



## CREATING A HEALTHIER LIFESTYLE: HOLISTIC WELLNESS

### FREE Workshop Series

Wellness Matters to all of us. This fun and informative series takes place over four weeks and covers the Substance Abuse and Mental Health Service's Administration (SAMHSA) Eight Dimensions of Wellness. **The series is for women with the lived experience of incarceration.**

March 26 - Orientation and Social Dimension

March 28 - Environmental Dimension

April 3 - Physical Dimension

April 5 - Intellectual Dimension

April 9 - Occupational Dimension

April 11 - Financial Dimension

April 16 - Emotional Dimension

April 18 - Spiritual Dimension and completion/certificates

Times: 3-4:30 pm

Location: The WI Women's Business Initiative Corporation (WWBIC) 2300 S. Park St, Room 113 lower level. (Villager Mall)

There is no cost and all materials are provided. Bus passes are available and there will be snacks and beverages. Women who attend at least 7 of the 8 sessions will receive a certificate of completion, day planner and a gift card, and stipend, as well as individual check-in meetings for one year. **Call or email to receive a registration form. Registration deadline is March 21.**

**THE EVJUE FOUNDATION**  
THE CAPITAL TIMES

Funding generously provided by

**Fun and informative  
sessions**

**Caring about  
wellness improves  
your quality of life**

**Wellness builds  
empowerment**

**Share what is  
working for you with  
others**

**Learn about life  
balance**

### THE DEMETER FOUNDATION

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[www.thedemeterfoundation.com](http://www.thedemeterfoundation.com)

Thank you to our WWBIC  
partners.

## REGISTRATION FORM

### Creating a Healthier Lifestyle: Holistic Wellness Workshop Series

### **Registration Deadline in March 21, 2019-class size is limited**

The series of eight workshops are based on the SAMHSA's Eight Dimensions of Wellness. March 26, 28 April 3, 5, 9, 11, 16, 18. **You must attend the first session on March 26 to receive your class materials.**

NAME: \_\_\_\_\_

ADDRESS: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

EMAIL: \_\_\_\_\_ Phone: \_\_\_\_\_

Age \_\_\_\_\_

Do you need a bus pass? Yes: \_\_\_\_\_ No: \_\_\_\_\_ Do you have any food allergies? Yes: \_\_\_\_\_ No: \_\_\_\_\_

If yes, what are they? \_\_\_\_\_

Do you need a reasonable accommodation for a disability? If so, please explain: \_\_\_\_\_

\_\_\_\_\_

I am bringing one female support person. Name: \_\_\_\_\_

How did you hear about the workshops? \_\_\_\_\_

Name as you would like to see it on your series completion certificate:

\_\_\_\_\_

Do you give permission to have a photo or video taken during class? Yes \_\_\_\_\_ No \_\_\_\_\_

Please mail, fax or scan and email to:

The Demeter Foundation, Inc.

P.O. Box 259283

Madison, WI 53725

FAX: 608-274-4600 EMAIL: [tdfwi@live.com](mailto:tdfwi@live.com)

For further information call: 608-298-3563

[www.thedemeterfoundation.com](http://www.thedemeterfoundation.com)

Please keep a copy for your records.

*Self-care is not selfish. It is necessary to become the person we want to be.  
We all deserve to be safe, healthy and happy.*