



## Resilience, Reflection, Recovery, Renewal

### Connect with Lacey for Life Coaching or Peer Support.

Lacey Heward helps busy can-do women discover what lights them up so they can have more time to do those things that are most fulfilling. She does this through one-on-one confidential zoom conversations where Lacey uses her peer support and life coaching skills to hold intentional space to uncover what makes you feel like laughing and smiling again.

Schedule your first complimentary session with Lacey on her website, [BRAVELACE.COM](https://bravelace.com). In addition, Lacey is offering a deep discount on session packages for Summit attendees. You can also reach out to Lacey anytime at [lace@bravelace.com](mailto:lacey@bravelace.com).

## Local Resources

Public Libraries-Check out resources offered through your local library. Many offer events, book clubs, classes and more.

[Winding Rivers Library System](#)

[Holmen Public Library](#)

[Programs](#)

[La Crescent Public Library](#)

[Programs](#)

[La Crosse Public Library](#)

[Events](#)

[Onalaska Public Library](#)

[Programs](#)

[Winona Public Library](#)

[Events](#)



Health Care Organizations-Local health care organizations offer events and classes that are free and open to the public.

[Gundersen Health System](#)

[Events](#)

[Be Well](#)

[Mayo Clinic Health System-La Crosse](#)

[Classes and Events](#)

[Wellness](#)

[Winona Health](#)

[Classes and Events](#)

## Other Organizations and Resources

[Franciscan Spirituality Center](#)

[La Crosse Parks and Recreation](#)

[Winona Parks and Recreation](#)

[La Crosse Area YMCA](#)

[Winona YMCA](#)

[Wisconsin Crisis Services](#)

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This list is not all encompassing. Your community may have similar offerings. This list includes suggested resources and is not meant to promote any specific business or organization.