

# United Way RSVP of Marathon County

Connecting Volunteers 55+ to Community Needs

Monthly Update  
February 2019

## Coffee Hour at The Women's Community

You and your friends are invited to the Community Coffee Hour on Tuesday, **February 12 from 9:30 –10:30 a.m. at The Women's Community located at 3200 Hilltop Ave. in Wausau.**

Learn about The Women's Community, meet the staff, hear about their programs, and take an inside look at what services are provided. You will discover how you can volunteer to offer support for the victims of abuse or help with program support. End the morning with a tour of the first floor of the agency including the art room, pantry and other areas. Tours will be

limited to the first floor to protect the identity of those accessing their services.

The RSVP Community Coffee Hour is open to the public, so bring a friend and find out about the many programs and services provided by The Women's Community.



## Save the Date

**February 12**  
**9:30 –10:30 a.m.**  
Coffee Hour at The Women's Community

**February 14**  
**9:30– 11:00 a.m.**  
Preventing Identity Theft and Internet Fraud

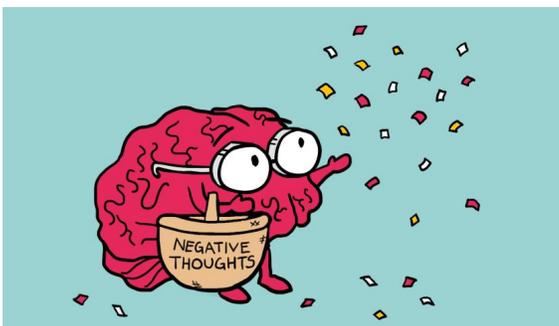
**February 20**  
**1:00–2:30 p.m.**  
Meditation  
Mindfulness and You

**February 26**  
**9:30– 11:00 a.m.**  
Stroke Signs and Symptoms

## Meditation, Mindfulness and You

You may have read or heard about the many health benefits of mindfulness training and meditation. To learn what it's all about, join us for a special program on **Wednesday, February 20 from 1:00-2:30 pm at the United Way office presented by Kelly Atkins with Azura Memory Care.**

Some of the benefits of meditation include reducing stress, enhancing attention, regulating emotions, relieving depression and anxiety, deepening mindfulness, patience and compassion. You will learn about mindfulness, practice gentle movements, breathing techniques and guided relaxation to prepare your body and mind for seated meditation. Whether you are new to meditation or a seasoned practitioner, join us at this free program to find out how you can reap these health benefits in your life! To register, call 715-298-5721 or email [skrolow@unitedwaymc.org](mailto:skrolow@unitedwaymc.org).



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