

WCW PICK

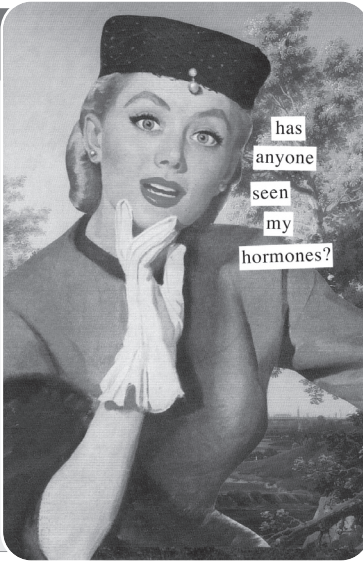
## Hormones driving you crazy?

**A**t this **Bio-identical Hormones Seminar** you'll learn about how balancing hormones is about optimal aging, living a higher quality of life, and halting or possibly reversing disease processes.

You'll also learn about why an imbalance in hormones leads to signs and symptoms of aging and the disease processes that come along with this.

Find out how correcting the imbalance can retrain your body to function at a higher level. 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** on **Thursday, April 23, 6-7 pm** at The Renewal Point, 4905 Clark Rd., Sarasota. **Space is limited, so RSVP** by calling **941-926-4905**.



has  
anyone  
seen  
my  
hormones?

Club, 500 Rockley Blvd, Venice. The program will be the Instride Equine Therapy with speaker Jordan Jones. Come and hear how this valuable horse involved therapy helps all ages.

The College Club's motto is "Reaching Out to Make a Difference." This is done by annual education scholarships, donates to South Country Food Pantry, promotes fellowship among women with Associate and above college degrees, and encourages personal growth and community involvement.

The next Venice Area Women's College Club event is a **luncheon** on **May 12, 11:30a.m.-2 pm** also at Plantation Golf & Country Club, 500 Rockley Blvd, Venice. The May meeting will feature the installation of officers. This is the last meeting of the season and the club will resume the second Tuesday in October, 2020 with a new slate of interesting and informative speakers and programs. For lunch reservations (\$22) call 941-202-4034.

## Epilepsy 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](mailto:info@JoshProvides.org).

**Epilepsy Support Group** meetings are being offered by **Epilepsy Services of Southwest Florida**. The **group meetings** are held on the **1st Wednesday of each month from 6-7:30 p.m.** at Senior Friendship Center, Ruben Center for Healthy Aging-Dwyer Room, 1920 Brother Geenen Way, Sarasota.

This support group is offered to adults over 18 living with epilepsy as well as their family, friends and caregivers. A safe, supportive environment is provided where people can share concerns and help others. Monthly topics such as medications, stress, depression, relationships and current medical treatments will be presented and discussed. Connect with others, gain support and make friends. Refreshments served.

For more information, email Barbara Coleman at [bcoleman@esswfl.org](mailto:bcoleman@esswfl.org) or call (941) 953-5988.

## At The Women's Resource Center

■ **Authentic Fusion Yoga:** \$5. This Yoga is perfect for beginners of all ages. All equipment is provided. Offered in Venice, **Tuesdays, 5:30-6:30 p.m.** 101 West Venice Ave #24, Venice. Info: (941) 485-9724  
• **Mentoring:** No fee. 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 a qualified mentor. **Call for an appointment.** Manatee: (941) 747-6797; Sarasota: (941) 366-1700; Venice: (941) 485-9724.

## 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.

## 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: <http://na-win.com/sarasota>. ☺

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

## Explore Your World Kit available at Sarasota Libraries

■ You and your family can make amazing scientific discoveries in your yard, your neighborhood or just about anywhere you venture, with the "Explore Your World" **backpack kits** at Sarasota County public libraries.

Designed by **UF/IFAS Extension and Sustainability**, in collaboration with **Sarasota County Libraries**, the Explore Your World kit helps adventurers of all ages explore the wonders of nature around them.

**Includes:** child-friendly binoculars, compass, magnifying lens, underwater explorer boat, planisphere (night sky map), field guides, an array of outdoor exploration activities, and library books for all ages.

Use the Explore Your World kit just about anywhere, from city sites to state parks, and from the backyard to the beach or to Sarasota County parks.

