

Resolution for 2020: Lose Weight! This Free Seminar on Jan. 23 May Help

The Renewal Point is offering a free seminar "Hormone Connection for Weight Loss" on Thursday, January 23, 6-7 p.m. Metabolic and Hormone Balancing have been found to be major components in long term weight loss.

At the seminar, you will learn about: what contributes to yo-yo weight fluctuations and how hormones can make it or break it when it comes to weight loss. Open to men and women.

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.



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: Follow Your Bliss: How Our Brains Are Uniquely Wired to Take Action on Jan. 23, 4:30-7:30 p.m.** All are welcome to participate. Fee: \$25; sliding scale available. To register, visit BeingWE.net.

Also at the WRC:

- **Authentic Fusion Yoga:** \$5. This Yoga is perfect for beginners of all ages. All equipment is provided. Offered in Venice, **Tuesdays, 5:30-6:30pm**. 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.

At The Libraries

Sarasota Libraries:

- **CIRQUE D' BOOK**—in the Conference Room at **Selby Library, 10:30am - noon**. Librarian Charlotte Thompson leads a monthly book discussion group.

Here's the schedule:

- **January 13:** Carlos Ruiz Zafon. *Shadow of the Wind*.
- **February 10:** Sigrid Nunez. *The Friend*.
- **March 9:** Eli Saslow. *Rising Out of Hatred: The Awakening of a Former White Nationalist*.
- **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.

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>.

■ **The Manatee Genealogical Society** meeting will be held on **January 7, 10 a.m.-noon**, at Manatee County Central Library, 1301 Barcarrota Blvd. W., Bradenton.

The keynote speaker, **Karen A. Fortin**, is a member of the Association of Professional Genealogists and the Genealogical Speakers' Guild. Karen will speak on "Who Were the Passengers of the Mayflower?" in commemoration of the 400th anniversary of the arrival of the Mayflower.

Following the presentation there will be a Q & A period with the speaker and then a moderated open discussion period. Society information: <https://mgsfl.org>. Facebook: www.facebook.com/ManateeGenealogicalSociety.

■ **The Venice Area Women's College Club** invites you to their **January 14** luncheon at the Plantation Golf & Country Club, 500 Rockley Blvd, Venice, **11:30 a.m. to 2 p.m.** The program will be about Venice Area Beautification, Inc. with speakers Greg Vine and Phil Ellis. This will be interesting and useful information for all to hear about the city of Venice. The Club meets the **second Tuesday of the month**. New members welcome. Call 941-202-4034 for lunch (\$22) reservations or for more information.

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.

■ **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 or call (941) 953-5988.

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.

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 Coconut Avenue. Cost: \$35. Call 941-364-9076 or email at hsosc1@gmail.com to make a reservation. **Dates: January 11 & 25, February 8 & 22, March 14 & 28 and April 4.**

■ Join the HSOSC for their **Sunday afternoon socials** at **2 p.m.** HSOSC members: \$5; Guests: \$10. Light refreshments. No reservations required. • **January 12** - Kate Holmes presents the history of the Whitakers and the Whitaker Cemetery next door with a map to explore after the program.

• **February 16** - David Duncan discusses the history of the railroads, • **March 22** - Deborah Walk hosts some inter-generational folks who grew up in Sarasota and attended Sarasota High School. Info or tickets: email hsosc1@gmail.com or call 941-364-9076. Visit www.hsosc.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>.

Citizens' Academy Returns for 2020

■ City of Sarasota residents, property owners and business owners interested in learning more about their local government are encouraged to register and participate in the upcoming **Citizens' Academy**, an interactive, eight-week educational course. Most sessions will be held **Thursday** evenings from **5:30-8 p.m.** beginning Jan. 23. **Space is limited to 25 participants.**

The Citizens' Academy is an opportunity for participants to see how municipal government operates through interesting, interactive learning sessions, with different City departments featured each week. Participants will get a chance to see how our Utilities Department treats and maintains healthy drinking water; visit the Robert L. Taylor Community Center and learn what it takes to operate city parks; step on stage at the Van Wezel and see how Broadway shows are brought to Sarasota; and get a hands-on demonstration of how the Sarasota Police Department protects our community.

There is no charge for the eight-week course, but participants are asked to commit to attending the eight sessions. City of Sarasota employees may also participate. A graduation ceremony will be held during the March 16 City Commission meeting. View the full Citizens' Academy schedule and complete an online application at sarasotafl.gov/government/planning/neighborhoods.

For more information, contact Neighborhood Planner Nancy Kelly at 941-263-6378. ☎

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.