

The Women's Resource Center Presents BeingWE (Being Women Empowered)

Women are natural-born leaders. Yet, many feel overwhelmed by attempting to juggle life's demands and have it all—home, family and career. How to balance work and home life? The Women's Resource Center will explore these issues with **BeingWE (Being Women Empowered)**, a guided conversation series for women by women, created by **Keren Lifrak**, an area-based entrepreneur and real estate professional.

Coming up: *Women in Business: Creating What's Possible Against All Odds* (Dec. 3); and *Follow Your Bliss: How Our Brains Are Uniquely Wired to Take Action* (Jan. 23). Each session is 4:30-7:30 p.m., and all genders are welcome to participate. Fee per session: \$25; sliding scale available. To register, visit BeingWE.net.



Keren Shani-Lifrak

Epilepsy 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 Josh Provides at info@JoshProvides.org.

Sarasota Area Tri Deltas To Celebrate 131st Founder's Day

■ Members of the **Sarasota Area Tri Delta Alumnae Chapter** will gather at **11:30 a.m. Saturday, Nov. 23**, at The Oaks Country Club, 301 MacEwen Dr., Osprey, to celebrate **Founder's Day**.
"Of Time and Change: Reflections on Tri Delta" is the theme of the talk by Christine Wilson Strom of Pine Island, Tri Delta Alumnae Specialist. A graduate of Ohio State University, Strom will share insight into the 1888 founding of Delta Delta Delta in Boston and the history of the organization.
 The Sarasota chapter represents members from more than 40 collegiate chapters in the U.S. and Canada. Open to all Tri Deltas, luncheon reservations are due by Nov. 14. Cost is \$25.
 For reservations or further information, contact Chapter President Cindy Jeffers at 830 660-8126 or visit <http://www.sarasotaarea.tridelta.org>.

Free Vein Screenings

■ **Allure Medical** believes in curing advanced vein disease, not just managing its symptoms. **They offer free vein screenings** in their Lakewood Ranch and Venice offices, and use the latest technology and minimally invasive procedures to stop vein disease in its tracks. No need for years of pain and discomfort. Call 941-214-9412 to **schedule your free screening today**. Same-day or early/late appointments, available.

Free Health Seminar

■ **The Renewal Point** has a free seminar on **Thursday, November 21, 6-7pm**. The topic is **"No-Brainers for Brain Health"** and will cover topics such as Neurotransmitters: How can we improve brain power?; The Aging Brain: Do we have control?; Your Brain on Fire: Toxins that impact the brain How Genetics play a role: What can we do about it? and Extra Brain Power: 6 must-know nutrients.
 Presented by Dr. Dan Watts, Founder/Director of **The Renewal Point Age Management Center**. Space is limited. RSVP to (941) 926-4905. The Renewal Point is located at 4905 Clark Rd, Sarasota. Open to men and women.

People with Parkinson's are Dancing

■ **People with Parkinson's** and their care partners will be able to dance with **The Sarasota Ballet**. "We are thrilled to announce that **Neuro Challenge Foundation for Parkinson's** and The Sarasota Ballet are partnering to provide **"Dancing through Parkinson's"** for our Parkinson's community," said Robyn Faucy-Washington, CEO of Neuro Challenge and Iain Webb, Director of The Sarasota Ballet.
 Parkinson's is a progressive, neurodegenerative disease with no known cure. According to Faucy-Washington, numerous studies show that dance helps improve mobility, balance, and gait by

addressing the motor symptoms of PD which include resting tremors, slowness of movement, and difficulties with balance as well as non-motor symptoms such as anxiety, pain, and sleep disorders.

Students will experience a lively and varied class including gentle stretching plus tailored dance steps and music from this year's Sarasota Ballet season. Dancing for Parkinson's will meet twice a month at 11:30 am. The class will take place at The Sarasota Ballet School Rosemary Studios at 1400 Blvd. of the Arts.

The class is **free** and opens to people with Parkinson's and their caregivers; no previous dance experience is necessary. Advance registration is not required. For more information, call Neuro Challenge at (941) 926-6413.

Historical Society Events

■ Dates are set for their **Historical Trolley Tours**. Narrated by local historian Sue Blue, this is a fun history lesson of the downtown historical sites. Tours are on Saturday mornings from 10 a.m. to noon. Tour leaves and returns to the Crocker Memorial Church on 12th Street between US41 and Cocoanut Avenue. Cost: \$35. Call 941-364-9076 or email at hsosc1@gmail.com to make a reservation.
Dates: November 16, December 7, January 11 & 25, February 8 & 22, March 14 & 28 and April 4.

• **Phillippi Estate** has a new program, **Afternoons at the Mansion**, with historical presentations on **Sundays at 2pm**. Tickets: \$20. Reservations: 941-861-7275. Light refreshments will be served.

