



Saturday, February 8, 2025

Presented By



It is our hope and prayer that your time spent and the information you receive at this event will be a blessing to you and to those you love as you live your life in a strong stewardship of God's gifts to you in the form of Spiritual, Physical, Emotional, Financial, and Personal Wellness.



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Our charity goal this year is to provide feminine personal care products for the Hope Lutheran Church Food Pantry and Mission.

Women's Wellness Committee Members:

Christine Jahncke, Beth Ann Meckstroth, Mary Todd-Krueger, Heather Vahl, and Karen Weber

TIME	Saturday, February 8, 2025			
8:15-8:50	REGISTRATION CHECK-IN and CONTINENTAL BREAKFAST Location: Fellowship Hall			
9:00-10:00	WELCOME: Heather Vahl OPENING KEYNOTE “Be Still and Know...” by Linda Buxa Location: Sanctuary			
10:00-10:15	Break/Transition to First Session (Choose one)			
	BREAKOUT SESSION	BREAKOUT SESSION	BREAKOUT SESSION	
10:15-11:00	<i>Wills & Trusts</i> Maggie Murphy (Wiegert) Location: 107A	<i>Mocktails</i> Jamie Lee Ohland Location: 107C	<i>Intro to Pickleball</i> Jen Comfort Location: Field House	
11:00-11:15	Break/Transition to Second Session (Choose one)			
	BREAKOUT SESSION	BREAKOUT SESSION	BREAKOUT SESSION	BREAKOUT SESSION
11:15-12:00	<i>Devoted to One Another in Love</i> Rachel Henderson Location: 107B	<i>Essential Oils</i> Meredith Bergersen Location: 108A	<i>Quick, Easy, Healthy Recipes</i> Karen Isaacson Location: 123	<i>Give & Get: The Secret of Being Refreshed</i> Sue Gebel Location: 107A
12:00-12:45	LUNCH in the Field House Transition to Third Session (Choose One)			
	BREAKOUT SESSION	BREAKOUT SESSION	BREAKOUT SESSION	BREAKOUT SESSION
12:45-1:30	<i>Devoted to One Another in Love</i> Rachel Henderson Location: 107B	<i>Mocktails</i> Jamie Lee Ohland Location: 107C	<i>Quick, Easy, Healthy Recipes</i> Karen Isaacson Location: 123	<i>Craft: Guided Painting</i> Jessie Pelnar Field House
1:30-1:45	Transition to Closing Keynote in the Sanctuary			
1:45-2:15	“Be Still and Know...” by Linda Buxa Sanctuary			
2:15-2:30	MUSIC, CLOSING and PRAYER Marlene Forshee and Heather Vahl			



Linda Buxa is a communications professional and a regular blogger and contributing writer for *Time of Grace Ministry*. The author of *Dig In! Family Devotions to Feed Your Faith*, *Parenting by Prayer*, *Made for Friendship*, *Visible Faith*, and *How to Fight Anxiety With Joy*, she and her husband, Greg, have lived in Alaska, Washington D.C., and California. After Greg retired from the Coast Guard, they moved to Wisconsin, settled on 11.7 acres, and now keep track of chickens, multiple cats, and a black Lab. Their three children insisted on getting older and exploring what God has planned for their lives, so Greg and Linda are now empty nesters. A sign in her kitchen sums up their lives: “You call it chaos; we call it family.”

Wills and Trusts**Session 1 – 10:15-11:00****107A**

Maggie Murphy (Wiegert), a 9-year Army veteran and Attorney for the past 12 years, will present some of the basic information regarding estate planning in Wisconsin. Making end-of-life decisions is not always comfortable or easy. But what happens if you don’t have a Will or Trust? What are the differences between the two and what are the considerations when deciding which might be right for you and your family? This presentation will help you feel more comfortable about starting the process and to *Be Still and Know* that your loved ones will be positioned exactly as you want them. Maggie and her husband, Jon, are active members of Immanuel.

They live in the area with their black lab, Jethro, and love spending time with their adult children, Caleb and Clara.

Mocktails (Zero-Proof Cocktails)**Session 1 – 10:15-11:00****107C**

Jamie Lee Ohland is an artist and teacher of elementary children in Milwaukee, Wisconsin, where she and her husband, Barry, live and enjoy urban life. Jamie takes great pleasure from growing and cooking food from her backyard garden and sharing her meals with friends and family. After decades of mixing cocktails, Jamie has become “sober curious.” Her mocktail class skims the surface of this ever-growing trend that marries healthy intentions with a celebratory spirit (no pun intended). If you, too, are “sober curious” or just want to know about a world beyond the Shirley Temple, this class may be for you. Website: ephemeremke.com IG: @prochaine_recolte

Intro to Pickleball**Session 1 – 10:15-11:00 Field House**

Jen Comfort is the principal at Immanuel Lutheran School. Jen graduated from Concordia University with a BA in Physical Education and a minor in Health Education and a minor in Adaptive Physical Education. She has always loved being physically active. Jen loves outdoor activities such as hiking, running, biking, paddle boarding with her husband Josh, and playing with her dog, Ryder. During this presentation, Jen will introduce you to the basic skills and rules of pickleball in a fun, inclusive, and easy-to-understand way.

