



Women's Exchange

LEARN • GROW • SHARE

Fall Offerings 2017

Visit our website to view a complete list of all programs Also, be certain your email is on file for last minute updates!

www.womens-exchange.org

Letter From The Women's Exchange President.....

Thank you for taking the time out of your busy day to look over our offerings for this Fall at Women's Exchange. On behalf of the Board of Directors, we are excited about these programs offered in service of this dynamic community who gather to learn, share and grow under the wonderful leadership of Deb Guy, WE's Executive Director.

I am always so thrilled to walk into workshops, salons and discussions at WE because I know that I will be inspired by the women who gather here, learn new insights from our wonderful facilitators, and share laughter with friends I continue to meet. It is a unique and special place, built over three decades to provide an atmosphere where what I call "goosebumps moments" happen.

I look forward to seeing you this Fall as we continue to feel those goosebumps of inspiration, knowledge and friendship. Taking the time to do this for ourselves can change the world in positive ways. We are privileged to see it happen here at Women's Exchange.



Kate Coughlin
current.president.we@gmail.com

Life Planning: Envision Your Next Steps

At times, to add meaning to our lives, we need to determine ways in which we can give back and grow personally. This might involve work, relationships, lifestyle, or service. To move forward in the most fulfilling direction, we need to recognize our gifts and do some soul-searching to design our next steps.

In Life Planning, facilitator **Dee Kane**, in her 10th year with Women's Exchange, takes a step-by-step approach in three consecutive workshops: LP 101 **Insights** to identify your gifts, LP 102 **Vision** to imagine the possibilities, and LP 200 **Action** to plan and guide your steps.

When participants have completed LP 200, Women's Exchange offers opportunities to Explore in limited practicum placements.

LP 101 Insights: 4 Tuesdays: Sept. 19, 26, Oct. 10 and 17, 9:30 to 11:30 am. \$200

LP 102 Vision: 4 Tuesdays: Oct. 31, Nov. 14, 21 and Dec. 5, 9:30 to 11:30 am. \$200

LP 200 Action: 4 Tuesdays to be scheduled in February 2018, 9:30 to 11:30 am. \$200

WOMEN AND MONEY

Getting It Together: Personal Finance for Women

The Getting It Together class is designed and facilitated by **Anne Wieboldt**, MBA CFA(R) CFP(R), and **Nancy Wieboldt**, MBA CTFA(R), to help you to become a more confident financial services consumer. You will learn how to tackle a number of common financial concerns and how to solve new concerns as they arise. We will start with a review of financial capabilities and proceed through specific product and service shopping information. Each class covers an independent topic so it is appropriate to join in at any time. About half of every class is devoted to discussion so that women present can build on each other's experience and wisdom. No products or services are promoted.

Wednesdays 4:30 to 6 pm. \$25 per session



WHAT MAKES YOU TICK?

Save the Date

THURSDAY, OCTOBER 26, 2017

Skokie Country Club, Glencoe

6 pm to 8:30 pm

REGISTER FOR CLASSES ONLINE www.womens-exchange.org

WOMEN AND MONEY *continued*

Getting It Together: Financial Wellness Boot Camp

September 20	Record-keeping
September 27	Budgeting
October 11	Saving and Investing
October 18	Financial Product and Services Comparison

Getting It Together Workshop: Money Smart Financial Techniques for Couples

November 1	Money and Relationships – What Behavioral Science Says
November 8	10 Techniques for Conflict Prevention

SEPTEMBER

Ladies' Lit Book Group

We are a monthly, ongoing book group welcoming new participants to our lively discussions. Book selections vary from an occasional short story to recent novels to classics to memoirs to biographies, written by women. Participants take turns leading discussions of the book, the author, and critical reviews.

Monthly, First Monday, 7 to 8:30 pm. \$50 annual fee.

Short Story Group

This is the perfect time to join our friendly and enthusiastic group as we begin a new book, *The Art of the Tale: An International Anthology of Short Stories*, edited by Daniel Halpern. Participants always come away with a deeper understanding of the stories and an enhanced insight into the minds of people from other cultures. [Details at www.womens-exchange.org]

8 alternating Fridays: from September 8 to December 15, 10 to 11:30 am. \$100 for series or purchase a punch card good for one year.

