



Who: Moms (All Ages and Stages: Moms-To-Be, Moms, Grandmothers)
 Where: Marshall High School (Main Entrance) ~ 400 Tiger Drive
 When: Thursday, March 21, 2019
 5:00pm-9:00pm
 Fee: \$20 if registered by 2/25/19 (includes dinner)
 \$30 if registered by 3/8/19 (includes dinner)
 Call Marshall Community Services at 507-537-6767 with questions or to register. Pre-registration is required!
 For more information, visit: www.ci.marshall.mn.us
 click on Moms' Expo under Community Services

About the Moms' Expo
 Being a mother is one of the most important, rewarding, and challenging jobs that most women will ever have. In addition to all the outside pressures, mothers often have an internal desire to be “perfect” – to have perfect children, a perfect marriage, a perfect home, and often a perfect career. But, as we all know, it’s impossible to be “perfect” and to be “everything” to everyone. Children grow up too fast, and as mothers we want to be focusing our energies on the “right” things so we don’t miss out on the important moments as our children grow.
 The goal of the Moms’ Expo is to help mothers of all ages and stages of parenting enjoy motherhood and everyday life more: by finding balance, having realistic expectations of themselves and their children, and living in the moment. What better way to accomplish this than to have local mothers share their experience/knowledge in an informal small group setting – where brainstorming is encouraged as mothers come together and share ideas, tips, etc.

Schedule

5:00pm-5:20pm	Check-in (Moms' Expo itineraries will be distributed, and dinner will be served.)
5:30pm-6:15pm	Keynote Speaker: Kari Loft on <i>It is what it is.</i>
6:25pm-7:10pm	Session 1
7:20pm-8:05pm	Session 2
8:15pm-9:00pm	Session 3

It is what YOU MAKE IT!

Registration Process
 Participants can register in four ways:
 Online: <https://bit.ly/2mIIZEQh>
 Telephone: 507-537-6767
 In person or by mail: Marshall Community Services (MCS)
 344 West Main Street
 Marshall, MN 56258
 At the Moms' Expo, participants will attend three pre-determined small group sessions. Upon pre-registration, please rank the top SIX topics you are interested in attending. MCS will determine each participant's three-session itinerary based on those rankings.
 Participants can rank their desired topics in two ways: by submitting the attached registration form to MCS or by completing an online survey. Participants who don't submit the attached registration form will be emailed a link to a survey. Please complete the survey as soon as possible for the best chance at attending desired topics.
 MCS reserves the right to adjust/cancel small group sessions based on registration numbers.

Sponsored by: Marshall Community Services, Hy-Vee and Runnings

Presenters/Small Groups

*Presentation is faith based.

