

WCW PICK

My Hormones Made Me Fat, Right?

The Renewal Point will present the **Hormone Connection for Weight Loss Seminar on Thursday, June 28, 6-7 p.m.** Metabolic and Hormone Balancing have been found to be major components in long term weight loss. At our Hormone Connection for Weight Loss Seminar, you will learn about:

- What contributes to yo-yo weight fluctuations and why The Renewal Point's unique and proven medical weight loss program can help you lose weight for good
- How hormones can make it or break it when it comes to weight loss- almost everyone who has a weight problem has hidden imbalances, making it practically impossible to lose weight

Presented by Dr. Dan Watts, Founder/Director of The Renewal Point Age Management Center. The event 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.**



Lectures

■ **AJC West Coast of Florida** lectures are on **July 18** and **August 15, 11:30 a.m.-1:30 p.m.** Michael's On East, Sarasota. Cost: \$28 per lecture and includes lunch.

• **Julie Rayman**—AJC's Director of Political Outreach on **Wednesday, July 18. The Growing Need for Global Jewish Advocacy**
How can American Jews influence how other countries view Israel, anti-Semitism, and the pursuit of human rights?

• **Annette Klein & Clément Leclerc**—Consul General of Germany; Consul General of France on **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 Groups

■ **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

■ **Shamrock Park Demonstration Garden Tour** by UF/IFAS Extension Sarasota County is on **June 7, 9-11 a.m.** at Shamrock Park & Nature Center, 3900 Shamrock Drive Venice. Join Master Gardener volunteers on the first Thursday of every month for a free tour of the seven demonstration gardens at Shamrock Park & Nature Center, in Venice. Learn how

the gardens integrate seamlessly into the natural environment, using Florida-Friendly Landscaping techniques that you can adopt for your home or business landscape. Register early through Eventbrite.com to reserve your spot.

For more info, call 941-861-5000 or email sarasota@ifas.ufl.edu.

■ **Landscaping to Attract Wildlife** is being offered by **UF/IFAS Extension Manatee County.** Increase the amount of birds, pollinators, bats, and other beneficial wildlife that visit your own backyard. Workshop topics include the plants, landscaping strategies, and other helpful tips to provide for and protect the animals who share our spaces. Cost: \$5. Held on **June 23, 10:30 a.m.-noon** at UF/IFAS Extension Manatee County, 1303 17th St W., Palmetto.

Programs at Women's Resource Center

■ **Locations:** Sarasota: 340 S. Tuttle Ave.; Manatee: 1926 Manatee Ave W.; Venice: 530 US-41 Bypass South #5A

• **Addiction Support Group – Mondays.** For friends and family of addicts. For more information, call 941-747-6797. Manatee, Mondays, 6-8pm. Fee: \$2

• **Ask an Attorney – By appointment only.** Individual 30-minute legal consultation on family law topics such as divorce, child support, child custody, and much more. At the Manatee Center, they offer a bilingual attorney to help assist with immigration matters. Call for availability of appointments. Fee: \$10. Manatee: 941-747-6797; Sarasota: 941-366-1700; Venice: 941-485-9724.

• **Career Center – weekly.** Clients are invited to work in their self-help career center to conduct online job searches, work on job application submissions and update resumes. Call for availability as the Center is for individual classes. No fee.

Sarasota: Mondays-Thursdays, 9am-4pm, Fridays, 9-11:30am. Call 941-366-1700

Venice: Mondays-Thursdays, 9am-4pm. Call 941-485-9724.

• **Computer Tutoring – By appointment only.** Need to hone your computer skills? Learn your way around an Excel spreadsheet, how to create a new Word document, and how to upload attachments. Call for availability of appointments. Fee: \$10. Sarasota: 941-366-1700; Venice: 941-485-9724.

• **Employment Classes – Monday-Wednesday.** Held weekly. Explore career opportunities. Learn basics of online job searches and applications, resume building. No fee. **Sarasota, Mondays, 1-3pm** Call 941-366-1700; **Venice, Tuesdays, 11am-2pm.** Call 941-485-9724.

• **Lunch Bunch – Thursdays.** Have you recently moved here, changed jobs, or want to make new friends? Join in to foster camaraderie and support, and help you through transition. A different restaurant is chosen weekly. Email Program Director Chris Braun at cbraun@mywrc.org. Held in **Sarasota, Thursdays, 11:30am-1pm.** Phone: 941-366-1700. Fee: A donation to the WRC is appreciated.

• **Mental Health Counseling – By appointment only.** WRC offers individual, couples and family counseling with fully qualified mental health professionals. Counselors have the discretion of referring clients to more appropriate treatment when it is deemed to be more beneficial for the client. By appointment only. Fee: Affordable sliding scale fee structure. Manatee: 941-747-6797; Sarasota: 941-366-1700; Venice: 941-485-9724.

• **Mentoring – By appointment only.** It can be difficult to see our goals through to the end, and sometimes we need someone to help us. This program is offered to clients who would benefit from additional support and experience from and a qualified mentor. Call for availability, 941-366-1700. Held in Sarasota by appointment only. No fee.

• **Peer Resource Advisor (PRA) – By appointment only.** Do you need someone to listen without judging, who has the tools to guide you to needed support? We have experienced Peer Resource Advisors who help you prioritize your needs. They can refer you to the right community agencies, and/or recommend programs offered by the WRC that provide resources and information. No Fee. Sarasota: 941-366-1700; Venice: 941-485-9724.

