



# 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.**

- September 17 - Orientation and Social Dimension
  - September 19 - Environmental Dimension
  - September 25 – Physical Dimension
  - September 26 - Intellectual Dimension
  - October 1 - Occupational Dimension
  - October 3 - Financial Dimension
  - October 8 - Emotional Dimension
  - October 10 - 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 September 1, 2019.**

Funding generously provided by **THE EVJUE FOUNDATION**  
THE CAPITAL TIMES

**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

P.O. Box 259283  
Madison, WI 53725  
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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 is September 1, 2019-class size is limited**

The series of eight workshops are based on the SAMHSA's Eight Dimensions of Wellness. September 17, 19, 25, 26 October 1, 3, 8, 10. **You must attend the first session on September 17 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.*