



Women in Motion **SEASON 9** (2019-20)

"CREATING BALANCE FOR A BETTER LIFE"

MORE EVENTS ON OTHER SIDE!

ACTIVITY – August 22, 2019

Sharing Dinner & Drinks on the Patio

- Graystone Grill, Aldeen Golf Club, 5:30-8:30pm

GATHERING – September 19, 2019

Balancing with Our Feet

(Podiatrist & Caretakers of Feet)

- KF Office, 6-8:30pm

ACTIVITY – October 17, 2019

Dinner/Theater Out or Pizza/Movie

- Place, activity, time to be determined...

ACTIVITY+GATHERING – November 21, 2019

Making a Difference in the Lives of Others

(Speaker from local non-profit)

- KF Office, 6-8:30pm

ACTIVITY – December 12, 2019

"Every Brilliant Thing" play at Cheek Theatre

- Rockford University, 7:30pm **Online tickets: \$19 ea**
Dinner before at Mary's Market on State St. at 5:30pm

LUNCH – January 31, 2020 *RSVP to Karen Nelson*

- Jerry's Café on Mulford, 11:30am-1pm

For LUNCHES please RSVP to Karen Nelson via email
at nelsonkar@comcast.net for all activities (or rsvp via EVITE).

For any other questions, please contact Maleeah at 815-877-8440
or maleeahc@klaasfinancial.com.



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LUNCH – February 28, 2020 *RSVP to Karen Nelson*

- Macianos on Perryville, 11:30am-1pm

GATHERING – March 19, 2020

Mental Health Through Meditation

Learn about mental health and balance with stress

- KF Office, 6-8:30pm *(speaker/demonstration)*

LUNCH – March 27, 2020 *RSVP to Karen Nelson*

- Lucha Cantina in Edgebrook, 11:30am-1pm

GATHERING – April 16, 2020

Tapping Out Aging/ Tapping In Youthing

Learn how to best balance the aging process

- KF Office, 6-8:30pm *(speaker)*

LUNCH – April 24, 2020 *RSVP to Karen Nelson*

- Garrett's on Bell School Rd, 11:30am-1pm

ACTIVITY+GATHERING – May 21, 2020

Walking, Talking, Sharing on the Rock

Health, body, mind, spirit.

- Rock River, 6-8:30pm

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