Look for the backpack kits at Sarasota County Libraries. For more information, call 941-861-5000, or visit <http://tiny.cc/ufsar-aext-explorebackpack>

## Sarasota County to Host Special Historical Exhibit

■ **Sarasota County** is inviting the community to take a step back in time with four historical women. The exhibit, called "**Shaping Sarasota: Four Memorable Women**," will showcase the growth of Sarasota and the influence they had on early community development. Guest speakers will address the period in which the women lived, impacts on their lives, troubles they faced and a review of their family heritages.

"These women greatly influenced the direction of life in the early Sarasota community," said Priscilla Brown, Parks, Recreation and Natural Resources program coordinator. "Their legacies can be seen today throughout the county today at well-known landmarks including Phillippi Estate Park, Historic Spanish Point, Ringling Museum and Selby Gardens."

Displays will be available at each location for a month with viewing times during regular library hours. Next up is April at Selby Library, 1331 First St., Sarasota. For information, call the Sarasota County Contact Center at 941-861-5000 or visit [scgov.net](http://scgov.net).

## At The Libraries

■ **Sarasota Libraries:**

• **Cirque D' Book**—in the Conference Room at **Selby Library, 10:30 a.m.-noon**. Librarian Charlotte Thompson leads a monthly book discussion group.

**Here's the schedule:**

• **April 13:** Kate More. *Radium Girls: Dark Story of America's Shining Women*.

• **May 11:** Delia Owens. *Where the Crawdads Sing*.

• **June 8:** Rebecca Makkai. *Great Believers*.

At Selby Library, 1331 First St., Sarasota. Info: (941) 861-1100.

■ **University of Florida/IFAS Extension Master Gardener Plant Clinic** is on **April 25, 10am - noon** at Fruitville Library, 100 Apex Road, Sarasota. Info: (941) 861-2500. The Plant Clinic meets in the library lobby.

Want to learn more about Florida-Friendly gardens, composting, or citrus trees? Need a plant or insect identified? Homeowners can receive research-based lawn, landscape and pest management help from the University of Florida. These sessions are made possible through a partnership with UF/IFAS Extension Sarasota County.

## Venice-Nokomis Rotary 12th Annual Toast to Venice April 5

■ **The Venice-Nokomis Rotary** has its **12th Annual Toast to Venice: A Wine, Beer & Food Festival** - showcasing some of the best offerings in food and beverage in the Venice area. This year's event will be held on **Saturday, April 4, from 2-5 pm** at Maxine Barrett Park. The rain date will be Sunday, April 5.

Highlights of this year's event include premium wine and beer tasting, a newly added bourbon tasting, food sampling from some

of Venice's best local restaurants, live music, a silent auction and more. With only 500 tickets printed, the event sells out quickly. Advance tickets are available for \$70 at [www.VeniceNokomisRotary.org](http://www.VeniceNokomisRotary.org) and at Venice Wine and Coffee Company on the Island. Tickets are \$75 at the door the day of the event.

All proceeds from the Toast to Venice benefit local charities and organizations such as Boys and Girls Clubs of Venice, Rotary Futures Resource Center, Our Mothers House, Child Protection Center, The Twig, Habitat for Humanity, Venice Symphony, Venice YMCA, Boy Scout Troops and many other worthy organizations.

For more information about sponsorships and/or auction items, and the 2020 Toast to Venice in general, contact Colleen Carver at [CcarverConsulting@gmail.com](mailto:CcarverConsulting@gmail.com) or (941) 219-2623.

## Clubs

■ **Sarasota Toastmasters** meets **Wednesday mornings from 7:45-8:50** at the Waldemere fire station in the upstairs classroom. Guests are always welcome. Find out how Toastmasters can help you be your best and upgrade your communication skills for professional and personal excellence. Meeting weekly except for holidays. <https://www.toastmasters.org/Find-a-Club/00001958-sarasota-toastmasters-club>.

■ **Genealogical Society of Sarasota** meets in the Jack J. Goldbart Auditorium at Selby Library on **April 11, 10am-noon**. This month: Thomas MacEntee is a genealogy professional who is also a blogger, educator, author, and social media connector. After a 25-year career in the information technology field, he started his own genealogy-related business called High Definition Genealogy. He currently shares many of his articles and videos for free at Abundant Genealogy and also runs the popular Genealogy Bargains and DNA Bargains websites. Info: Email: [gss@gssfl.com](mailto:gss@gssfl.com).

■ **The Venice Area Women's College Club** invites you to the monthly lunch and program on **April 14, 11:30 a.m. - 2 p.m.** at the Plantation Golf & Country