Journal to Self Continuation Writing Group

Monday, September 11, 10 to 11:30 am. [details: www.womens-exchange.org]

Project Linus Stitching Group

Join the fun and 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. Conversation around the table is reminiscent of the quilting bees of old. Meets monthly except December, July and August.

Mondays: September 11, October 2 and November 6, noon to 2 pm. No charge.

Memoir Writing

Get your family history down on paper with facilitator **Laura Lyman**. At the monthly meeting, you'll bring a family story that you have written and share it aloud with the group. Beginners welcome.

3 Mondays: September 11, October 9, November 13, 7:30 to 9 pm. \$25

Journal to the Self - New Group Begins

Facilitator **Michelle Fellman** will show us how to use journal writing to explore various aspects of our lives, ourselves, and our relationships with others. Using the book by Kathleen Adams, a pioneer in the use of writing as a tool to personal growth, this course will help participants discover the writer within. No writing experience necessary.

4 Tuesdays: September 12 to October 3, 10 to 11:30 am. \$80

Making Life Easy: A Simple Guide to a Divinely Inspired Life

Making life flow with ease, and feeling your best, is about far more than physical health. It is also about having a healthy emotional life and a robust spiritual life. In her newest book, Christiane Northrup, MD, helps you acknowledge the deep connection between your beliefs and biology, and tune into the Divine part of yourself. Join **Harriet Porter**, LCSW, for an in-depth discussion.

10 Tuesdays: September 12 to November 14, 1 to 2:30 pm. \$200

Hearing Matters

Think of this workshop with audiologist **Sue Sherman** as preventative medicine. You will learn the nature of hearing loss, some coping strategies, and the best approach to hearing aids, to minimize the effect of hearing loss on the brain.

Wednesday, September 13, 1 to 2:30 pm. \$20

Volunteer Opportunities

Exciting new Women's Exchange volunteer opportunities come in three-week modules. WE needs help! Sign up for one module, two or all three. Projects include updating mailing lists, sending birthday cards, preparing welcome packets, hanging posters around town, stamping envelopes, sorting library books, stuffing envelopes, organizing photos etc. Each day, assigned tasks will be set and ready to go! Coffee, tea, nibbles and chit chat in abundance.

To best prepare, registration is encouraged.

Module 1: September 14, 21 and 28, 1 to 2:30 pm

Module 2: October 10, 16 and 24, 10 to 11:30 am

Module 3: November 2, 9 and 16, 10 to 11:30 am

WE will celebrate our volunteers on Thursday, December 7, with a special *Thank You* luncheon.

Organize Your Photos Workshop

Do you have lots of photos on your phone or computer? Would you like to make an album or share them? In **Part I** of this workshop, **Jessica Jolly**, digital coach, will explore the different computer programs for storing and organizing your photos. **Part II** is a chance for hands-on technical support, so you can dig in using the program you've chosen. Feel free to bring your lunch.

Part I Explore Choices: Monday, September 18, 11 am to 1 pm. \$30

Part II Technical Support: Monday, October 9, 11 am to 1 pm. \$30

Learn to Digitally Edit Your Photographs

Does the idea of editing your digital photos intrigue, but scare you? Do you need a little guidance? In **Part I**, join **Jessica Jolly**, digital coach, to explore the various photo editing software packages. Learn basic editing software for cropping, sizing and enhancing your photos. **Part II** is a chance to dig in with technical support. Feel free to bring your lunch.

Part I Editing Software: Wednesday, September 20, 11 am to 1 pm. \$30

Part II Technical Support: Thursday, October 12, 11 am to 1 pm. \$30

Circle of One with Therese Evans

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**, to explore and integrate life-changing principles of mystical Truth that are the foundation of Unified Consciousness. This discussion/ meditation healing adventure offers an opportunity to open your heart, illuminate your consciousness, and connect with the Divine Presence within.

