

# WOW

# Virtual Workshops on Wellness

Promoting a Healthier Lifestyle in Waunakee

Sponsored by: Village Center of Waunakee and  
Waunakee Lions Club

## “Find Calm Amidst the Chaos”

**Presenter:** Kim Flood — Heart Math Certified Trainer and Coach  
with Wisdom and Wellness

Kim is a Licensed HeartMath® Trainer and Coach in addition to holding a Degree in Educational Psychology and Psychological Development in Human Processes. Kim has extensive knowledge in Wellbeing, Stress Management and Mental Health issues. A longtime wellness enthusiast and for over 27 years, Kim has had the privilege of helping hundreds of people find tools that help them cope with life's challenges. Kim helps people learn new things about themselves and others around them, to bring awareness, compassion, joy, and peace to their heart.

### Presentation Overview

With all the stress in the world today, we can find ourselves easily overwhelmed. Take some time for yourself to learn simple techniques to be used anytime, anywhere to ease your mind, access your intuition, strengthen your immune system, get better sleep, and find your calm in less than 5 minutes! Did you know that our “heart brain” sends 80% more messages to the brain than the brain sends to the heart? Simply shifting your focus to the area of the heart, you take negative energy away from your mind and body. When we generate feelings of love, joy, peace, care and appreciation we have the ability to calm our central nervous system down and shift out of a state of stress. Learn how to utilize HeartMath® evidence-based techniques to help reduce stress and optimize performance. Deepen your understanding and validate your progress while you see what is going on inside your body in real time using HeartMath® technology. Learn how to change your heart rhythm pattern to create physiological coherence, an increased harmony in our mind, emotions, and body.

**Date: Wednesday, February 10, 2021**

**Time: 7:00-8:00 pm**

**Location: Virtual via ZOOM**

**Free to Attend**



**For more information or to receive the presentation zoom link to join, please contact Travis Steuber at [tsteuber@waunakee.com](mailto:tsteuber@waunakee.com) or 850-5992**