

13th Annual Garden Tour: "Bradenton in Bloom"

The Manatee River Garden Club has its 13th Annual Garden Tour: "Bradenton in Bloom" on **Saturday, April 7, from 10 a.m.-4 p.m.** Take a self-guided tour of 5 lovely gardens in Bradenton. Enjoy a gourmet lunch at the clubhouse for \$10, and visit the vendors and raffle baskets.

Purchase tour tickets in advance @\$15 at Crowder's Gifts & Gadgets (Bradenton & Lakewood Ranch) or at www.manateerivergardenclub.com using check or Pay Pal. Day of tour purchase tour tickets for \$20 at the clubhouse (3120 First Avenue West, Bradenton).

Directions: If you have advance tickets, download the map and directions from the website. On the day of the tour, you get a booklet with directions at clubhouse. Info: 941-870-2259.



Healthy Events

■ **Juvenile Diabetes Research Foundation** is hosting its **annual fun-raising walk** on **Saturday morning, April 7** at Benderson Park in the North Lake area. It is a 5K or one mile walk with kid activities, food and family fun. Commemorative t-shirts for participants who raise over \$100. Register online at walk.jdrf.org/sarasotabradenton. Individual walkers are welcome or create a team. For more info call Janelle at 941-720-7354.

JDRF is the leading global organization funding diabetes research. Locally, there is an active Type 1 diabetes community with educational outreach programs as well as support gatherings for all ages.

Free Support Groups

■ **Jacqueline C. Ekstrom**, LCSW, LLC, is offering two free support groups:

• **Good Enough Moms**

"G.E.M.s" —Being the mother of a newborn can be tough. GEMS is a free weekly support group for postpartum women (up to 18 months) struggling with the adjustment to motherhood. The goals of this group are to offer women compassionate support in a safe and confidential environment, reduce isolation and offer encouragement. Mothering can be daunting but you don't have to suffer alone. Meets every **Monday from 9:30-11:30 a.m.** Call ahead to register.

• **Positive Pregnancy Support Group**

—Pregnancy is exciting and stressful, full of expectations and scary, it can be lonely and/or full of good intentions from those who surround you, it can also be challenging for your relationship and your work life. If this sounds familiar, please join in. This is a free woman-to-woman support group led by a licensed professional. Form connections, offer encouragement, share resources and motivate each other. Meets every **Monday, 5-6 p.m.**

Call to 941-218-0061 to register. Held at 1103 9th Ave., West Bradenton. For info, visit www.womencounselingbradenton.com.

■ **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.

• **Meridien Research**, an independent clinical research center, offers **monthly ADHD support group** meetings on **Mondays at 7 p.m.** at their office, 8043 Cooper Creek Boulevard #107. Attention-Deficit/Hyperactivity Disorder, ADHD, is a brain-based syndrome associated with particular functions and behaviors. These imperative functions include attention, concentration impulsivity in addition to hyperactivity and organization. There are chemical, structural and genetic differences that will vary from child to child. However, children and adults who have been diagnosed with ADHD have difficulty developing social skills which result in social rejection.

Meetings are the **last Monday of the month** and are free and open to the public. Light refreshments will be served. To reserve a seat, call 941-756-8680 or email info@meridienresearch.net.

Exercise Classes for Parkinson's Patients

■ **Neuro Challenge Foundation for Parkinson's (NCF)** announced that an exercise program for people with Parkinson's has started at the Bradenton Branch of the Manatee YMCA. NCF initiated the idea due to the unmet need of Parkinson's specific programs in Manatee.

Pedaling for Parkinson's is an effective way for people with Parkinson's to experience the benefits of a cycling program under the supervision of a certified cycling instructor. It will run on **Mondays and Wednesdays from 10:30-11:30 a.m.**

The Stretching for Parkinson's class features special stretch-

ing exercises for improved range of motion, balance and flexibility. It will run **Tuesdays and Thursdays from 10-10:30 a.m.**

Classes are at the Manatee YMCA at the Bradenton Branch, 3802 59th St. West. There is no charge for the first week of classes. Non-members are invited to attend and try out the class before making a membership decision. Call 941-782-0780 to register or for more information about YMCA membership options.

Health Classes & Lectures

■ **The Renewal Point** will present **Innovations in Age Management on Thursday, April 26, 6-7 p.m.** At the Innovations in Age Management Seminar, you will learn about optimizing the human lifespan through: Extending parts of the chromosome – telomeres; Breakthroughs in stem cell research and joint regeneration; Detection and correction of nutritional deficiencies and hormone balancing; Toxin elimination - reducing heart disease, diabetes, and cancer risk; Altering human genomes - turning them on/off and slowing and possibly reversing the aging and disease process.

