

WOMEN'S EXCHANGE

learn, grow, share

www.womens-exchange.org

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Spring/Summer Offerings 2025

SPRING BENEFIT INVITE

Join us **Saturday, May 10th at Sunset Ridge Country Club** to support Women's Exchange when the Board of Directors host their annual Spring Benefit.

Lunch includes a delicious 3 entrée buffet with vegetarian, gluten-friendly, and dairy-free options.

Author and Poet, Kathleen Rooney will speak along with hosting a silent-auction including unique and engaging opportunities.

Love to have you with us!

LINK TO REGISTER:

<https://womens-exchange.org/events/womens-exchange-spring-benefit/>



You're Invited
WOMEN'S EXCHANGE
Spring Benefit Luncheon
In the Spirit of Mother's Day...
Consider bringing a woman to celebrate who is important to you.

Saturday, May 10, 2025
11:30 am – 2:00 pm
Sunset Ridge Country Club
2100 Sunset Ridge Rd, Northfield, IL

GUEST SPEAKER:
Author and Poet, Kathleen Rooney

PRICE: \$150
RSVP BEFORE APRIL 29TH

WEEKLY & MONTHLY

Women's Exchange Walking Group

Join in **Monday and Friday mornings, 8:15 am to 9:15 am**, when the Women's Exchange group gathers for a brisk walk in Harms Woods. Contact deb@womens-exchange.org for location details. No charge to participate.

Genius of Empathy

Join the 8-week book discussion with **Harriet Porter**, LCSW, "The Genius of Empathy: Practical Skills to heal your sensitive self, your relationships and the world" by Judith Orloff. Dr. Orloff shares a practical action driven guide to help you access your unique sensitivities; soothe and regulate your nervous system, connect your mind and heart; and embody your authentic, fierce, and compassionate self.

8 Tuesdays: April 1 to May 20, 1 pm to 2:30 pm.
\$240/\$216

Journal Write for Clarity and Renewal

Jumpstart the spring season by a terrific journaling experience. This workshop led by certified journaling instructor **Michelle Wirth Fellman**, MA, LPC. will include journaling prompts to help you set intentions and work through potential obstacles to find clarity and renewal. No writing experience needed!

Monday, April 14, 10 am to 11:30 am. \$35/\$30

Let's Write the Amherst Way!

Start with a warm-up activity offered by facilitator **Kim Grahl**, followed by a writing prompt, with time to write for 30 to 40 minutes. Afterward, share individual writings (if you choose) with specific encouraging rules for feedback. Confidentiality within the group. Beginners are always welcome!

4 Tuesdays: April 1, April 22, May 6 and 20, 3 pm to 5 pm.
\$160/\$145

Let's Talk Bone Health

Join in when **Dr. Kristi Tough Desapri** from Bone & Body Women's Health, joins us to talk all things bone health. An important topic for all women at all ages!

Thursday, April 3, 2 pm to 3 pm. No Charge.

Project Linus Stitching Circle

Join in to help hospitalized children. All you need is the ability to stitch two squares of cloth together by hand. Sewn strips of colorful cloth are later turned into finished quilts that are donated to Project Linus.

Monthly: April 7, May 5 and June 9. Noon to 2 pm.
No charge.



Circle of One

As our world appears increasingly divided and chaotic, are you feeling the need for supportive spiritual community? You are invited to join **Therese Evans** and other like-minded women in a *Circle of One*. This discussion/ meditation healing adventure offers an opportunity to open your heart and connect with the Divine Presence within.

3 Wednesdays: April 9, May 14, and June 11, 11 am to 12:30 pm. \$95/\$85

Spring Reset with Ramaa

Enter spring with a new mindset. Learn simple mindfulness techniques, breath work, and stress reduction strategies with **Ramaa Krishnan** from Full Bloomed Lotus Center for Self-Awareness. Guided meditation included.

Friday, April 11, 2 pm to 3:30 pm CT. Hybrid. \$40/\$36

Organize and Enhance Your Spring Wardrobe... Step Into A Fresher You

Join us for a two-part series with Women's Exchange beloved fashion consultant, **Suzanne Newman**, to achieve your optimal springtime look in this fun, hands on class to define your style and edit your wardrobe. You will learn the basics of de-cluttering, organizing, and enhancing your wardrobe. During Our second gathering... Bring your questions and individual fashion challenges, (bring an outfit or piece or two) for hands-on advice within the group participants.

