

Happy Monday!

Don't miss out on our upcoming seminar series "Resolve to Live Well" with Wisconsin Athletic Club and Froedtert & Medical College Small Stone Resource Center. There is no charge to attend these seminars but registration is mandatory. We are excited to share with our clients (also open to the public) these workshops and look forward to seeing many of you there.

Special Series Offering: RESOLVE TO LIVE WELL!

We'll help you assess your lifestyle with regard to money, health and fitness and provide sound tools that create balance and a positive, whole-health environment.

All seminars will take place at the Froedtert Community Conference Rooms at 8700 W. Watertown Plank Rd. (back of the Wisconsin Athletic Club building). Free Registration is required - call 414-805-3666 or 800-272-3666 and select Option 2.

### **Creating a Healthy Legacy**

October 14, 6:00 - 8:00pm

Attaining good health - whether through lifestyle changes, exercise or getting your financial "house" in order - is important not only for you, but for your children. Wondering what you can do to model a healthy and well-balanced lifestyle? We'll give you the tips you need to get started. Offer your family the best kind of inheritance you can - a healthy legacy!

### **Creating a Whole Life**

November 18, 6:00 - 8:00pm

So many of us "race" through our days to keep up with jammed schedules. Does that describe you? Is it hard to think about how your life is proceeding? Easy to lose your balance and miss parts of life you really cherish? Staying connected in today's world is almost an art, but even a few small changes can help. In this session, you'll acquire simple tools you can use to gain insight and create a healthy balance in your life.

### **Creating a Comfortable Environment**

December 2, 6:00 - 8:00pm

Our stress response gives us the strength and speed to ward off or flee from danger. But when it persists, stress puts us at risk for obesity, heart disease, cancer, and a variety of other diseases. Stress is a fact of life - but it doesn't have to control you. In fact, there are ways you can reduce stress - through diet, exercise and sound financial planning - to build an environment you can live in comfortably. Join this session and learn ways to identify and reduce the stressors in your life. (Dress comfortably to enjoy the final part of this session - a 45-minute stretching and relaxation stress buster.)