Here's the schedule:

- **November 10—Sarasota Roaring Through the 1920s** with Jeff LaHurd
- **December 8—Rising tides, shifting sands, ancient sites in peril** with John McCarthy
- **January 5, 2020—Newtown Alive** with Vickie Oldham and singer Troy Nichols & Newtown History Makers

Info or tickets: email hsosc1@gmail.com or call 941-364-9076. Visit www.hsosc.com.

14th Annual Sustainable Communities Workshop Nov. 14

■ **Sarasota County's 14th Annual Sustainable Communities Workshop** on **Nov. 14**. It's a day-long event to showcase strategies for healthy, resilient, thriving communities.

Under the **"Growing Greener Generations"** theme, the workshop will draw together residents of all ages, business owners and employees, non-profit leaders, and government officials to learn about environmental, economic and social aspects of sustainability. Multi-generational panelists will discuss the latest sustainability strategies, resources and best practices, and opportunities for involvement locally.

Registration is \$45 and includes continental breakfast, lunch, and afternoon snack by a Sarasota County Green Business Partner.

The 2019 workshop, set for **8 a.m. to 4:30 p.m.** at the Girl Scouts of Gulfcoast Florida Event and Conference Center, at 4740 Cattlemen Road in Sarasota, will tackle resiliency, food production, social equity, biodiversity, green economy and other topics through our multi-generational panels and **three keynote speakers**:

- **Josh Tickell**, an author and film director whose work provides young people with tools to reshape political power, change the climate conversation, and save Earth's ecosystems; **Chris Castro**, director of Orlando's Office of Sustainability & Resilience and developer of Fleet Farming, a social enterprise that redefines local food systems by building organic farms on residential lawns; and **Syd Kitson**, chairman and CEO of Kitson & Partners, a firm that specializes in creating and developing master-planned communities focused on sustainable, responsible growth.

For more information, visit www.scgov.net/SustainableCommunities or call 941-861-5000. Register at ufsarasotaext.eventbrite.com.

Manatee County Master Gardener Volunteers

■ **Master Gardener Volunteers** are holding an **"Open Garden"** celebration on **November 8 and 9** between **9 a.m. and noon**, to commemorate their 40 years of volunteer service to the **Manatee County's University of Florida/IFAS Agriculture and Extension Service**. The **free** event, which is open to the public, is taking place in the Master Gardeners' Educational Gardens on the Extension grounds, located at 1303 17th Street West at the Manatee County Fairgrounds in Palmetto.
 • **November 8** will include self-guided tours of our award-winning garden, as well as Information Stations and demonstrations, all

geared toward inspiring the creation of Florida-Friendly landscapes. The Information Stations will educate visitors on the many services provided by the Master Gardeners, such as the plant clinic, soil and water testing, school and community gardens, rain barrels, vermicomposting, the Landscape Assistance Program, classes for all ages and much more. Master Gardener Volunteers will also provide several container garden demonstrations followed by a drawing for each item created.
 • **November 9** is devoted to families and children. In addition to self-guided garden tours and Information Stations, the morning will include fun activities for children. Home Depot will be on site to build a make and take craft with the children and Boyd Nature Preserve will entertain families with several birds of prey and reptiles.

In Manatee County, residents can bring their horticultural questions to the Plant Diagnostic Clinic where Master Gardener Volunteers will assist in resolving their questions. The clinic is open weekdays (except Wednesdays) from 9 a.m. to 4 p.m. Soil testing for pH and soluble salts is available for a small fee. Educational Garden tours are available upon reservation. Many varied educational classes in residential horticulture are offered throughout the year to the public. Contact the Manatee County Agriculture and Extension Service at (941) 722-4524.

Fibromyalgia & Chronic Pain Support Group

■ Join in for a **Fibromyalgia and Chronic Pain Support Group**. They meet the **first Tuesday of every month** at the Braden River Library on SR 70 from **noon to 2 p.m.** This group is free and a good chance to share with others that understand. Any questions, call Edie Anderson at 941-447-5024 or Lorraine McDonough at 941-896-8942.

Women's Networking Event

■ **WIN (women's interactive network)** is a small group based out of Pittsburgh and Sarasota. They have a **Lunch & Learn Monthly Meetup** for professional women. Join them at Mediterraneo Restaurant, the **2nd Thursday of every month, 11:30 a.m. to 1 p.m.** This is a great opportunity to showcase your business, learn about your professional colleagues and expand your network. All Attendees are responsible for their own lunch and beverage. Remember to bring a donation for the Women's Resource Center of new or gently used clothing or accessories. Visit their website to learn more: Sarasota: <http://na-win.com/sarasota>. ☎

EMAIL YOUR EVENTS TO: westcoastwoman@comcast.net
 Follow us on Facebook at *West Coast Woman* and you'll find even more events that come up each month.