



KEY EVENTS 'N YOUR AREA

Central Arkansas & Beyond!

Therapist Aims To Help Women Be Well During Winter

by Kenya L. Eddings

"I read to breathe." - Fritzi Nelson-Hemphill, LCSW

It's been nearly 2 weeks since winter began and for many, the 'blues' come with it. Cold, inclement weather, minimal exposure to sunlight, and reduced social interactions are par for the course; until now. On Sunday, January 7th, Pyramid Art, Books, and Custom Framing was the site for the introductory meeting of the Women's Winter Wellness book club for eleven women.

The brainchild of therapist and self-described 'lover of reading', Fritzi Nelson-Hemphill, LCSW started the book club to help women be well, especially during the winter months. Over the years Hemphill read to learn. But now, as she puts it, "I read to breathe." As a therapist, she reads to be well so that she can help others be well - so they can 'breathe'. Slated to run 3 months, Hemphill has selected, "*Microjoys - Finding Hope (Especially) When Life In Not Okay*," by Cyndie Spiegel as the group's book of choice.



Nelson-Hemphill with book club member, Sheena McDaniel

Many of the women in attendance are indeed bibliophiles, but their reason for joining took club is about more than reading. Blenda Downs joined the group to give herself an avenue of interaction as she takes a break from social media. As a parent, full-time employee and student, and now a book club member, Downs will indeed have her plate full. But as she describes it, "I have planner and just like I schedule time for my studies, I'll schedule time to read. It'll likely at bedtime because I like to read right before I go to sleep." A newcomer to book clubs, Gwen Bradford joined because she feels it will give her the opportunity to experience something new. "This will give me the opportunity to mingle and fellowship with other women and to be a part of something good and healthy."

Although they've been friends since college, Bettye Baxter joined Nelson-Hemphill's book club to receive motivation from other women. As a practicing nurse, Baxter reflected on the connection between winter and depression, sometimes referred to as seasonal affective disorder. Says Baxter, "This is the time of year when people get down and depressed; especially during the holiday season". Overall, she feels that being a Women's Winter Wellness book club member is a good way to keep her happiness levels elevated as winter revs up.

Reading is not the only activity in which the book club members will engage. Painting, playing wellness bingo, and healthy cooking demonstrations are just a few activities Nelson-Hemphill has planned for the group.

Don't worry if you missed signing up for the Winter Women's Wellness book club, you can purchase the book at Pyramid (1001 Wright Avenue). And, Nelson-Hemphill has a spring wellness book club in the works. To express interest, contact Nelson-Hemphill at fritzi@thetovlife.com.

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