5 Wednesdays: September 20 to October 18, 3 to 4:30 pm \$100

Women's Studies Book Discussion

This discussion group with **Beth Kelly**, PhD, of DePaul University, will examine the following books: September 20: *Hissing Cousins: The Untold Story of Eleanor Roosevelt and Alice Roosevelt Longworth* by Marc Peyser and Timothy Dwyer; October 18: *Rise of the Rocket Girls: The Women Who Propelled Us, From Missiles to the Moon to Mars* by Nathalia Holt; November 15: *The Destruction of Hillary Clinton* by Susan Bordo. Much is learned even if you don't read the book. [Details at www.womens-exchange.org]

3 Wednesdays: September 20, October 18, and November 15, 6:30 to 8 pm. \$60 series, \$25 per session.

Empty Nest Blues: 10 Essential Tips for Empty Nesting

Missing your college kids? As moms, we spend years preparing our children for the one task they must successfully do: walk out the door. Most of us aren't prepared for the crash that often happens on our side of the door. Join **Letitia Suk**, author, speaker and coach, to design an enriching ritual to cross this bridge while learning 10 essential tips for empty nest blues.

Thursday, September 21, 10 to 11:30 am. \$25

Short Story Group

[Details at www.womens-exchange.org]

7 alternating Fridays: from September 22 to December 15, 10 to 11:30 am. \$15 per session.

Yoga Nidra: Conscious Sleep

Join us in an effortless practice of healing and restoration with yoga instructor **Becky Kopec**. There are no difficult

poses; simply lay on your back or sit in a chair, and you will be guided through varying breathing, body awareness, and relaxation techniques to progressively enter into a deep relaxed awareness. This systemic healing process provides stress relief on the physical, mental, and emotional levels. Please bring a yoga mat, or pillow and blanket.

Monday, September 25, 10 to 11 am. \$15



Intro to Improv: An Exercise in Play

Join **Rachel Dranoff** and step into the world of improvisational comedy. Borrowing from the philosophies of The Second City and the iO Theatre among others, this workshop welcomes everyone into the fun, collaborative, goofy art of improv. The funniest things are the most truthful things, and by harnessing the cathartic act of play, we arrive at the heart of truth. No experience necessary (and in fact, no experience is preferred!)

Monday, September 25, 1 to 2:30 pm. \$25

Spiritual Book Discussion Group

Join the peer-led, spiritual book discussion group. This welcoming group meets monthly beginning in September, when *Defy Gravity: Healing Beyond the Bounds of Reason*, by Caroline Myss, will be discussed. [Details at www.womens-exchange.org]

9 Mondays: September 25, October 23, November 27, January 22, and every fourth Monday, ending June 25. 7 to 8:30 pm. \$100 for series or \$15 per session.

Begin to Knit and Purl

Learn how to knit, purl, cast on and bind off. This class is for true beginners. **Beth Kelly**, with the patience of a saint, will get you ready to launch into projects that will have you learning, growing and sharing with confidence.

Thursdays beginning September 28, 10 to 11:30 am. \$20 per session.

Intro to Storytelling

We all have stories to tell. We tell stories to *transform* ourselves: to learn about our history, to transcend our experiences, to make a difference in our world, to broaden our perspective, to see further than normal, to act beyond a story. This fun and interactive workshop with **Carol Moss**, LCSW, storyteller, coach, singer and author, will help you develop your skill as a storyteller, culminating in an "open mic."

4 Thursdays: September 28 to October 19, 3 to 5 pm. \$100

OCTOBER

Project Linus Stitching Group

See September's listing for more details.

Mondays: October 2 and November 6, noon to 2 pm. No charge.

OCTOBER *continued*

The Handmaid's Tale Revisited

The Handmaid's Tale, by Margaret Atwood, has been made into a film, an opera and a ballet as well as a TV series, but none are as good as the novel. Join the discussion of this timely book with **Connie Garner**, former humanities professor and WE board member.

2 Thursdays: October 5 and 12, 1 to 2:30 pm. \$40

Short Story Group

[Details at www.womens-exchange.org]

6 alternating Fridays: from October 6 to December 15, 10 to 11:30 am. \$15 per session.

The Power of When: Discover Your Chronotype

In the *The Power of When*, Dr. Michael Breus uses the new and popular science of chronobiology to show an important key to unlocking our full potential. Get back in sync with your natural rhythm for sleeping, eating, exercising, and learn the best time for your body clock. Join **Harriet Porter**, LCSW, to discover and discuss chronobiology. The short chronotype quiz is available at www.thepowerofwhen.com. Please complete the quiz for the first class.

