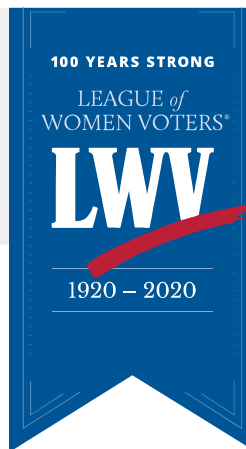




Women's Suffrage Movement, St. Paul MN circa 1918 loc.gov/pictures/item/2016866204/

LEAGUE OF WOMEN VOTERS  
MINNESOTA  
A Century of Civic Engagement



**A D U L T S**

**FEATURED EVENT**

**Another Kind of Happy Hour**

A 10-hour workshop series rooted in the field of Positive Psychology. The workshops seek to build both knowledge and skills around how to take care of one's mental health and wellness on a daily basis. Participants learn about and try different tested exercises every week so that everyone can find a 'mental health exercise regimen' that works for them and in their life.

This program is funded by the Mental Wellness Campaign of Anoka County.

- Topics include:
- the happiness equation
  - positive relationships
  - positive emotions
  - character strengths
  - neuroplasticity
  - learned optimism
  - gratitude
  - engagement
  - meaning



**Another Kind of Happy Hour**

Where  
When  
Northtown Library  
Tuesdays 5:30-7:30pm  
January 7  
January 14  
January 28  
February 4  
February 11  
Adult  
Registration is for the entire series

**Radon in Minnesota Homes**

Where  
When  
Rum River Library  
Monday, January 13, 6:30-7:30pm  
Adult

**Dementia Dialogue**

Where  
When  
Rum River Library  
Tuesdays 6:30-7:30pm  
February 4  
March 3  
April 7  
May 5  
Adult

**Tai Chi for Health and Wellness**

Where  
When  
Johnsville Library  
Wednesday, February 19, 11am-12pm  
Adult

**Adult Recess**

Where  
When  
Mondays 1pm-2:30pm  
February 24  
March 23  
April 27  
Adult

**Zero Waste Your Mind**

Where  
When  
Johnsville Library  
Monday, April 20, 5:30-7pm  
Adult

**MEMORY MAKER KITS**

A resource to help families and caregivers interact in meaningful ways with those who have memory loss. Each kit has materials such as music, puzzles, and books around a theme such as snow, animals, or cars to help create conversation, spark memories, and allow for positive interactions and engagement.

**WOMEN AND MEN MAKING DEMOCRACY WORK**

In an historic vote on September 8, 1919, the Minnesota Legislature voted YES to ratify the 19th Amendment to the US Constitution, granting women the right to vote and ending the 72-year struggle for women's suffrage.

But as distinguished Minnesota suffragist Clara Ueland said that day, "Today is the commencement rather than the end of our work." The League of Women Voters Minnesota was born, with Ms. Ueland as its first President, to help carry out the new work of empowering voters and defending democracy, with women now at the table – and in the voting booth. One hundred years later, LWV Minnesota continues to thrive as a nonprofit, nonpartisan organization promoting good government and civic engagement throughout Minnesota.

Today women AND men age 16 and over participate in LWV's mission to inform voters and encourage voting by registering voters at high schools, citizenship ceremonies, and other venues; holding candidate forums for a variety of offices; lobbying legislators of all parties on issues of importance to our communities; monitoring public meetings to encourage openness and transparency; and other civic engagement activities.

Voting is your voice in government. Becoming informed about candidates and issues and voting makes democracy work in the United States. To celebrate the 19th Amendment's centennial year, League of Women Voters Minnesota created a traveling exhibit to recognize the organization's mission and history over the past century.

Submitted by Kathy Anerud  
League of Women Voters - Anoka, Blaine, Coon Rapids

**TRAVELING EXHIBIT**

Visit the exhibit that features Minnesota's suffrage story and highlights those who continue through the League of Women Voters to make democracy work for all. Also included are artifacts from the local Anoka, Blaine, Coon Rapids chapter of the League.

**JANUARY 13-29**  
**NORTHTOWN LIBRARY**  
Opening Celebration  
January 13th 6:30pm-7:30pm **JANUARY**

**30-FEBRUARY 14**  
**RUM RIVER LIBRARY**  
Opening Celebration  
February 1 11:30am-1:30pm

**BECAUSE  
A HEALTHY COMMUNITY  
IS ONE WHERE  
EVERYONE HAS  
A VOICE.**

**MINNESOTA  
LIBRARIES  
TRANSFORM**  
An American Library Association