



*Royal City Men's Club*

*RCMC Newsletter*

*January 2025*

January 16th.

Kevin Coghill: Homelessness In Guelph

**Presentation:**

Information not available at time of publishing

**Bio:**

Information not available at time of publishing



10am. To be followed by Live Questions.

**January 30th.**

## **Kathy Somers: Assistance With Sleep Issues**

### **Presentation:**

Does it take a long time to fall asleep (or back to sleep) ?

Is your mind racing in bed ?

Learn the most effective drug-free strategies to promote better, restful sleep.

(Yes, it's true that long term use of sleeping pills changes your sleep pattern and generates insomnia!)

This session includes:

\* the 3 keys to decreasing insomnia

\* what robs us of energizing sleep.

\* how to fall asleep (or back to sleep) more easily

### **Bio:**

Kathy Somers runs the Stress Management and High Performance Clinic in Guelph, specializing in skills training to enhance health and performance.

She is a Registered Kinesiologist who is certified in Stress Management Education and board certified in Biofeedback.

For over 40 years she has taught relaxation & stress management skills to groups and individuals in university, health care and corporate settings. Her most popular training programs, workshops, and Lunch & Learn presentations include the topics of Better Sleep; Decreasing Headaches; Curbing Worry;

Dialing Down Anxiety; and Stress Management Techniques.



**10am. To be followed by Live Questions.**

## *Messages : Future Meetings*

### Meetings for February

**Feb. 13<sup>th</sup>. 2025**

Ken McGoogan: Shadows of Tyranny: Defending Democracy in an Age of Dictatorship

**Feb. 27<sup>th</sup>. 2025**

T.B.A.

## *Coffee/Breakfast 10:am*

**January 9<sup>th</sup>. and 23<sup>rd</sup>.**

**Coffee/Breakfast**

RCMC Live Coffee Morning

**9:30am at**

Uptown Grill  
694 WoolwichSt.

Symposium  
304 Stone Rd. W

## *Activities & Events*

**See activities desk for more details**

## *Other News*

There is a new What's New section on the Home page of our website. This will give you quick links to any new information which has been posted on the website.

If you have any new content for the website, please send to Ritchie Zelk at [edna.ritchie@sympatico.ca](mailto:edna.ritchie@sympatico.ca)

## *Membership*

Please send any updates to your entry in the Membership Directory, including any change in email address, to **Martin Alderwick**; 519-763-6939  
[maldewick6939@gmail.com](mailto:maldewick6939@gmail.com)

**Members are encouraged to invite male friends and acquaintances to our meetings.**