2 Wednesdays: April 16 and 23, 1 pm to 2:30 pm. \$65/\$60

Unlock Your Dream Space in Your Home

Ever feel stuck with a room that just isn't coming together? Whether it's that awkward layout or picking the right colors, we've all been there. Here's your chance to get the expert guidance you need, all while having fun and connecting with others who are in the same boat. Join us for *Let's Talk Design*, with **Julie Dunfee**, the creative behind Julie Dunfee Designs. This interactive and relaxed session is designed to inspire you, answer your burning design questions, and help you overcome the roadblocks that stand between you and your dream home.

Wednesday, April 30, 1 pm to 2:30 pm. \$35/\$32

Gentle Movement Class

Let's move, but gently!! Please join us with **Fran Freeman**, certified instructor when we will work on range of motion, strength, balance and most of all, flexibility! Bring a yoga mat, a blanket, or towel and let's get started!

6 Fridays: May 2 to June 6, 9 am to 9:45 am. \$65/\$58

Lit Circle

Book lovers, join our reading group to explore a variety of fiction and non-fiction, including classics, mysteries, historical fiction and family drama. We discuss thought-provoking and entertaining books. Reading in this order: *Kingmaker: Pamela Harriman's Astonishing Life of Power, Seduction and Intrigue*, and *James*.

3 Mondays: April 21, June 2, July 14, 1 pm to 2:30 pm. \$45/\$40

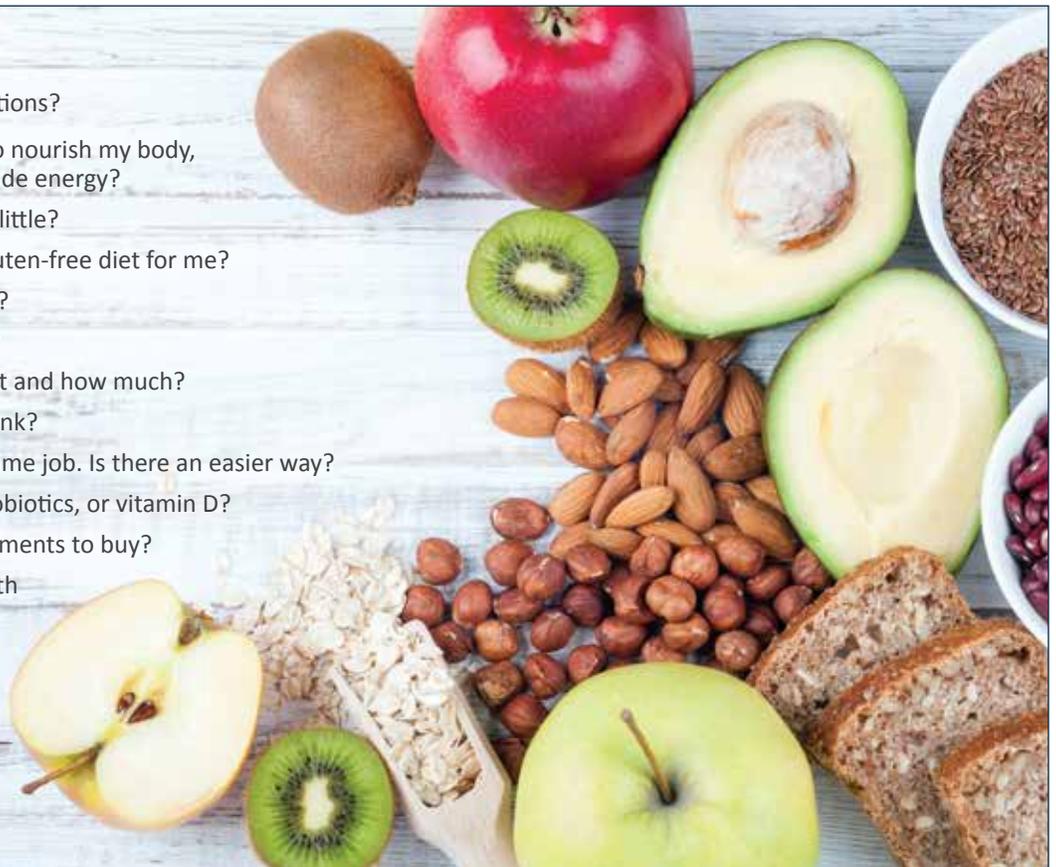
Oh, What Do I Eat?

