



# Rostered Leaders Of North/West Lower Michigan Synod



## A Day of Health and Wellness

Monday June 15, 2015

10:00 AM - 4:00 PM

Immanuel Lutheran Church  
320 South Bradley Rd.  
Mt. Pleasant, MI 48858

### “You Matter”

*I have called you by name, you are mine. Isaiah 43*

**It is true! You do matter!**

Rostered leaders of the North/West Lower Michigan Synod are invited to a Day of Health and Wellness. The event is provided by Portico Wellness dollars and includes lunch, worship and conversation surrounding healthy practices to manage stress, relationships, and life outside of work, which will include, **E. Anne King, M.A., S.P.A.D.A, Presenter on nutrition, wellness and much more.**

**PLEASE WEAR COMFORTABLE CLOTHES AND SHOES!**

REGISTRATION: NO COST!!

Name \_\_\_\_\_

Congregation \_\_\_\_\_

Council President \_\_\_\_\_ Phone Number \_\_\_\_\_

Phone \_\_\_\_\_ Email \_\_\_\_\_

Any dietary restrictions? \_\_\_\_\_

Please complete the Registration form and email or mail by June 5, 2015 to:

Ann Stavros  
North/West Lower Michigan Synod  
2900 N. Waverly Rd.  
Lansing, MI 48906  
annstavros@mittensynod.org

**E. Anne King, M.A., S.P.A.D.A**

Anne King has spent the last 38 years working with children and adults as a teacher, counselor, Principal and trainer. She has retired from the Grand Rapids Public Schools as their education and prevention specialist.

Anne has presented to hundreds of classrooms on topics as varied as healthy highs, substance use and abuse, nutrition and wellness, harassment, bullying, self esteem and more. She is a frequent speaker for parent nights and has conducted dozens of trainings for teachers and support staff. Anne is committed to the education of all children, particularly those living in poverty. Anne has key-noted many state-wide conferences and is a sought after speaker.

Anne has developed and facilitated several master's level college courses and provides training to groups as diverse as teachers, bus drivers, food service employees, pastors, after school providers, mentors, parents, teen leaders and more.

Anne's presentations give audiences down to earth information coupled with real stories and laughter.

Anne is the proud mother of her only daughter, Shanna, who is a recreational therapist living in Chicago.