

2025 Presenter Schedule

Jan 8



Nervous System Dysregulation: Common Signs & Solutions

Learn to spot nervous system dysregulation and gain tips to boost neurological health from Dr. Laura Konopacki, Body Wave Chiropractic.

Feb 12



Fitchburg Economic Development Update

Join Mike Zimmerman, Fitchburg Economic Development Director, to hear about economic development activities with governmental & private sector partners

Mar 12



Exercise and Balance Training as We Age

Discover effective strategies to enhance strength, stability, and overall well-being with advice from Mary Wichern; Respiratory Care Practitioner.

Apr 9



The Life of Andrew Jackson Bovee and the Battle of the Wilderness

Travel to the American Civil War with Rich Fronek, Amateur Genealogist, to explore Andrew Jackson Bovee's pivotal role in the Battle of the Wilderness.

May 14



Realistic Wild Fowl Sculpture by Greg Curless

Explore the artistry and precision of Greg Curless's lifelike wildfowl sculptures, showcasing the beauty and intricacy of nature in stunning detail

Jun 11



Global Connections through Local Hosts both Domestic and International: The Power of Friendship Force

Jan Barbone, Outreach Coordinator, explains how Friendship Force promotes cultural education through reciprocal hosted homestays with other countries.

Jul 9



Healing the Whole Person through Acupuncture

Joseph Zirneskie, MD, explains how the ancient practice of acupuncture aids holistic healing by addressing physical, emotional, and mental well-being.

Aug 13



The Traditional View of Retirement is Outdated

Financial Advisor Stephanie Blankenheim of Edward Jones will share tips to help you navigate today's social and technology trends to create a better retirement.

Sep 10



Fighting Hunger in Turbulent Times

September is Hunger Action Month, a nationwide effort to inspire action to reduce hunger. Marcia Kasieta, Business Director, Badger Prairie Needs Network, will bring it to the local level.

Oct 8



Why Listen to Your Inner Critic? 3 Secrets to Unlock Your blocks to Confidence and Success

Annie Notestein, MS, Certified Integrative Coach, Relationship and Self-Esteem Coach, reveals the secrets to silence your inner critic.

Nov 12



PBMs and Drug Prices: What You Need to Know About their Role

Thad Schumacher, Pharmacist and Owner of Fitchburg Family Pharmacy helps you understand how Pharmacy Benefit Managers impact healthcare costs and patient access.