

About the 577 Foundation

"Where people learn to like the land."
- Victoria Secor Stranahan

Founded by Virginia Secor Stranahan, the 577 Foundation is dedicated to preserving the integrity of the historic property at 577 East Front Street in Perrysburg, Ohio.

The Foundation, open to all, is an ecologically sensitive place that encourages diversity and seeks to foster exploration, experimentation, personal enjoyment, and creativity in education.

The Foundation nurtures innovative ideas and will change to reflect the interest of the community.

*People are like stained-glass windows.
They sparkle and shine when the sun is out, but
when the darkness sets in, their true beauty is
revealed only if there is a light from within.*

~ Elizabeth Kübler-Ross ~



Wood County Committee on Aging
305 N. Main St.
Bowling Green, OH 43402

TO: INTERESTED PATRON

Project Wisdom: A Day Retreat



Friday, June 23

8:30 a.m. Registration

Begins at 8:45 a.m. to 3 p.m.

577 Foundation

577 East Front Street,
Perrysburg, OH 43551

Sponsored by

STORYPOINT™
Senior Living

To register, please contact:

WCCOA

305 N. Main St.

Bowling Green, OH 43402

Ask for the Programs Department

Phone: 419.353.5661 or

1.800.367.4935 or email

programs@wcco.net

Itinerary and Description of Events

Registration Light Morning Refreshments 8:30 a.m.

Chair Yoga with Meditation 8:45 a.m.

We will modify traditional yoga poses to make them more accessible from a seated position. We will listen to calming music and work through a slow flow of poses and finish with some breathing exercises and silent meditation. The class is meant to be relaxing, leaving you feeling more at peace and refreshed afterwards.

Certified Instructor: Kelsey Knoop, senior at Bowling Green State University. She has worked for BGSU Recreation and Wellness as a group fitness instructor for three years. She has a 200 hour yoga certification in Ashtanga yoga.

Wellness, Purpose & Abundance with Young Living Essential Oils 9:30 a.m.

In this session we will answer your burning questions about essential oils and give you an opportunity to "experience" the most potent and highest quality of essential oils available in the market today. Questions we will answer are not limited to: What are essential oils? Are oils a new fad? Do oils "do" more than just smell good? Each participant will receive a sample and simple instructions on how to begin using essential oils for wellness, purpose and abundance.

Karen Glassford is a wife, mom, and grandmother. Karen is a graduate of Bowling Green State University with a Master's Degree in Communication Disorders-Speech Language Pathology. She has taken many courses in essential oils, most notably completing 25 hours from the Center for Aromatherapy Research and Education (CARE). Karen currently is the rank of "Executive" with Young Living and is excited to share her love and passion of oils with you.

Itinerary and Description of Events

How do we hold on to happiness when our lives feel burdened by hardship or challenge? 10:45 a.m.

Guest Speaker Barb Roose shares about how we can plant seeds of happiness and joy in our live. Even if you're navigating tremendous personal challenge, Barb will equips you with a simple, practical exercise you can do each day that will allow happiness to flourish in any season of your life.

Barb Roose is a speaker and author from the Toledo area. She has a passion for helping people activate and elevate their leadership gifts at the highest levels.

She served on staff at CedarCreek Church in Perrysburg, OH for 14 years, most recently as the Executive Director of Ministry. Prior to CedarCreek, Barb was an award-winning pharmaceutical sales representative and non-profit executive director.

Lunch 12 p.m.

Provided by Kingston of Perrysburg

YOUR CHOICE of A or B 1:15 p.m.

Indicate your choice when registering A

Nurturing Your Creative Side Becky Laabs
Learn how you can unleash your creative side and explore a way to relieve stress, express your deepest desires and emotions all the while having fun.

Journaling or Strolling the Grounds B

Wrap Up 2:30 p.m.

Flowers and Gift Bags
Provided by StoryPoint Senior Living

To register for this event contact the Wood County Committee on Aging, Inc., Program Department at 419.353.5661 or email

programs@wcco.net

Seating limited to 25 Cost: \$15

Your are recommended to bring the following items:

- **Comfortable walking shoes**
- **Dress in layers as rooms temperatures are difficult to control**
- **Be ready to engage, relax and meet new people**

Let us know when registering if you need a vegetarian option for lunch.

Tell us your afternoon session choice:

A Nurturing Your Creative Side

OR

B Journaling or Strolling the Grounds