3 Fridays: October 6, 13 and 20, 1 to 2:30 pm. \$60

Organize Your Photos Workshop - Part II

Do you have lots of photos on your phone or computer? Would you like to make an album or share them? Part II this is a chance for hands-on technical support, so you can dig in using the program you've chosen. Feel free to bring your lunch.

Part II Technical Support: Monday, October 9, 11 am to 1 pm. \$30

Volunteer Opportunities

Exciting new Women's Exchange volunteer opportunities come in three-week modules. WE needs help! Projects include updating mailing lists, sending birthday cards, preparing welcome packets, hanging posters around town, stamping envelopes, sorting library books, stuffing envelopes, organizing photos etc. Each day, assigned tasks will be set and ready to go! Coffee, tea, nibbles and chit chat in abundance.

To best prepare, registration is encouraged.

Module 2: October 10, 16 and 24, 10 to 11:30 am

Module 3: November 2, 9 and 16, 10 to 11:30 am

WE will celebrate our volunteers on Thursday, December 7, with a special *Thank You* luncheon.

The Gift of Years Discussion Group

Be enlightened by the wisdom of Joan Chittister's *The Gift of years: Growing Older Gracefully*. This three-week book discussion, facilitated by **Kathy Fink** from the Counseling

Center of the North Shore, will review Chittister's belief that the purpose of aging is to learn and practice to live in the present. Her emphasis is on looking inside ourselves rather than outside to address our concerns, bringing a purpose to later years and a greater understanding of aging gracefully. Do secure a copy of the book for advance reading.

3 Tuesdays: October 10, 17 and 24, 3:30 to 4:30 pm. \$45

LinkedIn Workshop

LinkedIn has expanded.

Michael Gershbein from

Very Smart People will show you how to use the extended social networking site to connect with other professionals, find a job, and keep on top of business news.

Wednesday, October 11, 10 to 11:30 am. \$25



The Art of Feminine Presence

What is feminine? It is a magnetic quality. What is presence? A quality that makes people feel more trusting of you. Challenged with confidence and not being heard? An empowered presence matters, and is needed in our world. Join facilitator **Sarah Karnes** to learn to navigate transitions to more authenticity, joyful expression, and impact in the world.

3 Wednesdays: October 11, 18 and 25, 6:45 to 8:30 pm. \$60



Learn to Digitally Edit Your Photographs

Does the idea of editing your digital photos intrigue, but scare you? **Part II** is the chance to dig in with technical support.

Feel free to bring your lunch.

Part II Technical Support: Thursday, October 12, 11 am to 1 pm. \$30

Women's Studies Book Discussion

This discussion group with **Beth Kelly**, PhD, of DePaul University, will examine *Rise of the Rocket Girls: The Women Who Propelled Us, From Missiles to the Moon to Mars* by Nathalia Holt; Much is learned even if you don't read the book. [Details at www.womens-exchange.org]

Wednesdays: October 18, and November 15, 6:30 to 8 pm. \$25 per session.

Creating Optimal Well-Being

Are you feeling stressed, overwhelmed, frustrated or anxious? Join **Catherine Celimene**, life coach, on a journey to optimize your well-being so you can begin to reach your greatest potential.

Thursday, October 19, 6:30 to 8 pm. \$25

Short Story Group

[Details at www.womens-exchange.org]

5 alternating Fridays: from October 20 to December 15, 10 to 11:30 am. \$15 per session.

Friday, October 20,
Last day to purchase a ticket to
“What Makes You Tick” **October 26, 2017**

The Artist’s Way

This course, facilitated by **Diane Kacprzak**, is based on *The Artist’s Way* by Julia Cameron. This workshop focuses on weekly readings and self-selected activities that encourage time for one’s self during the week. Class time allows participants an opportunity to share thoughts and discoveries. Participants will need the book and a journal. Please read chapters 1 and 2 for the first class.

6 Mondays: October 23 to November 27, 10 to 11:30 am.
\$120

Spiritual Book Discussion Group

Join the peer-led, spiritual book discussion group. This welcoming group meets monthly beginning in September. [Details at www.womens-exchange.org]

Monday: October 23, 7 to 8:30 pm. \$15.