Devoted to One Another in Love

Session 2 – 11:15-12:00

107B

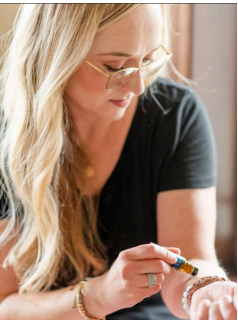


Rachel Henderson, her husband Steve, and their three teenage children (Noah, Hannah, and Jonah) are living their very busy lives “devoted to one another in love” (Romans 12:10). A part-time accountant working from home while also a full-time mom and wife and a very involved volunteer at church and school, Rachel strives to maintain healthy relationships with her family and friends. Her presentation today will provide suggestions and reasons for choosing your husband when the calendar is full.

Essential Oils

Session 2 – 11:15-12:00

108A



Meredith Bergersen loves Jesus, coffee, the lake and essential oils. She has been an essential oil educator for over a decade. She's a mom to a six-year-old son and an 11-year-old French Bulldog who both use oils daily. Meredith loves empowering others with natural solutions. While she and her family prefer to live a mostly healthy lifestyle, she makes it a point to find the best donut shop in any city she visits. Meredith, her husband, son, and adorable bulldog call Sheboygan County their home. During her breakout session, Meredith will be sharing a holistic approach to managing stress and anxious feelings.

Quick, Easy, Healthy Recipes

Session 2 – 11:15-12:00

123



Karen Isaacson is an Advanced Practice clinical dietitian at the VA Medical Center where she has served for 34 years. Specializing in Chronic Kidney Disease and Heart Failure, she enjoys her work with veterans and in mentoring younger colleagues and students. Karen and her husband Jay are proud parents of Sam, Jessie (Qiao Tian) and Lauren, and grandparents of Sasha. In her spare time, Karen loves to read and explore new biking/hiking trails. Her presentation will discuss tricks, tips, and ideas for healthy and easy-to-prepare meals utilizing whole food ingredients. Samples and recipes will be provided!

Give & Get: Become Refreshed

Session 2 – 11:15-12:00

107A



Sue Gebel, a caregiver for more than twenty years, shares the Biblical principle of “Give and Get”: *Whoever brings blessings will be enriched, and one who waters will himself be watered* (Proverbs 11:25). In her retirement, Sue substitute teaches at Immanuel and leads a women’s Bible study. She enjoys scrapbooking grandkids memories and attending their activities. She and her husband, Robert, have two adult daughters and are looking forward to welcoming their seventh grandchild in May, who joins six cousins ages 3 to 16.

Devoted to One Another in Love

Session 3 – 12:45-1:30

107B

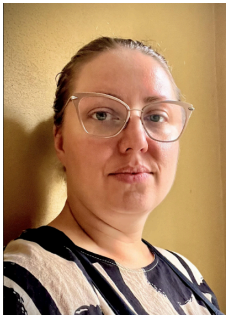


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107C



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Craft: Guided Painting

Session 3 – 12:45-1:30 Field House



Jessie Pelnar is a creative professional with a BA in Interior Design and a minor in Fine Art from Mount Mary University, class of 2007. She feels blessed to use her skills both as a hobby artist and in her work in communication and design at Immanuel, where she combines her passion for art with a heart for service. Discover your inner artist in this fun and approachable painting class! Perfect for beginners and seasoned painters alike, this session will guide you step-by-step through creating a beautiful piece of art of which you can be proud. All materials are provided.

Please take time to provide your thoughts on this year's Women's Wellness event.

I attended these Sessions today:

- | | |
|--|---|
| <input type="checkbox"/> Wills and Trusts | <input type="checkbox"/> Quick, Easy, & Healthy Recipes |
| <input type="checkbox"/> Intro to Pickleball | <input type="checkbox"/> Devoted to One Another in Love |
| <input type="checkbox"/> Essential Oils | <input type="checkbox"/> Caring for Yourself and Others |
| <input type="checkbox"/> Mocktails | <input type="checkbox"/> Craft: Guided Painting |

I'm satisfied with the **variety of topics** presented at the event.

- | | | | | |
|---|--------------------------------|---|-----------------------------------|--|
| <input type="checkbox"/> Strongly Agree | <input type="checkbox"/> Agree | <input type="checkbox"/> Neither Agree nor Disagree | <input type="checkbox"/> Disagree | <input type="checkbox"/> Strongly Disagree |
|---|--------------------------------|---|-----------------------------------|--|

My favorite part of the event was: _____

My least favorite part of the event was: _____

My suggestions for future topics include: _____

My suggestions for a future Keynote Speaker include: _____

I would attend another event like this at Immanuel. **YES** **NO**

My preferred month to hold the Women's Wellness event: _____

Other comments and suggestions: _____

I would like someone to follow-up or I desire more information on Immanuel. Here is my contact information:
