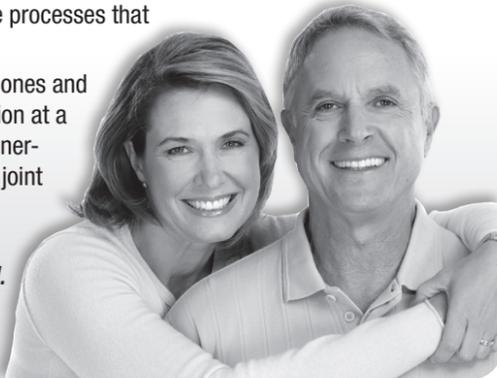


Free Seminar

The Renewal Point has a free seminar on **Thursday, September 26, 6-7 p.m.** on **Bio-identical Hormones**. At this seminar you will learn about hormones and why an imbalance in them leads to signs and symptoms of aging and the disease processes that come along with it.

You'll also learn about the benefits of bio-identical hormones and how correcting the imbalance can retrain your body to function at a higher level. Find out how hormone balancing can improve energy, sleep, sexuality, endurance, relationships, bone strength, joint health, mental focus, and more.

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.



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.

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 JoshProvides at info@JoshProvides.org.

Club Meetings

■ **Sarasota Toastmasters Club 1958** empowers individuals to become more effective communicators and leaders. They provide a supportive and positive learning experience in which members are empowered to develop communication and leadership skills, resulting in greater self-confidence and personal growth. Join them **every Wednesday** from **7:30-8:45 a.m.** in at the Waldemere Street Firehouse conference room. *Do you want to be a better speaker?* Call (941) 539-6994 or email boss4001@aol.com for more info. Open to all.

■ There's a joint **VADC/SCDP membership meeting** **September 21 at 10:30 a.m.** Each month the voting members of the Sarasota County Democratic Party get together to conduct the business of the County Party. Voting members include Precinct Captains and Club and Caucus Presidents. While these meetings are usually held in Sarasota, in September the Party will be joining the Venice Club for a joint meeting. This is your opportunity to gain a better understanding of how the Democratic Party operates. Held at Venice United Church of Christ, 620 Shamrock Blvd, Venice.

Florida Gardening Classes

■ **September 21, 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 stormwater runoff by storing and diverting runoff from impervious surfaces (like roofs). Practical tips on the construction and installation of rain barrels will be provided. Register early through eventbrite.com.
 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 payable to: Sarasota County Board of County Commissioners.

■ **September 21, Let's Make Some Black Gold!** (after UF/IFAS Rain-barrel Class) Join us to learn what UF/IFAS Extension Sarasota County is doing around the region with composting, waste reduction and recycling. This 90-minute workshop blends indoor lessons with outdoor, hands-on activities in our compost demonstration area, and includes live demonstrations of our biogas and vermicomposting programs. Register early through ufsarasotaext.eventbrite.com. Attendees will learn the basics of home composting, the benefits of composting, and how to build a home compost system. Attendees will have the option to purchase a GEOBIN compost bin (see registra-

tion options, below).
 NOTE: There are two registration options for this workshop: Workshop PLUS a GEOBIN compost bin: \$25 registration (includes bin cost), which must be made in advance of the workshop. Workshop with no GEOBIN: Cost: free. Instructor: Randall Penn, UF/IFAS Extension Sarasota County waste reduction agent.

■ **September 24 and October 1: Solar in the Sunshine State: The Basics of Solar Energy for FL Homeowners**: If you're interested in understanding residential solar hot water and solar photovoltaic technologies better, this workshop is for you. The discussion will cover the basics of how the technology works, considerations for calculating return on investment, policies affecting solar adoption in Florida and any incentives that might be available to help pay for it. Register through ufsarasotaext.eventbrite.com. For information on this class, contact Sara Kane at 941-861-9802 or skane@scgov.net. For more information, call 941-861-5000 or email sarasota@ifas.ufl.edu.

