

WCW PICK

Sarasota County School Board Candidate Forum

On Monday, August 6, there will be a **Sarasota County School Board Candidate Forum** from 5-7p.m. at **Selby Library auditorium**.

Candidates will summarize their backgrounds and future goals for Sarasota schools, followed by a question and answer session. Sponsored by LWVSRQ, AAUW and Women of Action. Free and open to all.

LWV

MEET THE CANDIDATES

Free Seminar on Toxins and Health

■ **The Renewal Point** has a free seminar on **Thursday, August 23, 6-7 p.m.**, called “**Toxins Are Stealing Our Health.**” Seven billion pounds of environmental toxins are being dumped into our air and water each year. These heavy metals, chemicals, herbicides, and pesticides then enter our bodies – stockpiling in our brain, heart, bones, liver, and other organs. These destructive agents load up in our body in the form of toxic metals and other harmful chemicals that simply cannot be shed by normal body processes.

Learn about which toxins are the most dangerous and how we are getting exposed; what the toxins are doing to our bodies and minds; how we can test for toxic metals and other harmful chemicals; effective methods used to get rid of toxins and changes in health outcomes when the toxins are eliminated.

Held at The Renewal Point, 4905 Clark Rd., Sarasota. Open to men and women. RSVP: 941-926-4905.

Women’s Equity Luncheon Aug. 25

■ **The annual Women’s Equity Luncheon** is on **Saturday, August 25 from 11 a.m. to 1:30 p.m.**, Carlisle Inn, 3727 Bahia Vista St., Sarasota. Sarasota Police Chief Bernadette DiPino is the speaker. Sponsored by Sarasota and Manatee LWV; Bradenton, Manatee and Venice AAUW, Suncoast Commission on Status of Women. Tickets: \$40. Send checks to LWV Sarasota, PO Box 18884, Sarasota, FL 34276. No tickets sold at the door.

Manatee Libraries Partners With SCORE

■ **Manatee Libraries** continues its partnership with **Manasota SCORE** that takes small business owners through the lifecycle of a business. The “**Your Business From Start to Finish**” series **concludes September 25**.

This is the third year Manatee Libraries and SCORE have partnered to bring free workshops to small business owners. The workshops meet on the last **Tuesday of the month, from 11:30 a.m. to 1 p.m.**

• **August 28: Giving Back is**

GOOD for Business: Supporting the local community is not only the right thing to do, it’s also a savvy business move. In this session, the three panelists will discuss the importance of giving back to the community as part of a successful business model. Panelists are John Horne, owner of Anna Maria Oyster Bar; Jacki Dezelski, president of Manatee Chamber of Commerce; and Trudy Moon, owner of Air & Energy.

• **September 25: Exit Strategy Imperative:** You put so much energy into starting your business and growing your business, but what will happen when you are ready to move on? SCORE’s Exit Strategy Canvas provides an effective tool for engaging the critical thinking process that helps develop the strategy for succession planning. Presented by Dr. Ken Baylor, certified SCORE mentor and Harvard instructor.

Registration is appreciated and can be completed via the Manasota SCORE at <https://manasota.score.org/content/take-workshop-5>. Downtown Library is located at 1301 Barcarotta Blvd. West, Bradenton. Networking and refreshments will be provided starting at 11 a.m. For more information, contact Ericka Dow at ericka.dow@mymanatee.org.

Manasota SCORE provides free, confidential business education and mentoring services for established businesses and startups, offered by 90 volunteers with experience and skills in a broad range of business settings. For more information, visit manasota.score.org.

Lectures

■ **AJC West Coast of Florida** has a lecture on **August 15, 11:30 a.m.-1:30 p.m.** Michael’s on East, Sarasota. Cost: \$28 and includes lunch. Annet Klein & Clément Leclerc, Consul General of Germany and Consul General of France will speak Wednesday, August 15. Confronting Extremism and Anti-Semitism in Europe. An in-depth discussion of the rise of hatred in Europe and the efforts being taken to reverse this trend. Advance reservations required. To RSVP, call AJC at 365-4955 or email sarasota@ajc.org.

Free Support Group

■ **Epilepsy Support Group** meetings offered by JoshProvides

• **Epilepsy support group** meetings are held on the 1st

Tuesday of each month from 6:30-8 p.m. at State College of Florida, Lakewood Ranch Campus, Selby Rooms. This support group is offered to people living with epilepsy as well as their family, friends and caregivers and provides the opportunity to receive information about resources as well as share experiences, ask questions, receive emotional support and practical advice that may help parents and caregivers. For those who have epilepsy, feelings of loneliness and isolation have been replaced with lifelong friendships and understanding that there are others going through the same struggles and challenges. For information contact JoshProvides at Info@JoshProvides.org.