<p>Cindy Bader, Karen Bofferding, Deb Hoganson and Linda Saugstad Raised a total of 12 grown kids, currently 'mentor moms' for the Marshall MOPS group, passionate about helping young moms</p>	<p>What I Know Now That I Wish I Knew Then* Four Christian moms who have 'been there done that' will give tips and advice on what they have learned after raising their children. The session will focus on advice, answering questions, and small group time to problem solve issues you may be dealing with.</p>
<p>Dr. Jeny Bauer Physical therapist at The Health Enhancement Centers</p>	<p>Exercise for Stress Management and Fitness The benefits of exercise in stress management and fitness with a few ideas on body weight exercises everyone can do at home.</p>
<p>Abbie Boelter Mother of 2, works full-time as the Administrative Assistant at Marshall Middle School, has a passion for planning and organizing life and preparing for the unexpected</p>	<p>Organizing Chaos In a world where everything happens at one time, learn to take it all in stride and organize a plan of attack to achieve your goals.</p>
<p>Kris Campion Mother of 4, MHS FACS teacher</p>	<p>Quick Meals for Busy Moms Learn about quick, healthy and easy meals you make in your everyday routine.</p>
<p>Katie Chapman Outdoor educator at Shetek Lutheran Ministries, loves finding fun ways for families to explore the outdoors, has an environmental science background</p>	<p>Let's Go Outside Children of all ages benefit so much from outdoor adventures! Using age appropriate environmental and outdoor activities designed to help children appreciate the outdoors, we will help our kids learn about safe discovery and exploration of the world around them!</p>
<p>Kari Dahl Condezo Mom of five, SMSU Child Care Center Director, preschool teacher with 20 years of experience</p>	<p>Every Child Learns/Grows Differently Every child is different. Children develop differently, have different personalities, different strengths and different needs. All children develop at their own pace and in their own way. Learn to embrace those differences instead of comparing your child to others.</p>
<p>Stacy Frost Wife, mom of two boys (ages 17 and 11), SMSU Director of Development, SCSU doctoral candidate, community and church volunteer, with a yellow lab named Stella</p>	<p>My Life Application of the 7 F's (Faith, Family, Friends, Finance, Fitness, Fun and Future) Whether you are going through the motions or accomplishing your dreams, the 7 F's are a simple way to incorporate your priorities into every day. Explore each "F" and discuss how we might support one another in reaching our greatest potential each and every day. From the book <i>What Really Works: Blending the 7 F's for the Life You Imagine</i>.</p>
<p>Stacy Johansen Clinical Director, RN at Prairie Home Hospice</p>	<p>Tough Conversations: Information for Your Aging Parents As your parents age, it's important to have conversations with them so you know what their wishes are. What questions should you be asking? What is the best way to approach your loved ones and begin this process? We will answer these questions and more.</p>
<p>Pat Mellenthin Prairie Home Hospice, CEO</p>	
<p>Angie Lance Grew up in Marshall and graduated from SMSU, taught elementary school for 10 years before returning to Marshall with her husband, Carl, to raise their family. Mom of two teenagers with a career she loves at Schwans</p>	<p>Our Child's Achievements Do Not Define Them (or Us!) In a world so focused on grades, awards and points, it's so easy to become controlling and clingy. Placing a high value on achievement and outcome (rather than effort) is damaging to children, leading to stress, depression and negative behaviors. How can we support our children to develop through dedication and hard work? Let's talk about the hard truths of being a mom! <i>This session will not be available if the MHS Boys Basketball team goes to state.</i></p>

<p>Sirrina Martinez Community Outreach Coordinator at Prairie Home Hospice</p>	<p>Five Wishes Though we don't like to think about it, a change in health or an accident can happen to any of us. Five Wishes takes the guessing out of caring: it is a comprehensive plan that helps guide you, your loved ones, your trusted advisors and your healthcare team through conversations before a health crisis.</p>
<p>Casey Paluch Mom of one, chiropractor</p>	<p>A Guide to Natural, Toxin Free Living Do you get confused about the word toxins? We want to help you understand how toxins affect the body and help you create a toxin free home for you and your little ones!</p>
<p>Dr. Jessica Peterson Family & Pediatric Chiropractic; Owner of Elysian Chiropractic Center</p>	<p>Natural Solutions for ADHD, Anxiety, SPD & Autism Spectrum Disorders Why does 1 in 9 have ADHD? And 1 in 5 have some type of mental disorder? Why does the healthcare industry just keep handing out prescriptions, like candy? Is it really fixing the problem? The numbers just aren't getting better. For years we have been taught to mask our kids' health issues with drugs & surgery. In return, our kids continue to become even sicker, but it doesn't have to be that way. Let's get moving in the right direction and learn more about all NATURAL health solutions for our kids.</p>
	<p>Delivered: How to Have an Empowered Pregnancy Pregnancy is a very exciting time for a mother-to-be, but can also seem overwhelming, daunting, or even down-right scary. There are many different topics stressing expecting moms - knowing what questions to ask, who to have on their birth team, and how to get the birth they desire. As a Mom, you are also always looking for someone who SUPPORTS your wishes, ENCOURAGEMENT during every step, and to feel EMPOWERED during this journey! We are here to help you find answers to your questions, create your birth vision, and support you every step along the way.</p>
	<p>Kick The Sick: How to Raise Healthy, Happy Kids Are you frustrated and looking for answers as to why your family is continuously struggling to fight off the "bad guys?" Close the chapter on immune struggles and learn how to boost your family's health to make this your healthiest spring yet! We want to help you KICK THE SICK from your house!</p>
<p>Deann Reese Along with a panel of area professionals</p>	<p>Typical vs Troubled Behavior This session will consist of a panel discussion on common concerns with kids.</p>
<p>Kim Sanow Marriage and Family Therapist, public speaker and author</p>	<p>Marriage 101 (for newlyweds through olyweds) New perspectives to keeping your marriage fresh. Interactive.</p>
<p>Mindi and Lexi Schnaser Mindi is the blessed mom of Lexi (18), Ashton (16), and Tydeman (12). She teaches Little Cubs Preschool at Marshall Public Schools and loves to encourage young moms on their parenting journey!</p>	<p>Helping Your Children Embrace Their Identity* "You are fearfully and wonderfully made. Wonderful are your works; my soul knows that full well." Psalms 139:14 Mindi and daughter (Lexi) will share from a biblical perspective how to encourage your child to be secure in their identity. You can't know who you are until you know whose you are.</p>

