

**Learn**

**Participate**

**Converse**

**Move**

**Grow**

**Celebrate**

**Connect**

**St. Matthew's Ev. Lutheran Church**  
1615 Wauwatosa Avenue • Wauwatosa, Wisconsin 53213  
414.774-0441 • [www.stmattslutheran.org](http://www.stmattslutheran.org)

*Women, Give Yourself a Valentine!*

**“Bless Your Heart”**

at the Fourth Annual  
Women's Wellness Day  
Saturday, February 11, 2012  
from 8 a.m. - Noon



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

## Breakout Sessions

- **Bless Your Body I**

Beth Gissibl, a registered nurse with a passion for dance and fitness, will teach you how to move with joy and purpose.

- **Bless Your Body II**

Anita Facchini, who teaches Ageless Grace fitness classes, will lead you in fun movements to do while seated.

- **Bless Your Spirit**

Sue Swing, Leslie Giordano  
Is your spirit thriving or merely surviving? Refresh your spirit and nurture your soul with simple practices that will promote deep peace and a closer relationship with God.

- **Bless Your Food**

Jeanne Collins  
St. Matthew's resident "Soup Lady" will offer a cooking demonstration and tasting of one of her favorite delicious, heart-healthy soups.

- **Bless Your Table**

Brittani Clark, Katie Karls,  
Linda Merklein, Rita Reinke  
A panel of dietitians will be available to answer your questions about healthy cooking and eating for you and your family. You are invited to bring along a favorite recipe that you would like adapted for heart health.

## The Schedule for the Morning:

8:00-8:30 Breakfast and Registration

8:30-8:45 Devotions

8:45-9:30 Keynote Address  
**"Heart Secrets"**  
Dr. Patricia Dohlun, Gynecologist,  
Member of Columbia St. Mary's  
HeartSecrets Team

9:30-9:45 Break

9:45-10:30 Breakout Sessions I

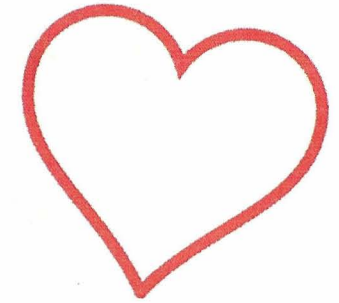
10:30-10:45 Break

10:45-11:30 Breakout Sessions II

11:30-12:15 Lunch and Shower for  
Women's Retreat Room,  
Repairers of the Breach

Yes!

I'd like to come to  
**"Bless Your Heart"**  
on February 11, 2012



These are my **two**  
Workshop Selections:

\_\_\_\_\_ "Bless Your Body I"

\_\_\_\_\_ "Bless Your Body II"

\_\_\_\_\_ "Bless Your Spirit"

\_\_\_\_\_ "Bless Your Food"

\_\_\_\_\_ "Bless Your Table"

Name

\_\_\_\_\_

Phone Number

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Email:

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