

About Ronda Suder:

Through an interactive approach that includes poetry, storytelling, and audience participation, Ronda's words are supportive for those on the healing path. She is a filmmaker, writer, actress, and entrepreneur with a MS in Human Resources and Industrial Relations, a MA in Film and Media Production (late 2017), and is also a certified Life Coach. She inspires and empowers through relatable stories reflecting the human condition.

For more information and additional upcoming courses, visit our [Calendar of Events](#).

Upcoming Introductory Presentations @ Roman's with Ronda Suder!

Stress Alleviation

being present to remain calm. counting the balance to remain authentic.

Wednesday, July 26

6:00 - 7:15pm

\$22

Bring a friend, get \$10 off.

Bring 2 friends, and you attend free!

Stress can have a negative impact—on family, health, finances, work— and very few of us are immune from it. In this fun and interactive introductory presentation, you'll learn:

- What causes stress
- The impacts of stress
- 7 practical tips to alleviate stress before it begins
- Supportive resources
- and more...

The Mystery of Chronic Illness, and Why It Exists

Re-defining illness for health and well-being.

We had so much fun last time, we're doing it again!

Wednesday, August 2

6:00 - 7:15 pm

\$17 per person

Bring a friend and you attend free!

Chronic illness is a mystery, or it wouldn't be considered "chronic." It impacts everything from relationships, to finances, to overall well-being. In this 60-minute interactive presentation, Ronda will share:

- Her journey through the discomforts of chronic illness.
- The mystery of chronic illness and why it's here.
- Freedom from the effects of illness: No shame. No blame.
- Support and Resources to heal.
- You will also receive copies of Ronda's original poetry.