



FRWRC EVENTS



Dare to Dream Breakfast

Honoring Women's History Month And Dare to Dream Recipients
Special Guest - Cheryl Thompson-Stacy, President of Lord Fairfax Community College
and our six new Dare to Dream Grant Recipients

Join us for inspiration, connection and laughter on this special morning.

Sponsored by Sharon Cales of Weichart Realty

Thursday, March 18th, 7:30 – 9:00 AM

Holiday Inn & Suites located at 111 Hospitality Drive, Front Royal, VA

\$15 at the door. Please RSVP to the FRWRC 636-7007

WomanLore

with Betsey Means actress and storyteller. A woman's history presentation

co-sponsored by the FRWRC and Friends of Samuels Library
at Samuel's Public Library, 330 E. Criser Road, Front Royal, VA

Saturday, April 17th, 2:00 – 3:30 PM A tea and reception

3:30 - 5:00 PM - Performance

at Samuel's Public Library, 330 E. Criser Road, Front Royal, VA

(see Flyer on other side)

Iodine and A Woman's Health

Presented by Dr. Craig Zunka.

Sponsored by the FRWRC

Did you know that 72% of the world's population is affected by iodine deficiency disorder? That iodine can be used to treat ADD/ADHA, breast disease, headaches, fatigue and muscle cramps? That iodized salt is not enough? Come to hear this important health information for women and their families. Open to all.

Thursday, April 22nd, 6:30 PM

at Samuel's Public Library, 330 E. Criser Road, Front Royal, VA

“Who Knew?": A Lively Lunch Series

April's featured speaker - Ann Bogar “Travels On the Far Side”

Join us for Lunch & Tell where we will be featuring talks by wonderful women from the area. The idea is for women to get together and inspire each other by sharing their unique knowledge and interests over a brown bag lunch. Very informal.

Promises to be lots of fun with plenty to talk about!

Free. Bring your own lunch and drink.

Thursday, April 8, 12:00 Noon

Warren Memorial Outpatient Center Meeting Room,

120 N. Commerce St., Front Royal, VA

