in Social Work from UW-Milwaukee. She currently works at Cornerstone Counseling Services, Inc. providing psychotherapy using a person-centered approach and encouraging the development of coping skills for individual life circumstances.

The Schedule For the Morning:

8:00-8:45 Breakfast and Registration

8:45-9:00 Welcome and Devotion

9:00-10:00 Keynote Address

10:00-10:15 Break

10:15-11:00 Breakout Sessions I

11:00-11:15 Break

11:15-12:00 Breakout Sessions II

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:

"Powerful, Joyful, Hopeful"

on January 31, 2015

*Weaving Wellness
Into Your Life*



Breakout Selection - **Circle two:**

A B C

Name

Phone Number

Email:

Is child care needed?

Yes _____ # of children _____

Cost is \$10.00 with checks payable to 'St. Matthew's Lutheran Church.' Return this form and fee to the church office. *Scholarships available.*