What Makes You Tick? Fall Benefit,
October 26, 2017. • Skokie Country Club, Glencoe

NOVEMBER

Rosemary: The Hidden Kennedy Daughter - Book Talk and Lunch

Joe and Rose Kennedy’s beautiful daughter Rosemary attended exclusive schools, was presented as a debutante to the queen of England, and traveled the world with her high-spirited sisters. Yet Rosemary was intellectually disabled, a secret fiercely guarded by her powerful family. New sources—Rose Kennedy’s diaries and correspondence, letters from teachers and doctors, and family interviews—bring Rosemary alive as a girl adored, but left far behind by her competitive siblings. **Holly Marihugh** of “BooksLive!” will present *Rosemary: The Hidden Kennedy Daughter*, by Kate Clifford Larson, with an accompanying slide show.

Wednesday, November 1, 12:30 to 2 pm. \$40 with box-lunch, \$25 presentation only.

Volunteer Opportunities

Exciting new Women’s Exchange volunteer opportunities come in three-week modules. WE needs help! Projects include updating mailing lists, sending birthday cards, preparing welcome packets, hanging posters around town, stamping envelopes, sorting library books, stuffing envelopes, organizing photos etc. Each day, assigned tasks will be set and ready to go! Coffee, tea, nibbles and chit chat in abundance.

Module 3: November 2, 9 and 16, 10 to 11:30 am.
Registration encouraged.

WE will celebrate our volunteers on Thursday, December 7, with a special *Thank You* luncheon.

Put Your Best Face Forward – Refresh Your Make-Up Routine

Let’s have fun with **Suzanne Newman**, from Find Fashion Happiness, who will help us refine our makeup techniques with new tips. Learn to choose the right products, where to buy them, and what items are worth the extra money. We will discuss eyebrows, and colors that look fresh and natural. Then you will do your own make-up step-by-step to bring out your best look. Please bring your make-up and a make-up mirror to class.

Thursday, November 2, 1 to 3 pm. \$25

Short Story Group

[Details at www.womens-exchange.org]

4 alternating Fridays: from November 3 to December 15, 10 to 11:30 am. \$15 per session.

7 Steps to Inoculating Your Daughter Against a Negative Body Image

In this body-obsessed culture, girls have a 1:8 chance of developing an eating disorder. As parents, aunts and grandparents, we have more options than we might realize to help our girls achieve a positive body image. Led by **Denise Hamburger**, this discussion focuses on the seven practical steps we can take to model healthy body esteem and healthy eating habits.

Friday, November 3, 1 to 2:30 pm. \$20

Project Linus Stitching Group

See September’s listing for more details.

Monday, November 6, noon to 2 pm. No charge.

Discover and Develop Your Intuitive Genius

Life takes on an ease and flow as we listen and trust our inner wisdom. This class with **Nancy Creely**, intuitive consultant, is an experiential journey to help you learn to recognize your intuitive signals and trust their message. Acquire tools to build positive energy and transmute negative energy. Carl Jung said, “Intuition is perception via the unconscious that brings forth ideas, images, new possibilities and ways out of blocked situations.”

3 Tuesdays: November 7, 24 and 21, 10 to 11:30 am. \$75

Stay Private Online

Worried about the types of information that is being collected by internet companies and advertisers as you surf the net? **Michael Gershbein** from *Very Smart People* will tell you what you need to know to keep yourself secure.

Wednesday, November 8, 10 to 11:30 am. \$25

How to Optimize Your Wardrobe

In this Thursday Salon, **Suze Solari**, personal stylist, will present strategies to help you be more creative with your wardrobe, with t-shirts and jeans and blouses and skirts. Learn that how you dress affects the way you feel, and then contributes to the results you get. Understand how to have the optimal components in your closet so that getting dressed every day is joyful, timely and productive.

Thursday, November 9, 4 to 5:30 pm. \$25



NOVEMBER *continued*

Cultivating a Fan Base: Turn Customers and Friends into Brand Advocates

Every business has customers, but only a small percentage have fans — real advocates— who not only support you on a regular basis, but evangelize your “work” to friends, family and co-workers. Could you benefit from building a fan base? In this lunch-time workshop, author and international presenter **Jill Salzman** will reveal her proven tips to keep customers, clients and friends coming back, while getting them to share your good news with everyone they know: be it your business, NPO, board of directors, PTO or book group.