2019 Moms' Expo Registration Form

Name: _____

Address: _____

City/State/Zip: _____

Phone: Home _____ Cell _____

Email: _____

Special Dietary Needs: _____

Payment: **\$20 if paid by 2/25/19**

\$30 if paid by 3/8/19

Check enclosed (payable to City of Marshall)

Credit Card (Visa, MasterCard, Discover)

Name as it appears on credit card:

Credit Card Number:

Expiration Date: ____/20____

Signature: _____

You will attend THREE (3) sessions at the Moms' Expo. Please rank top **SIX (6)** sessions you are interested in attending (with 1 being most interested). MCS will prepare an itinerary for you - to be distributed upon arrival at the Moms' Expo on Thursday, March 21, 2019.

- ___ 1 What I Know Now That I Wish I Knew Then (Cindy Bader, Karen Bofferding, Deb Hoganson, Linda Saugstad)*
- ___ 2 Exercise for Stress Management and Fitness (Dr. Jeny Bauer)
- ___ 3 Organizing Chaos (Abbie Boelter)
- ___ 4 Quick Meals for Busy Moms (Kris Campion)
- ___ 5 Let's Go Outside (Katie Chapman)
- ___ 6 Every Child Learns/Grows Differently (Kari Dahl Condezo)
- ___ 7 My Life Application of the 7 F's (Faith, Family, Friends, Finance, Fitness Fun and Future) (Stacy Frost)
- ___ 8 Tough Conversations: Information for Your Aging Parents (Stacy Johansen and Pat Mellenthin)
- ___ 9 Our Child's Achievements Do Not Define Them (or Us!) (Angie Lance)
- ___ 10 Five Wishes (Sirrina Martinez)
- ___ 11 A Guide to Natural, Toxin Free Living (Casey Paluch)
- ___ 12 Natural Solutions for ADHD, Anxiety, SPD & Autism Spectrum Disorders (Dr. Jessica Peterson)
- ___ 13 Delivered: How to Have an Empowered Pregnancy (Dr. Jessica Peterson)
- ___ 14 Kick the Sick: How to Raise Healthy, Happy Kids (Dr. Jessica Peterson)
- ___ 15 Typical vs Troubled Behavior (Deann Reese and panel)
- ___ 16 Marriage 101 (for newlyweds and olyweds) (Kim Sanow)
- ___ 17 Helping Your Children Embrace Their Identity (Lexi and Mindi Schnaser)*

*Presentation is faith based

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Ways to Register

- Online
- Telephone
- In Person
- By Mail