

Women, Give Yourself a Valentine!

Join other women of all ages
at St. Matthew's Lutheran Church to

“Bless Your Heart”

at the fourth annual
Women's Wellness Day

from

8 a.m. to noon

on Saturday, February 11

Do it for the ones you love -
Your spouse, your kids, yourself.
Give yourself a healthy heart!

- **Learn** from Dr. Patricia Dohlun about a multi-dimensional approach to women's heart health.
- **Participate** in cooking classes, where you can taste new heart-healthy recipes.
- **Converse** with dietitians, who will answer your questions and suggest guidelines for adapting your favorite recipes.
- **Move** with the exercise class, designed for all levels of fitness.
- **Grow** in faith from sessions on spiritual practices.
- **Celebrate** our contributions to the Women's Retreat room at the Repairers of the Breach Homeless Outreach Center.
- **Connect** with other women like you over a delicious local breakfast and lunch.

You may register between services in the Commons on January 22, 29 or February 5, through the church office (414-774-0441) or via the website - www.stmattslutheran.org. The fee is \$10 with scholarships available. Free child-care will be provided.

St. Matthew's Ev. Lutheran Church, 1615 Wauwatosa Avenue, Wauwatosa, WI 53213
(414) 774-0441 - www.stmattslutheran.org