

WOMEN WHO CARE Luncheon

EMPOWERING YOUR EMOTIONAL HEALTH

**Thursday, February 29, 2024
12:00 pm – 1:00 pm**

Fort HealthCare - Classroom A
611 Sherman Avenue E
Fort Atkinson, WI 53538

Please join us as we enjoy a chili and soup lunch, great conversation, and networking with like-minded women! Bring a guest! See you there!

Guest Speaker:
Mindy Triebold, Director of Social Services at Rainbow Hospice Care

Mindy will be presenting emotional well-being and good self-care strategies, including gratitude, the power of positive thinking, validation, sense of purpose and professional and personal boundaries.

Purchase tickets for an opportunity to win a wellness basket donated by Crimson Salon & Spa of Fort Atkinson.

**PLEASE RSVP BY
MONDAY, FEBRUARY 19**

Email wwc@forthc.com or call 920-568-5406



Free for members; \$25 for non-members

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