

3ND ANNUAL

ISLANDS WOMEN'S DAY

Embracing Life's Challenges

Saturday, February 4, 2017

REGISTRATION FORM

PERSONAL INFORMATION

Name: _____
Last First

Address: _____
Street Address

City State Zip Code

Phone: _____ Email: _____

Special Dietary Needs: _____

REGISTRATION COST

Registration is \$20 per attendee. Lunch is included. Please include a check or money order with the registration form.

Make checks payable to *Lutheran Church of the Redeemer* and mail to:

Lutheran Church of the Redeemer
51 Wilmington Island Road
Savannah, GA 3410

For more information or to pay by credit card, please visit RedeemerSav.org or call 912-897-1133.

SESSION SELECTION

Please select **ONE** topic under each Session so we can prepare the proper amount of materials. Selection may be changed on the day of the presentations if needed.

- Session 1: Is It Time for a Caregiver? Balancing Nutrition in Your Life
 Taking Good Care of Yourself
- Session 2: Self Defense **(This topic carries over to Session 3. Do not select a topic in Session 3)**
 Taking Good Care of Yourself Balancing Nutrition in Your Life
- Session 3: Financial Planning
 Forgiveness: The Great Healer

OFFICE USE ONLY:

Registration Received _____ (date)
Payment Received _____ (date) check cash credit card credit card online

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The **Third Annual Island Women's Day** has assembled a host of specialists in the field of women's health and safety. In addition to a keynote presentation from Savannah's own Gerry Long who will give us a law enforcement point of view on women's legal rights, our focus is in presenting information and encouragement in the areas of low impact self-defense, proper nutrition, financial planning, mental health issues particular to women, caregiver red flags, and the spiritual power of forgiveness. Several exhibitors will be present to offer literature and information along with chaplain for those needing immediate spiritual and emotional support.

Everyone will partake in the Keynote Speaker presentation and then break out into selected sessions.

Keynote Speaker Gerry Long



As a WSAV Crime Consultant and Former Major of the SCCPD, Gerry will talk on Women's Safety in today's society.

SESSION CHOICES

(One topic will be chosen for each session of the three except for the Self Defense class. This class continue through 2 sessions.)

Take Good Care of Yourself

Our culture has focused on promoting independence in women, however has left out some vital areas of focus for women to become what society wants us to be. Discussions will include how women need to cope with demands of work, being a good mother, being a good partner/wife, communication styles, and taking good care of yourself. The issues that result from a lack of balance in these areas can result in mental health concerns that include anxiety, depression, low self-esteem, loneliness, guilt, and isolation. We will have an interactive discussion on how to create harmony and your life and find a way to look forward to each day and feel your blessings and find your joy.

Is It Time for a Caregiver?

There comes a time in all our lives when someone we love needs extra care. Caring for a partner or family member can strain even the best of relationships. According to recent information from the Mayo Clinic, informal caregivers – meaning care provided in home from non-health care professionals, now makes up more than 80 percent of long-term care in the United States. Join us as we discuss both the emotional and physical stress on being a caregiver, and knowing when it is time to bring in help and how to get it.

Balancing Nutrition in Your Life

A healthy diet is very important for our emotional, physical, and cognitive health. This session is filled with information and tips on nutrition to maintain a healthy lifestyle. Topics to be discussed: Healthy eating habits; food choices and meal planning; healthy lifestyle habits; and prevention of disease.

Self Defense

Certified instructors will demonstrate how to assess a threatening situation and decide what options you have to protect yourself. This class will build confidence, awareness and stress the importance of personal safety. It is an excellent class to empower women, and help them feel safe. *Please wear comfortable clothing and shoes.*

Financial Planning

Having your financial affairs in order may seem inconceivable but is definitely achievable. Join us for a question and answer session to put your mind at ease on insurance, investment, retirement, tax and estate planning as well as learning what your next step should be to gain peace of mind for your future.

Forgiveness: The Great Healer

Whether you have been harboring resentment or bitterness from an action committed against you, or perhaps you yourself have never been able to recover from a mistake from your past, forgiveness is a necessary part of your recovery. Or perhaps you blame God for something that has caused you years of anger. Pastor Steve will provide you will helpful scriptures along with a working step-by-step plan on how to forgive yourself, others, and God.