

LET FOOD BE THY MEDICINE

Wednesday Wellness with Jackie

Let Food Be Thy Medicine explores how everyday dietary choices can reduce cancer risk and promote long-term health. Rooted in nutritional science, this class empowers people to use food as a tool for prevention.

(Classes held at Greendale Community Church • 6015 Clover Lane)



**Wednesday September 16
at 6:30pm**

**Register at:
[www.greendalecommunity
church.org/events](http://www.greendalecommunitychurch.org/events)**

THE VOTE SERIES

**VALUES&
VISIONS**

LEAGUE OF WOMEN VOTERS MKE COUNTY

**HELD AT GREENDALE COMMUNITY CHURCH • 6015 CLOVER
LANE, GREENDALE • 6:30PM-8:00PM • [REGISTER BELOW](#)**

WWW.GREENDALECOMMUNITYCHURCH.ORG/EVENTS

9/24/26: ALL ABOUT VOTING

THIS PRESENTATION DISCUSSES WHY VOTING IS IMPORTANT, WHO CAN VOTE, HOW TO REGISTER TO VOTE, HOW TO VOTE (INCLUDING WAYS TO VOTE, VOTER RIGHTS, AND ACCOMMODATIONS), WHAT'S ON THE BALLOT, AND HOW TO GET CANDIDATE AND ISSUE INFORMATION.

11/12/26: THE VOTE SERIES: THE ELECTORAL COLLEGE

THIS PRESENTATION EXPLAINS WHAT THE ELECTORAL COLLEGE IS, THE LEAGUE OF WOMEN VOTERS'S POSITION, WHAT'S WRONG WITH THE ELECTORAL COLLEGE, DISCUSSES CHALLENGING ARGUMENTS IN FAVOR OF THE ELECTORAL COLLEGE, AND EXPLORES WHAT NEEDS TO BE DONE.



THE FUTURE WE SHARE:

TOWN HALL

WITH

MONDAY
SEPT 28 • 6:00PM

GREENDALE
COMMUNITY CHURCH
• 6015 CLOVER LANE,
GREENDALE

Mitchell
Berman



Join us for a conversation with Mitchell Berman, Democratic candidate for Wisconsin's 1st Congressional District. Together, we'll explore the challenges facing our communities and the hopeful future we can build for Wisconsin and our country—one that puts people, families, and community first. There will be an opportunity to ask questions at this event.

www.greendalecommunitychurch.org/events

REGISTER NOW



VALUES &
VISIONS



The Bryan Steil campaign has been asked for a similar event but we have yet to hear back



GCC Adult Education

Breathe with Jillian

Join breathwork practitioner Jillian Holy-Skaja to learn how to harness the powerful tool of your own breath to calm your nervous system

Breathing for Relaxation and Better Sleep

Tuesday, September 29 • 1:00pm • Greendale Community Church

Experience evidence based breathing practices to shut off the "fight or flight" stress response and settle into the "rest and digest" relaxation response. We will also explore helpful practices for when you find yourself restless and awake in the middle of the night. All practices can be done from the comfort of a chair.

Breathing for Vitality and Joy

Tuesday, April 6 • 1:00pm • Greendale Community Church

When you change how you breathe, you instantly change how you feel. Learn some practical breathing science and explore breathing practices that help release tension, tap into inner joy and bring lightness of being. All practices can be done from the comfort of a chair.

To Register:

greendalecommunitychurch.org/events



SEPT / OCT

SEPT 13

SUNDAY / 10:45AM

RALLY DAY

Join us for our GCC Rally Day celebration to kick off our new Sunday school and event year

SEPT 16

WEDNESDAY / 6:30PM

LET FOOD BE THY MEDICINE

Wednesday Wellness with Jackie



SEPT 23

WEDNESDAY / 6:30PM

YOGA NIDRA WITH SOUND HEALING

Come for this yoga nidra experience with Jamie Mullen and Kathryn Rambo

SEPT 28

MONDAY / 6:30PM

THE FUTURE WE SHARE TOWN HALL WITH MITCHELL BERMAN

Values and Visions will be hosting this townhall with candidate for CD1, Mitchell Berman

SEPT 29

TUESDAY / 1:00PM

BREATHING FOR RELAXATION AND BETTER SLEEP

Join breathwork practitioner Jillian Holy-Skaja to learn how to harness the powerful tool of your own breath to calm your nervous system and improve sleep.

OCT 14

WEDNESDAY / 6:30PM

DONE AND DELICIOUS SERIES: HEALTHY MEALS FOR BUSY PEOPLE

Wednesday Wellness with Jackie

OCT 26

MONDAY / 6:30PM

NAVIGATING HOT BUTTON TOPICS WORKSHOP

Join Values and Visions to learn how to best navigate discussing divisive topics with others

OCT 28

WEDNESDAY / 7:00PM

RABBI MOISHE, THE MINDFUL RABBI

Come to our first event in GCC's new Many Paths Series

WWW.GREENDALECOMMUNITYCHURCH.ORG/EVENTS



Sound Bath Year of Calm

RELAX • RESET • RECONNECT



The peaceful sounds of Tibetan singing bowls, resonating steel tongue drum, energy flow chimes and Freenotes wings guide you to a peace filled atmosphere where the waves of the world cannot come.

Sound baths are held the third Friday of the month from 7:00pm-8:00pm

Sound Bath Practitioner: Kathryn Rambo, OSB Holy Wisdom Monastery

Reiki Practitioners: Jillian Holy, and Wendy Lehman

9/18: Mind Body Connection, Kathryn: \$10

10/16: Sound Bath w/Reiki: Honoring Ancestors, Kathryn, Jillian, and Wendy: \$25

11/20: Gratitude, Kathryn: \$10

12/18: Sound Bath w/Reiki: Return of Light, Kathryn, Jillian, and Wendy: \$25

1/15: Hibernation, Kathryn: \$10

2/19: Sound Bath w/Reiki: Heart Center, Kathryn, Jillian, and Wendy: \$25

3/19: Internal Spring Cleaning, Kathryn: \$10

4/16: Sound Bath w/Reiki: Decluttering the Mind, Kathryn, Jillian, and Wendy: \$25

5/21: Sea of Peace Sound Voyage, Kathryn: \$10

6/18: Sound Bath w/Reiki: Grace Notes in Our Life, Kathryn, Jillian, and Wendy: \$25

7/16: Earth Connection, Kathryn: \$10

8/20: Sound Bath w/Reiki: Inner Peace, Kathryn, Jillian, and Wendy: \$25

All sound baths held at Greendale Community Church • 6015 Clover Lane

Register at: www.greendalecommunitychurch.org/events

