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. 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.

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**
  - **La Crescent Public Library**

- **La Crosse Public Library**

- **Onalaska Public Library**

- **Winona Public Library**
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

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.