■ **Master Gardener Volunteer Plant Fair in Manatee**: Manatee County's Agriculture and Extension Service has a **Master Gardener Volunteer Plant Fair** on **Saturday, October 5, from 8 a.m. to 1 p.m.** The Plant Fair is held at the University of Florida/IFAS Extension Manatee County Agriculture and Extension Service educational gardens, 1303 17th Street West (Manatee County Fairgrounds) in Palmetto. Save on Florida-friendly plants all grown and propagated by Master Gardener Volunteers. The plant selection includes natives, shrubs, vines, herbs, orchids, butterfly plants, vegetables, ground covers, bromeliads, and more. Come early for the best selection. Cash or personal checks only.

The Florida Master Gardener Volunteer Program was created to assist Extension Agents in providing research based horticultural education to Florida residents. 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 **plant clinic** is open

Monday, Tuesday, Thursday, and Friday, 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. Various educational classes in residential horticulture are offered throughout the year to the public.

Contact the Manatee County Agriculture and Extension Service, (941) 722-4524, to be put on the mailing list for the Master Gardener Volunteer monthly e-newsletter. If you have an interest in residential horticulture, consider becoming a Master Gardener Volunteer. This training program is offered annually. Information: Call Alyssa Vinson at 941-722-4524, ext. 1822.

At the Friendship Center

■ **The Friendship Center** for Aging Studies has these events:

• **September 19: Life After Life** Documentary Film Screening. Starts at **6 p.m.** with reception with wine and hors d'oeuvres. At 6:30 p.m. is the screening followed by 15-minute Q&A with director and 45-minute dance workshop in the Friendship Centers Great Room. Cost: \$15.

This documentary premiered at the Sarasota Film Festival in April 2019. *Life After Life* is a film about how it's never too late to explore the unknown. When Sarah, Eneida, and Juanita join a dance outreach program for seniors, they catch the eye of a local choreographer who challenges them to create and perform an original modern dance in one week. The result is a poignant, surprising, and at times hilarious look at aging, ability, and creativity that shows what happens when everybody dances.

• **Near-Death Experience Intimate Fireside Chat** on **Thursday, October 17, 6:30 p.m.** reception with wine and hors d'oeuvres. From **7-8:30 p.m.** panel discussion in The Caregiving Place Living Room. Cost: \$45

An intimate discussion with near-death experiencers who will share their firsthand accounts of life-transforming journeys beyond our world and answer questions about their experiences. Panelists: Carol Costanzo Vengroff, Sue Lanier, Juliette Gay Jones, and Lisa Cedrone. They'll will share their personal near-death experiences and discuss the impact they have had on their lives, consciousness and spiritual perspectives.

Call 941-556-3263 to register. Location: 1888 Brother Geenen Way | Sarasota.

"Raising Human Beings"—Free Educational Community Speaker Event

■ **Forty Carrots Family Center** announces its **17th annual free**

Educational Community Speaker Event featuring renowned child psychologist and best-selling author Ross W. Greene, Ph.D.

The event, presented in partnership with the Community Foundation of Sarasota County, will be held at **7 p.m. on Sept. 26** at Riverview High School Performing Arts Center. Admission is free and open to the community, but a RSVP is required.

Dr. Greene will present insights from his book, *"Raising Human Beings: Creating a Collaborative Partnership with Your Child."* His presentation will offer parents, caregivers, teachers, and professionals, ways to cultivate a better parent-child relationship using his empirically supported model of collaborative problem solving.

Attendees will learn how to nurture empathy, resilience, and independence, improve communication and resolve power struggles. Attendees will receive a free copy of the book.

Dr. Greene is developer of the innovative Collaborative & Proactive Solutions (CPS) model of intervention. His research is widely published in academic journals and featured in the national media. On faculty at Harvard Medical School for more than 20 years, Greene is a graduate of the University of Florida and Virginia Tech. Info: fortycarrots.com.

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
DEADLINE: SEPTEMBER 5