

## **Education Seminar Highlights**

### **TaiJi Fit**

IWI Members enjoyed a wonderful “TaiJi Fit” mind/body exercise session via Zoom on November 20th led by Christine Bhe, a certified Tai Chi Instructor. Christine introduced us to a different exercise method that many had never tried before and that can be done by all ages, all fitness levels, standing or seated, or with a chair to provide support. From the enthusiastic survey feedback, some of our members look forward to trying this again! Christine also teaches Tai Chi classes on Zoom, so feel free to check out her free classes. Christine’s class schedule is on her website at [www.TaiChiWellbeing.com](http://www.TaiChiWellbeing.com) and you can sign up to get her updates or just sign into her classes on Zoom: Meeting ID:566 206 289, Password: feel better. The Hamilton County Library in Noblesville sponsors her Thursday morning TaiJi Fit class; if you desire to attend this class, you can get the link via their website (you don’t need to be a Hamilton County resident to attend).

### **Getting Back to the Workplace**

We were fortunate to have a very accomplished Career Coach - Peggy Hogan (Manager, Career Transitions at Purple Ink, LLC) conduct a seminar for us on "Getting Back to the Workplace". We had 26 participants and received excellent ratings for the seminar. Participants were especially pleased with how informative the seminar was and the specific, practical advice Peggy had to offer across the whole spectrum of the job search process: from preparing oneself, building on one's strengths, resume writing, interviewing and answering difficult questions including salary negotiations. We also received great reviews about Peggy's warm, engaging style, her knowledge and experience in the field. If members would like to avail of Peggy's career counseling services, they can find more information here - <https://purpleinkllc.com/career-coaching/individual-career-coaching/> or contact her at:

Peggy Hogan 317.341.3605 | [peggy@purpleinkllc.com](mailto:peggy@purpleinkllc.com). [www.purpleinkllc.com](http://www.purpleinkllc.com)

### **Constitutional Basis of the US Presidential Election**

The Education Committee has been busy this fall arranging interesting and varied seminars to help our members cope with the Pandemic. Our first seminar on Sept 18th was the Constitutional Basis of the US Presidential Election, conducted by Dr. Lloyd T. Wilson, Professor of Law at the IU School of Law. After receiving positive reviews for his session in 2016, we invited him back to demystify the complexities of the American Election Process. He helped us understand the workings of the electoral college, primaries, battleground states, states versus federal rights, and other difficult concepts. After his talk, several IWI members were eager to learn more about the specifics of Indiana voting procedures, so we arranged a second seminar/ Q&A session on October 7th with local officials. Polly Spiegel, IWI member, and advocate for effective elections was one of our guest panelists, as well as Barb Tully with Indiana Vote by Mail, and Shelly Brown, a former poll worker. They provided information on Indiana voting laws and procedures, advice on ensuring your ballot was turned in correctly and answered a bevy of questions. Our IWI members were quite appreciative of these two seminars that allowed us to be better informed.