Friday, November 10, 11 am to 1 pm. \$35 includes lunch

Meet iOS 11

iOS 11, the new operating system for iPhones and iPads will be here in September and like previous versions, it offers both cool new features and substantial changes in the way that you use your device. **Mike Gershbein** of *Very Smart People* will offer a look at everything that iOS 11 has to offer, for people who have already upgraded as well as those who are getting ready to do so.

Wednesday, November 15, 10 to 11:30 am. \$25

Overcoming Perfectionism

In this two-hour interactive workshop with **Hélène Tragos Stelian**, life coach, speaker, and author, you will dig deep into the roots and consequences of perfectionism. Learn a four-step process to overcome perfectionism by focusing on self-compassion, challenging irrational beliefs and unattainable standards, to reclaim your lightness and joy.

Wednesday, November 15, 1 to 3 pm. \$25

Women’s Studies Book Discussion

This discussion group with **Beth Kelly**, PhD, of DePaul University, will examine *The Destruction of Hillary Clinton* by Susan Bordo. Much is learned even if you don’t read the book. [Details at www.womens-exchange.org]

Wednesday: November 15, 6:30 to 8 pm. \$25 per session.

Short Story Group

[Details at www.womens-exchange.org]

3 alternating Fridays: from November 17 to December 15, 10 to 11:30 am. \$15 per session.

Spiritual Book Discussion

Join the peer-led, spiritual book discussion group. This welcoming group meets monthly beginning in September. [Details at www.womens-exchange.org]

Monday: November 27, 7 to 8:30 pm. \$15

DECEMBER

Short Story Group

[Details at www.womens-exchange.org]

2 alternating Fridays: December 1 and December 15, 10 to 11:30 am. \$15 per session.

Good Food is Good Medicine

Join in this unique opportunity to hear **Sunita Vira**, chef and founder of the Raw Food Center in Chicago. She will share ancient wisdom from around the world as she crystalizes and simplifies important steps and strategies to bring healthy eating into your lifestyle. Tasting samples and sharing recipes will help you discern what to eat and what not to eat.

Wednesday, December 6, 1 to 2:30 pm. \$25

Volunteer Luncheon

December 7, 2017, Noon to 2 pm.

Short Story Group

[Details at www.womens-exchange.org]

Friday: December 15, 10 to 11:30 am. \$15 per session.

ONGOING

Walking Groups

Join in Monday and Thursday mornings from 8 to 9 am to walk the Green Bay Trail. Group meets outside the front doors of Women’s Exchange. Join the email list to stay in touch in case of weather or meeting location changes. Afternoon Group is forming on Wednesdays from 4 to 5 pm. Email: deb@womens-exchange.org to be added to the list for specific email updates.

SALONS

Fridays at 4 pm, join us as we gather for a glass of wine and conversation. To get the conversation started, Women’s Exchange invites a speaker to make a presentation on a timely topic.

Add Sparkle to Your Life & Value to The World

Join **Debbie Sipowicz** for her signature talk, “I Can’t Stay Hidden Anymore,” when she kicks off Fridays at 4 pm this Fall. During this talk, you will discover a simple way to realize your true mission – even if you have been working on it for years. Learn the one thing you must do to create an impact in the world. Debbie’s tips will get you re-energized and refocused.

Friday, September 15, 4 to 5:30 pm. \$20

Right-Sizing Your Home: What You Need to Know

This Salon is a must for those who are considering down-sizing or right-sizing their own home or that of aging parents. **Suzanne Newman** will share her experience and knowledge

on this challenging transition. Topics include: the physical and emotional complexities of moving to a new, smaller space; essential elements of organizing and packing; repurposing unwanted family treasures; resale and removal resources; and finding a style that will make you feel good in your new home.

Friday, October 6, 4 to 5:30 pm. \$20

Freud and Jung: A Fascinating Friendship

Join us when **Debbie McGowan**, psychotherapist and marriage counselor, examines the friendship of Sigmund Freud and Carl Jung. Long recognized as the fathers of modern psychology, they were fast friends from 1907 to 1913, and then never spoke again. How do their theories affect our thinking today? Why was there a dramatic break in their relationship? Debbie also will look at their complicated relationships with the many women in their lives. Their stories are shocking, turbulent, inspiring and never dull.