Get Close to Nature

■ **UF/IFAS Extension Sarasota County** has these workshops:

• **August 15—Hurricane Preparedness.** What would you do if basic services were cut off, like electricity or water, or if you had to suddenly leave your home? This class will offer tips and ways to prepare for unexpected disasters, such as hurricanes. Learn how to assemble an emergency supply kit and other ways to prepare for emergencies. Instructor: Dr. Maria Portelos-Romero, Family and Consumer Sciences Agent III, UF/IFAS Extension Sarasota County

• **August 15—Florida Snakes.** Many people fear snakes, but did you know that they are actually very beneficial animals? Snakes eat rats, mice and other undesirable pests, and occasionally visit our home landscapes. Learn which snakes you are most likely to see and how to identify venomous snakes. Instructor: Wilma Holley, Florida-Friendly Landscaping Program Specialist, UF/IFAS Extension Sarasota County

• **August 18—Rain Barrel Workshop.** Learn how the use of rain barrels can conserve water, save money by reducing the use of potable water in landscapes, and reduce storm water runoff by storing and diverting runoff from impervious surfaces. Practical tips on the construction and installation of rain barrels will be provided. After the class, Sarasota County government will sell rain barrels for \$37 each, including tax and spigot assembly. Payment must be made by cash (exact change only) or check. Make checks pay-

able to: Sarasota County Board of County Commissioners.

Register early through Eventbrite.com. For more information, call 941-861-5000 or email sarasota@ifas.ufl.edu. Courses are offered at 6700 Clark Road (Twin Lakes Park, Green Building) Sarasota.

Lakewood Ranch Events

• **Mah Jongg at One on Wednesdays from 12:45-4 p.m.** at LWR Town Hall. Enjoy competitive mah jongg every Wednesday afternoon, all year. All play is by reservation. Contact Joan Robbins by email or call her at 941-929-2995 for more information.

• **Lunch, Laughter and Mah Jongg on Fridays from noon-4 p.m.** at LWR Country Club. Enjoy lunch and then play mah jongg on Friday afternoons at Lakewood Ranch Country Club. If you are a Lakewood Ranch Country Club member and would like to join, contact Joan Robbins by email or call her at 941-929-2995. All play is by reservation. Joan offers mah jongg lessons to Lakewood Ranch Country Club members.

• **Mah Jongg Queens on Fridays from noon-4 p.m.** at LWR Town Hall. This group of Lakewood Ranch residents play competitive mah jongg using the National Mah Jongg League rules, as well as a few house rules. For more information about this group, contact Glenda Robertson by email or phone: 941-907-8990.

• **LWR Pickleball on Fridays at 5 p.m.** at Lakewood Ranch High School Courts. The LWR Pickleball Club is hosting free open play each week. New members are welcome, so bring your friends.

• **Empty Nesters of Lakewood Ranch** invites both couples and singles at **12:30 on the 1st and 3rd Tuesday** of every month at Town Hall on Lakewood Ranch Blvd. Members bring lunch and enjoy fellowship before having an informal meeting to decide which events they might like to take part in. Enjoy a relaxed lunch with friendly people. If you would like more information before attending, call Peggy Walther at 941-907-6066.

JFCS Support and Wellness programs

■ **JFCS of the Suncoast Cancer** offers support and wellness programs. All cancer support and wellness programs are offered free of charge. Here are August’s events:

• **MindSet: Give your Brain a Good Workout** with guest Pamela Lasko, MSW. Do you know that certain kinds of mind exercises may help improve your brain health? MindSet is based on the research of D. Loewenstein, Ph.D., Professor of Psychiatry and Behavioral Sciences at the University of Miami. Studies support MindSet’s positive effect

on managing symptoms of early onset Alzheimer’s and other Memory Disorders. Come and learn new skills and exercises that may help improve memory and overcome the effects of chemotherapy – chemo-brain. Preregistration required.

• **Meditation** with Nancy Saum. **Tuesdays 1:30 – 2:30 p.m.** Meditation can help us cope with symptoms and side effects cancer and treatment and improve our day to day living. Mindfulness Meditation may also enhance the immune system’s performance and help reduce harmful levels of stress hormones in our bodies—changes that can only be beneficial. Research shows that if we mentally prepare ourselves to handle cancer treatment by getting stress and anxiety under control, we can improve our quality of life and become active participants in our health and wellness. With practice, we can train ourselves to be more mindful.

Learn and practice mindfulness in various ways—sitting meditation, body scan, walking meditation, mindful movement, and mindful eating. Each session begins with a group check-in, a 20-30 minutes of guided practice and a relaxed discussion to wrap up the class. No experience needed.

Location: JFCS South Tuttle Campus, 1050 S. Tuttle Ave., Sarasota. Call 366-2224 x167 or visit www.jfcs-cares.org.

Get in Shape on LBK

■ **The Paradise Center** offers these classes at 567 Bay Isles Road, Longboat Key (Temple Beth Israel).

• **Tuesdays, 10-11 a.m. Yoga for Seniors.** Cheryl Kaiser, a licensed Yoga instructor, will guide you through a sequence of yoga postures and movement designed for seniors. Options are provided to adapt the yoga poses safely with the use of yoga props: chairs, blocks and straps. This is a gentle, yet enlivening class to restore balance with your body, mind and breath. If possible, bring a yoga mat with you; they do have a few extras. Fee is \$10.

• **Thursdays, 10-11 a.m. Zumba & Mat Pilates Combo for Seniors.** Class starts out with Zumba, which is a Latin-inspired, low-impact aerobics class; no experience or coordination necessary. Then at 10:30, shift to an all-level Mat Pilates class working on your flexibility, core strength and balance with a series of slow, controlled movements and stretches. Come for the whole hour or either half. If possible, bring a yoga mat with you. Fee is \$10 (30 or 60 minutes).

RSVP to maryannbrady@theparadisecenter.org or by phone (941) 383-6493.

Send your listing to: westcoastwoman@comcast.net
DEADLINE for SEPTEMBER: AUGUST 5
 Datebook is also available at WestCoastWoman.com