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# Consortium eBrief

Late-breaking news for members of the Milwaukee Aging Consortium

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February 20, 2008

**Tuesday, February 26,  
5:30-7 pm, St. Ann's Center ([directions](#))**

Winter got you down? Let's have some fun!  
Please join us for food, drink, speed networking, and winter revitalization!

**Milwaukee Aging Consortium  
After-hours Member Meet-up and Mixer  
Readiness Detector Instrument**  
*Please check all that apply:*

Your speech is hurried & pressured, with words bursting out in a staccato rhythm\_\_\_\_\_

Your life is even more stressful than usual\_\_\_\_\_

You live with any one of a wide array of stress-related symptoms, such as digestive problems, sleep disorders, or high blood pressure\_\_\_\_\_

You've lost perspective about what you truly value in your life\_\_\_\_\_

You've become more tense, serious, and inflexible than you'd like to admit\_\_\_\_\_

You can't remember the last time you did something unexpected, spontaneous and fun\_\_\_\_\_

You over-schedule yourself and feel pressured by time\_\_\_\_\_

You're having daydreams about running off to live at some South Sea or Caribbean Island\_\_\_\_\_

*(Original list from the Spa Lady)*

***If you checked any of the above,***  
you need to RSVP Mary Steinke, 414-289-0890 or  
[msteinke@milwagingconsortium.org](mailto:msteinke@milwagingconsortium.org), TODAY!

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***St. Ann Center  
Villa St. Francis  
Creative Living Environment***

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