Friday, October 13, 4 to 5:30 pm. \$20

Abigail Adams: First Lady Ahead of Her Time

Beth Kelly, PhD, from DePaul University, explores the remarkable life of Abigail Adams, who was the wife of one president, John Adams, and the mother of another, John Quincy Adams. Although denied formal education, she left a rich legacy of letters in which she documented the issues faced by women in the 18th century. She served as her husband's closest counsellor and staunchest supporter throughout his service as a founding father, as a diplomat in Paris and London, and as the nation's second president elected in 1796.

Friday, November 3, 4 to 5:30 pm. \$20

Check out our Luncheon Event on Friday, November 10, with author Jill Salzman, founder of *The Founding Moms*, a collective online resource for mom entrepreneurs that was recently named by Forbes as a Top 10 Website for Entrepreneurs.

Book Share

WE had so much fun in June when several gathered to talk about our favorite reads. Let's do it again! Bring your list of books and WE will share ours, along with The Book Stall's suggestions for holiday gift giving.

Friday, November 17, 4 to 5:30 pm. \$20

Funding Feminism: Monied Women, Philanthropy, and the Women's Movement, 1870-1967

This history reveals how wealthy women shaped the women's movement, funding the fight for the right to vote, higher education for women, women's labor activism, and birth control. Author **Joan Marie Johnson**, PhD, of Northwestern University explores the empowering advancement of women's rights, as well as the tensions caused by inequality in a movement for equality, issues that are relevant to women today.

Friday, December 1, 4 to 5:30 pm. \$20



Women's Exchange

LEARN • GROW • SHARE

Community Connections

An opportunity to Join in to support other area non-profit organizations. Monthly collections will begin the first day of the month until the last day of the month. A box will be located each month only for designated collections.

Bernie's Book Bank – September collection at Women's Exchange

Children's books: Bernie's Book Bank will collect and process to distribute quality new and gently used children's books to increase book ownership among at-risk infants, toddlers and school-age children throughout Chicagoland.

Girl Forward – October collection at Women's Exchange

Opportunity for refugee girls: GirlForward is a community of support dedicated to creating and enhancing opportunities for girls who have been displaced by conflict and persecution.

- Travel size shampoo, conditioner
- Travel size body wash
- Tampons
- Pads
- Pencils
- Pens
- Young adult novels
- Toilet paper
- Paper towels

New Trier Food Pantry

November collection at Women's Exchange. Canned food and dry goods for New Trier residents in need.

Tails of Hope, Highland Park

December collection at Women's Exchange. Donations of second-hand sheets, blankets, and towels for pet cages at this animal rescue and adoption organization.

**FOR UPDATES, BE SURE TO CHECK
WWW.WOMENS-EXCHANGE.ORG.**

**JOIN THE WOMEN'S EXCHANGE
WEEKLY EBLAST**



Women's Exchange

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630 Lincoln | Winnetka, IL 60093
(847) 441-3406
www.womens-exchange.org

Coming this November...

Cultivating a Fan Base: Turn Customers and Friends into Brand Advocates

Every business has customers, but only a small percentage have fans — real advocates— who not only support you on a regular basis, but evangelize your “work” to friends, family and co-workers. Could you benefit from building a fan base? In this lunch-time workshop, author and international presenter **Jill Salzman** will reveal her proven tips to keep customers, clients and friends coming back, while getting them to share your good news with everyone they know: be it your business, NPO, board of directors, PTO or book group.

Friday, November 10, 11 am to 1 pm.
\$35 includes lunch

PROGRAM REGISTRATION

You may also register and pay online at:
www.womens-exchange.org

Please register me in the following class(es):

Please charge \$ _____ to my:

Visa MasterCard

Card # _____

Exp. Date _____ Security Code _____

Cardholder's signature _____

Check enclosed payable to: **Women's Exchange**

Name _____

Address _____

City/State/Zip _____

Phone _____ Email _____

WE APPRECIATE OUR 2017 SPONSORS!



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