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.

■ **JFCS of the Suncoast Cancer** offers **Support & Wellness Programs**. All cancer support and wellness programs are offered free of charge.

• **Cancer & Nutrition: What's Food Got to do with It?**

with Guest Speaker Nora Clemens, RDN, CLT, LD, Registered Dietician Nutritionist. Nora will discuss valuable information about the importance of making healthier food choices following a cancer diagnosis. **April 9, 1-2 p.m.** at JFCS of the Suncoast, Inc., 2688 Fruitville Road.

• **Lymphedema – Continuing the Conversation:**

with Sherry Ireland, MS, PT, CLT Physical Therapist, Certified Lymphedema Therapist. 99% of breast cancer patients experience fatigue during chemotherapy resulting in impairment in physical functioning and quality of life. Some people also experience swelling/lymphedema in the arm. Sherry will discuss treatment options

for managing lymphedema and regaining mobility and strength for return to function. **April 18, 1-2:30 p.m.** at the JFCS South Tuttle Campus, 1050 S. Tuttle Ave., Bldg. 1, Lyle Street Entrance.

• **ZENTANGLE** with Julie Burch – Zentangle is a meditative drawing experience unlike any other and it requires no special abilities or talents. Join Julie 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. Zentangle dates: **April 24 and May 29, 2:30-3:45 p.m.**

Call 366-2224 x167 for more information or visit www.jfcs-cares.org.

Club Meetings

■ **Manatee River Garden Club** meets **April 18 from 1-2 p.m.** at 3120 First Avenue West, Bradenton. Topic: "**Nuisance Wildlife**" with Master Gardener John Dawson from the Manatee County Extension Service. Are wild hogs turning your yard into a disaster zone? Are squirrels an absolute nuisance eating long-awaited buds off your plants? Do armadillos make nightly round through your gardens and dig your pampered plants out of the ground? Free. Contact: Judy at 941-870-2259 with questions.

The Congregation for Humanistic Judaism

■ **The Congregation for Humanistic Judaism (CHJ) Friday, April 20 at 7:30 p.m.** Rabbi Geoff Huntting on **Israel: Do we have a Voice?** The Tension between the Israeli Religious and Political Establishment and the American Jewish Community. After serving in Vietnam, Rabbi Huntting received a Juris Doctor degree from Loyola Law School and worked as deputy attorney general for the state of California. In June 1991, he was ordained by the Hebrew Union College - Jewish Institute of Religion.

Rabbi Huntting served Temple Emanuel in Beverly Hills, California, before joining Temple Sinai in Sarasota in 1993 and serving until his retirement in June 2016. Free and open to all.

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

Climate Symposium in April

■ **The Suncoast Climate Change Symposium** (www.bdinc.net) presents "**Climate in Crisis**" on **Tuesday, April 17, from 5-8:30 p.m.** at the Sarasota Municipal Auditorium. The Symposium features two prominent speakers: Dr. Stuart Pimm of Duke University and President of SavingSpecies.org; and Dick Russell, a bestselling author with Robert F. Kennedy, Jr. as the editor of his newest book *Horsemen of*

the Apocalypse. For more information and to purchase tickets, go to www.bdinc.net.

At Spirit University

■ **April Offerings:**

• **Psychic Development Class** Every **Monday**. Psychic and intuitive abilities, like the ability to give spiritual healing, should not be regarded as the gift of the few – they are the birthright of everyone on Earth. These abilities are latent within us all – and intuition and psychic development can occur through spiritual practices, such as yoga breathing and mantra, and by various forms of service to others, such as prayer and spiritual healing.

Open to all those who seek to expand their knowledge of the spirit world. Develop and strengthen your understanding of the different elements of spirituality and psychic development through discussion, entertaining exercises, interaction with others and personal application.

Be encouraged in a safe and nurturing environment while exploring the adventure of spiritual development. Some of the topics we will explore will include: Chakra Exploration, Breathing and Consciousness, Dowsing and Divining; Mastery of The Pendulum, The Shaman's Way, Learn To Journey And Enter Altered States of Consciousness, Past Life Regression and ReBirthing, Extra Sensory Awareness, Etheric and Astral Planes, Laws of Attraction, Energy, Aura Perception. This is a continuing circle. Come to any or all. With Divya Melissa Schnirring.

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

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:

• **April 5: Journey to Hsinchu, Taiwan** (in mountains); Malang, Java, Indonesia; and Denpasar, Bali, Indonesia.

• **May 3: Mexico Journey highlights and International Dinner** (Members).

Curious travel aficionados and potential new members invited. For more information: <http://www.FriendshipForceSarasota-Florida.org>. ☺

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