• **Yoga – weekly** at WRC in Manatee. Open to all—bring a mat and other yoga instruments. **Power Yoga, Tuesdays, 8:15-9:30am.** Fee: \$5; **Gentle Yoga, Wednesdays, 5:30-6:30pm.** Fee: \$5; **Intermediate Yoga, Saturdays, 9am,** Fee: \$5; **Moving Meditation, Wednesdays, 9:30-10:30am.** Phone: 941-747-6797.

• **Yoga – Weekly** at WRC in

Sarasota. **Moving Meditation, Thursdays, 9-10:30am.** Fee: \$5. All Levels on **Mondays, Tuesdays, Thursdays & Fridays, 9am-10:30pm.** Fee: \$5. Phone: 941-366-1700.

County Highlights 'Neighborhood Stories'

■ **Sarasota County** has a series of "**Neighborhood Stories**" for residents who are looking for inspiration and guidance on their next neighborhood project. With help from its partners, the county's Neighborhood Services team will present the realities of neighborhood projects from a variety of perspectives: the subject matter expert, the financial backer and the residents that made it happen.

"**Neighborhood Stories**" will be presented **through August** at the UF/IFAS Extension building, 6700 Clark Road, Sarasota, and will each feature a different type of project. Sessions will be held from **4-5 p.m.** on the following dates:

- **June 13:** Disaster Preparedness at IslandWalk
- **July 11:** Butterfly Garden at Gillespie Park
- **Aug. 8:** Pond Aeration at Sherwood Forest

Friendship Force Sarasota

■ **Friendship Force International** is a non-profit organization that has brought together more than 1 million people in homestays since 1977 to share different views and discover common ground, in a quest for global understanding and peace. The **first Thursday** of each month the group will gather at **7 p.m.** at the Waldemere Fire Station (2070 Waldemere Street) in the training room.

Meeting Dates:

- **June 7: Travel insurance** from Friendship Force Intl - compare and contrast.
- **July: No meeting.** Curious travel aficionados and potential new members are encouraged to attend. For more information: <http://www.FriendshipForceSarasotaFlorida.org>.

Get Into Genealogy

■ **Genealogy Basics** (Part 1 of 2) is being offered on **June 4, 10:15 a.m.- 12:15 p.m.** This computer-based genealogy course covers the following topics: why study genealogy; how to get started; what sources are available; and how to organize and present your research. Students will start researching their family history using the Library Edition of Ancestry.com. Basic computer skills required. You need to have an active Sarasota County library card number to access the Ancestry Library Edition database.

As space is limited and in consideration of other students, take Genealogy Basics only once. Register for this class by calling 941-861-5000. When you register for Part 1, you are automatically registered for Part 2 on Tuesday. Held at Gulf Gate Library in the Learning Lab.

JFCS Support and Wellness programs

■ **JFCS of the Suncoast Cancer** offers Support & Wellness Programs. All cancer support and wellness programs are offered free of charge. **Here are June's events:**

• **Zentangle** with Julie Burch is on **Monday, June 18, 12:30-2 p.m.** Zentangle is a meditative drawing experience unlike any other and it requires no special abilities or talents. Join Julie Burch as she guides you on a line-by-line journey into this life changing art form. You will be amazed at the beauty of the finished product and come away with the added benefits of increased feelings of calm and well-being. This is a very popular class and preregistration is required. Call 366-2224 ext. 167 or visit www.jfcs-cares.org.

• **Ask the Pharmacist: Wednesday, June 20, 1-2:30 p.m.** Join in for an informative talk with a pharmacist specific to cancer treatment. Financial assistance, home delivery and other information will be discussed at this event.

• **Lakewood Ranch - Breast Cancer Networking Group: 2nd Saturday** of each month – **10-11:30 a.m.** Lakewood Ranch Medical Center, Conference Room One. A support group for people with breast cancer, family members, caregivers and/or support persons.

• **Newcomer's Support Group: Thursdays, 11 am-noon** at JFCS South Tuttle Campus. This is a small group format tailored to meet the needs of patients, survivors, caregivers and family members on a more individualized level.

• **North Sarasota Group: 2nd Tuesday** of each month, **6-7:30 p.m.**, 2801 Newtown Blvd, Sarasota. Join facilitator Elizabeth Bornstein, LCSW to discuss and learn ways to reduce and manage stress while coping with a cancer diagnosis. Meetings include "Ask Dr. Lisa"—an informal question and answer session with Lisa Merritt, M.D. Group begins with a light and nutritious meal.

• **Advanced Breast Cancer Support Group: 4th Tuesday** of each month, **1-2:30 p.m.** JFCS South Tuttle Campus. Women (or men) with advanced breast cancer have an opportunity to discuss concerns about many treatment options they might have available with one another and how to best cope with their diagnosis.

• **Yoga for Wellness:** Join Linda Lee, LMT, RYT (a.m. classes) or Janie Gibson, RYT, (p.m. class) **Tuesdays from 9:30-11 a.m.; 5:30-6:45 p.m.; Thursdays 9:30-11a.m.** JFCS South Tuttle Campus. Gentle yoga designed for cancer patients, caregivers and survivors to cultivate healing and awareness and to help reduce stress.

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

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