

WCW PICK

A-HA! Holistic Health Expo

The Spirit University has its **A-HA! Holistic Health Expo** on **Saturday & Sunday, February 17 & 18**, at the Bradenton Area Convention Center. "The A-HA! expo will feature doctors, nutritionists, energy experts and other health practitioners who will facilitate discussions and workshops on health, healing, detoxification, diet, weight loss, exercise, plant-based nutrition and complementary strategies for attaining and maintaining wellness and good health," according to Victoria Ackerman, founder of The Spirit University.

Admission to the A-HA! Holistic Health Expo is \$5 per day and hours are from **11 a.m.-6 p.m.** both days. The Bradenton Area Convention Center is located at 1 Haben Boulevard in Palmetto.

The Spirit University is a spiritual learning center located in Sarasota. A listing of its upcoming events and classes are at <https://thespirituniversity.com>.



Free Thinkers Lecture Series

■ **Unitarian Universalist Church of Sarasota** has these events:

- **February 16 - STOP!** Panel will discuss "Three Main Objectives for Quality of Life in Sarasota." STOP!, a civic group organized in 2016 to advocate for specific changes in the City of Sarasota's zoning code, will discuss the need for: 1) wide sidewalks with room for trees, 2) public hearings on large new development projects, and 3) better transportation planning.
- **March 2 at 10 a.m. Topic:** "Desertification, Food, and Conflict in Northern Nigeria: An Integrated Solution" with Dr. Charles Reith, Reith Energy. Dr. Reith works with farmers and herders displaced by Boko Haram to try to reverse and possibly prevent desertification. Learn what desertification is, what causes it and what can be done to restore sustainable productivity to the land for generations to come.

These events are free and held at 3975 Fruitville Rd., Sarasota. For more info, email FreeThinkersuucs@gmail.com.

The Congregation for Humanistic Judaism

- On February 16, at 7:30 p.m. they will have a talk on "**Control of the Temple: The Importance of the Temple Mount in Yerushalayim to Jews Worldwide**" following their Shabbat Service. Speaker is Rachel Dulin. She holds a B.Sc. in Education and a Masters Degree and PhD in Religious and Theological studies and was a professor of Biblical Literature and Hebrew Language. Dulin has published articles and books on the subjects of women, aging and politics in the Bible, and has appeared on radio and talk shows.
- On February 8 at 3 p.m. Jens Albiez will discuss "**A Nazi in the Family**"—his personal perspective on growing up in Germany in the 1960s. He will describe the impact the Welmar Republic and the Nazi regime had on his family and how the Germans dealt with the accumulated guilt and shame. By contrasting his personal family experiences with the bigger historic context, he hopes to encourage the audience to engage in lively discussion. Members free; guests \$5. Registration required: email chjsarasota@hotmail.com or call 941-929-7771; give you name,

phone number and the number of people who will attend.

- **February 27, 6-8 p.m. "Defending Our Values in Difficult Times."** The Congregation for Humanistic Judaism (CHJ), the Unitarian Universalist Church (UU) and Americans United for Separation of Church and State (AUSCS) are sponsoring this event to be held at UU Church, 3975 Fruitville Rd., Sarasota. Rob Boston, Director of Communications at Americans United for Church and State, will outline the threats facing real religious liberty and discuss what you can do to defend our rights. Boston is the author of four books, the most recent being: *Why Religious Freedom doesn't give you the Right to Tell Other People What to Do*. Free and open to the public.

The Congregation for Humanistic Judaism meets at Unity, 3023 Proctor Rd., Sarasota (unless otherwise noted). Visit chj-sarasota.org or call 941-929-7771.

At Spirit University

■ **February Classes, Workshops & Events:** Most classes/workshops held on campus beginning at 7 p.m. unless otherwise indicated.

- February 7-Tarot Practice Circle
- February 8-The Seven Healing Chakra - Karen Rose Slember; Finding and Living Your Spiritual Ideal - Ed Foote and The Developing Medium - Sharon Hill
- February 9-Traditional "Home Circle" - Evidential Mediumship
- February 12-Psychic Development Class
- February 13-The Loving Relationships Training - Divya Melissa Schnirring
- February 14-Tarot Practice Circle and Love Letters From Beyond - Victoria Ackerman - Starlite Room - 7-9 p.m.
- February 15-The Seven Healing Chakra - Karen Rose Slember and The Developing Medium - Sharon Hill
- February 16-Traditional "Home Circle" - Evidential Mediumship
- February 19-Psychic Development Class
- February 20-Psychic Practice Circle
- February 21-Tarot Practice Circle and Sound Meditation - Edward Russell
- February 22-The Seven Healing Chakra - Karen Rose Slember and The Developing Medium with Sharon Hill
- February 23-Where Two Worlds Meet - An Evening of Spirit Communication with Janet

Nohavec

- **February 24-10 a.m. - 5 p.m.** - The Power and the Presence - Advanced Mediumship with Janet Nohavec
- **February 24 & 25-10 a.m. - 5 p.m.** Become A Medical Intuitive weekend workshop - Tina Zion
- **February 26-Psychic Development Class**
- **February 27-Psychic Practice Circle**

Spirit University is located at 373 Braden Ave., Sarasota. Info: 941-544-5874 or visit www.TheSpiritUniversity.com.

Healthy Events

- On **Thursday, February 22, 6-7 p.m. The Renewal Point** will present "**No-Brainers for Brain Health.**" Dan Watts, MD, the Medical Director at TRP, will discuss issues 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.

The events will be held at The Renewal Point, 4905 Clark Rd., Sarasota. Open to men and women. Space is limited, so RSVP at 941-926-4905.

