



Where Has All My Energy Gone? Tips to Build & Maintain Stamina

Thursday, September 19, 2019, 11 am-1 pm • Peace Lutheran Church
3695 County Road 101 • Plymouth

Participants will learn why they may feel less energetic as they age, and discover ways to rebuild, and increase their energy and “pep.”

Presenter: Sondra Weinzierl, RN, MA, Faith Community Nurse. Sondra has provided education programs on health and other topics for over 25 years to corporations, churches, schools and health care.

Contact: Sondra Weinzierl, RN, Peace Lutheran Faith Community Nurse
weinzierlsondra@gmail.com
(763) 478-1027

This session is the first in a series of four programs sponsored by the Faith Community/Parish Nurses of the West Suburban area. Session 2 will be held in November. Sessions 3 and 4 will be held in 2020. Watch for more information on up-coming sessions from your Faith Community Nurse. You don't have to be a member of a faith community to attend - Invite your friends and neighbors!



Where Has All My Energy Gone? Tips to Build & Maintain Stamina
Thursday, September 19, 2019, 11 am-1 pm • Peace Lutheran Church

To register, please complete the form below, detach, and return to your Faith Community Nurse with your check for \$5/person (includes a light lunch and presentation). For this session, please make checks out to **Peace Lutheran Church**. (If you mail or drop-off your check at Peace, please write “Lunch and Learn” in the memo line.)
Deadline to register is Thursday, September 12, 2019.

Name(s) _____

Phone _____ Email _____