



Cheese and Change: Sometimes They Stink

Whine Welcome

A cheese-filled evening of conversation about coping with change in a dumpster fire world.

If you've said **"what the hell is going on?"** more times than you can count, you're in good company. This night is for anyone who's holding it together on the outside while feeling fried on the inside. Whining not only allowed — it's part of the process.

We'll Tackle:

- Simple ways to reintroduce calm to a stressed-out nervous system
- A guided practice in non-attachment — letting go when your instinct is to grip tighter
- Shifting the self-talk that keeps change feeling heavier than it needs to be

*Not a lecture or a self-improvement seminar.
It's a space to connect, decompress and enjoy some cheese therapy.*

WHEN: Thursday, February 26th, 2026 6:30pm-7:30pm

COST: \$15 per person (includes a variety of cheeses)

LOCATION: Sherwood Brewing Company
45689 Hayes Road, Shelby Township, 48315



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