■ Here are events at **The Paradise Center:**

- **February 5, 7 & 9, 1-2:30 p.m. MindSet (3-Part Series).** Are you giving your brain a good workout? MindSet, a program by Jewish Family & Children's Service (JFCS) of the Suncoast, is based on the research by David Loewenstein, PhD., Professor of Psychiatry and Behavior Sciences at the University of Miami. You will learn skills that help exercise your brain; create healthy habits; improve communication; and get organized. Cost: \$30. RSVP to maryannbrady@theparadisecenter.org or call 941-383-6493.
- **February 14, 2-4 p.m. Afternoon Tea with the Closet Whisperer. "Your Destiny is in Your Closet."** Archetypal Consultant Gail Condrick will show us how what you wear reveals who you are. Bring or wear a favorite item of clothing or outfit for analysis; see if you are projecting the image you want. Cost: \$15. RSVP by Feb. 9 to maryannbrady@theparadisecenter.org or call 941-383-6493.
- **February 28, noon-1:30 p.m. Lunch & Learn: Are You Ready to Live to 100?** As we live longer, more active lives,

are you financially prepared for a longer retirement? Sponsored and presented by Johanna Gustafsson and Christopher Pinckney with Merrill Lynch, The Gustafsson Pinckney Group. Discussion will include long lasting financial security; planning for healthcare costs and cognitive decline; and a new approach to work, living & leisure. Cost: \$15; lunch provided. RSVP by Feb. 26 to maryannbrady@theparadisecenter.org or call 941-383-6493.

The Paradise Center events are held at The Paradise Center, 6200 Gulf of Mexico Drive, 2nd Floor, Longboat Key.

The Paradise Center is at www.theparadisecenter.org.

Barefoot on the Beach Returns to Nokomis

■ **Barefoot on the Beach at Nokomis Beach Plaza** is back this winter. Formerly the Barefoot Beach Bazaar, Sarasota County Parks, Recreation and Natural Resources has revamped the event and moved it to a new time.

In 2018, the event will be from **10 a.m. to 2 p.m. the second Saturday** through March at Nokomis Beach Plaza, 100 S. Casey Road, Nokomis. Barefoot on the Beach, which is free and open to the public, will still feature the Barefoot Beach Bazaar's vendor/artisan show but will also have different themes each month to showcase the community's economic or recreational sectors.

February's theme will be **Surf, Swim and Fish Day**. The Feb. 10 event will have local board experts as well as a skim board demo on the sand. For more information, call the Sarasota County Contact Center at 941-861-5000 or visit www.scgov.net.

At The Women's Resource Center

■ Join **The Women's Resource Center** for a two-session workshop that will focus on the following:

- *Understand how money decisions fit into your life plan and your personal goals.*
- *Learn how to generate income in retirement to last your lifetime.*
- *Get hands-on experience to create your own retirement plan.*
- *Take advantage of expert knowledge to address personal questions regarding your own retirement needs.*
- *Discover key strategies required to protect and grow your life savings.*

Saturday Workshops are on **February 3 and 10, 9:30 a.m. -12:30 p.m.** at the University of South Florida Sarasota-Manatee. Cost: \$50 for the full workshop payable to WRC. Seating is limited.

Nationally known Women and Money Expert, Dr. Laura Mattia, CFP is a Researcher and Financial Planning Professor at Muma College of Business, University of South Florida. Dr. Mattia's research on women and money has received accolades for insights aimed at helping women better prepare for retirement. Her financial expertise is a unique combination of advanced financial degrees and certifications and over 28 years of

financial leadership experience.

Dr. Mattia is the author of the forthcoming book *Gender On Wall Street: Uncovering Opportunities For Women In Financial Services* coming out spring 2018 from Palgrave Macmillan. She is the internet radio show host of Women's Money Empowerment Network with Dr. Laura Mattia and the author of a financial news column and financial workbooks used to educate women. Her Knowledge Sharing Workshops focus on helping women make effective financial decisions.

Guest Presenter: Marcey J. Walsh, CBC, DSS CEO of Strategic Brilliance and author of *Everything Begins with a Decision*

Dr. Laura Mattia: Lauramattia@usf.edu Marcey Walsh: marcey@strategicbrilliance.com.

For more info, call 366-170.

JFCS Cancer Support & Wellness Programs

■ **JFCS of the Suncoast Cancer** offers **Support & Wellness Programs**. These are all at the JFCS S. Tuttle Campus at 1050 S. Tuttle Ave. All cancer support and wellness programs are offered free of charge.

- **Cancer Caregiver Support Group: Thursdays 1-2:30 p.m.** Caregivers and family members affected by a cancer diagnosis explore new ways to support a loved one while supporting themselves.
- **Mindful Meditation** - Join facilitator Nancy Saum as she guides students through mindful meditation techniques. Studies support that mindful meditation promotes improved immune system health. Meditation can also provide relief from pain and insomnia and helps to better cope with stress. Group meets **Tuesdays, 1:30-2:30 p.m.** JFCS S. Tuttle Campus (except 3rd Tuesday when class meets at Arlington Park for Walking Meditation).

For more information and a list of other offerings, call 941-366-2224 or visit www.jfcs-cares.org.

Climate Symposium in April

■ **The Suncoast Climate Change Symposium** (www.bdinc.net) presents "*Climate in Crisis*" on **Tuesday, April 17, from 5-8:30pm** Dan Watts, MD, the Medical Director at TRP, will discuss issues 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.

The events will be held at The Renewal Point, 4905 Clark Rd., Sarasota. Open to men and women. Space is limited, so RSVP at 941-926-4905. ☎

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