



League of Women Voters BCC February Luncheon

When: Friday, February 21 - 11:30 AM

Where: Papa Vino's, 1332 Hilltop Road, St. Joseph, MI

Lunch can be ordered from the restaurant menu.

Feeling a bit stressed? Come to hear two of our members speak about strategies they have used to manage stress and focus on mental and physical wellness.

1. Kyra Walsh – Bach Practitioner and Educator for 12 years

Flower Essences for Emotional Well Being

Kyra will present an introduction to the Bach Flower Essences and share how plant and flower essences can help us manage the stresses and emotional demands of everyday life.

2. Barbara Starke – RN, MSN, FNP-BC – retired

How Friendship & Community Support Wellness & Resilience

Barbara will speak about the importance of meeting consistently with a supportive group in a setting that is informative and relevant to today's social climate. LWVBCC can be that group.

Barbara has been a credentialed holistic advance practice nurse since the 90s. She has taught at Western Michigan University, helped create curriculum for holistic nursing and currently teaches Auricular Acupuncture for the National Auricular Detox Association.

Please RSVP to Jane Raymond at jraymond@frontier.com or 269-208-4043.

Bring a friend. Introduce them to LWVBCC.