

# RESOLVE TO LIVE WELL!

In today's hectic world, Americans eat more, spend less time with their families and experience more stress than ever before - with the expected negative impact on families and lifestyles.

Small Stones is partnering with Ellenbecker Investment Group and the Wisconsin Athletic Club to bring you a motivating series of workshops. 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. Join us for one or all of these informative, interactive workshops.

*All workshops 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** due to limited space— call 414-805-3666 or 800-272-3666 and select option 2.*

## **Creating a Whole Life and a Healthy Legacy 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 into creating a healthy balance in your life. Join us for motivation on becoming physically and fiscally balanced.

## **Creating a Comfortable Financial and Physical 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.)