

2023 Program Calendar

Jan 11



Struck by Lightning: An Electrifying Eyewitness Account

After being knocked 40 feet by a lightning strike behind him, Barry Callen said, "It gave me the best excuse ever to quit jogging." He entertains with wit and song.

Feb 8



Badger Rock Neighborhood Center Meets Fitchburg

Hedi Rudd introduces us to the community outreach and educational programs of Badger Rock Neighborhood Center

Mar 8



Building Big Dream Based on Literacy

Be inspired by the story of Rowan Childs starting The Madison Reading Project to help reduce poverty.

Apr
12



60 is STILL the New 40, IF...

Shift your mindset from retirement to reset and renewal with tips from John Vardalas of the American BoomerR Group.

May
10



Healthspan: Live Better, Not Just Longer

Tina Hallis, Ph.D. and author of SHARPEN YOUR POSITIVE EDGE, shares her journey to well-being through disease *prevention* rather than disease *suppression*

Jun
14



DeCoDiNg Hypnosis

Let Barry Callen, certified hypnotist, help you harness the power of your own subconscious.

Jul 12



How to Nurture Urban Wildlife Habitats

Professor David Drake helps you learn how to create, enhance, and manage the biodiversity in your own backyard.

Aug 9



Active Parks, Healthy Cities

Gain a new appreciation for our local green spaces from Scott Endl, Fitchburg's Director of Parks, Recreation, and Urban Forestry.

Sep
13



Feeling Stuck? Listen to a Horse

Stacey Bean, an M.D. with multiple certifications in integrated medicine and owner of Indigo Trails, introduces Equine Gestalt Coaching as a part of transformational growth and healing.

Oct
11



The Art of Self-Care: A Hands-on Workshop

You'll experience simple self-care techniques from Jo Anne Lindberg, a 30-year veteran of Asian medicine.

Nov 8



Spotlight on Acupuncture

Elissa Gonda of Dane County Family Acupuncture summarizes acupuncture and its health benefits.