Do you ask yourself these questions?

- Am I eating the right foods to nourish my body, support my health, and provide energy?
- Am I eating too much or too little?
- Is a vegan/carnivore/keto/gluten-free diet for me?
- How much protein do I need?
- Is it ok to eat carbohydrates?
- What types of fat should I eat and how much?
- How much water should I drink?
- A food diary feels like a full-time job. Is there an easier way?
- Do I need a multivitamin, probiotics, or vitamin D?
- How do I know which supplements to buy?
- Can supplements interact with my medications?

Join **Deb Sobel**, *Doctor of Clinical Nutrition* for an interactive session.

April 17th at 1:00 pm. to 2:30 pm. \$35



BEing and DOing: Managing Your Energy Before It Manages You

In a world that celebrates constant hustle, it's easy to lose sight of what really matters. We often push forward feeling drained. But what if the keys to fulfillment, clarity and balance isn't doing more-but rather shifting how we manage our energy? Join **Sharon Wilson**, facilitator, and coach for this dynamic workshop by Zoom.

Friday, April 25, noon to 1:30 pm. CT by Zoom. \$45/\$40 includes guidebook.

My Mini Memoirs - Introductory Workshop: Mother Figures

Whether you are a mom, have a mom, play a mom or lost a mom, writing a personal story can be a great gift to yourself or someone you love for Mother's Day. Join us with instructor, Sarah Squires-Doyle for an engaging 90-minute workshop. Participants will be guided to craft a mini memoir through short writing exercises and prompts. No experience necessary.

Thursday, May 1, 10 am to 11:30 am. \$35/\$31.00

BEing and DOing: Managing Your Energy Before It Manages You

Now Let's Implement: Supportive Coaching Group

To deepen your transformation, this experience extends into a four-week energy-based supportive activity. At the end of each week then join in for a 45-minute coaching call to discuss what you learned. This is a great opportunity for a fun, actionable, and transformative experience.

4 Fridays: May 2, 9, 16 and 23, noon to 12:45 pm. CT. Zoom. \$80/\$72

Short Story Readers May to July

Join our group of **short story readers** as we read from *The Pushcart Book of Short Stories – The best short stories from the Pushcart Prize* edited by Bill Henderson, ISBN 978-1-888889-28-4, 2008. New participants are always very welcomed.

Groups meets bi-monthly. Stories listed www.womens-exchange.org

6 Fridays: May 16 to July 18, 10 am to 11:30 am. \$90/\$80

My Mini Memoirs - Introductory Workshop: Father Figures

Join us with instructor Sarah Squires-Doyle for an engaging 90-minute workshop to honor the dads or father figures in our lives. Participants will be guided to craft a mini memoir through short writing exercises and prompts. Writing a personal story can be a great gift to yourself or someone you love for Father's Day. No experience necessary.

Thursday: May 22, 10 am to 11:30 am. \$35/\$31.00

Q. Would you be interested in a Women's Exchange Group Travel Opportunity? LMK!

– deb@womens-exchange.org



Build Your Own Potted Herb Garden

Heidi Sibert, *Landscape Architect* from James Martin Associates will facilitate this educational and fun potting experience! *Cooking with Herbs* will soon follow in June with *Leah Bostrom* from *Chia Lia*.

Wednesday, May 28, 1 pm. More Details Coming Soon.

"The Let Them Theory" Book Discussion

Join **Harriet Porter**, LCSW for her summer 6-week book discussion when "The Let Them Theory" by author, Mel Robbins will be discussed.

6 Tuesdays: June 3 to July 8, 1 pm to 2:30 pm. \$180/\$162



Forest Bathing Experience

Join in to experience the healing power of nature, how it calms, and energizes us, holds us through hard times, and rejuvenate our souls. **Gayle Byck** invites you for guided sensory meditation, self-reflection and sharing with a closing tea ceremony.

Thursday, June 12, 10 am to noon, Skokie Lagoons. \$40

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