

Gilda's Club **Southeastern Wisconsin**

an affiliate of the



Learn how to have more time and energy for family, faith and friends.



With Best-selling author,
Richard A. Swenson, M.D.

**“MARGIN: RESTORING EMOTIONAL, PHYSICAL,
FINANCIAL, AND TIME RESERVES TO
OVERLOADED LIVES”**

Tuesday, February 21 • 6:30 pm • Community Hall A

How to have more time and energy for family, friends and faith. Dr. Swenson believes that life in modern day America is essentially devoid of time and space.

Chronic overloading is the culprit; margin is the cure.

Presented in Partnership with:



Harry & Rose Samson Family
JEWISH COMMUNITY CENTER



Special Reminders:

- Please make reservations for Gilda's Club activities at least **48 hours in advance** by visiting: www.gildasclubsewi.org or by calling 414-962-8201 x102 or info@gildasclubsewi.org.
- Classes without the minimum number of pre-registered attendees may be canceled.
- Use the Marcus Pavilion entrance located on the west side of the building.

Do you need a ride to a Gilda's Club Program Activity?

Transportation is available for Gilda's Club members.