

# FINNISH AMERICAN SOCIETY OF THE MIDWEST (FASM)

A Finlandia Foundation Chapter

**Invites you to join us for**

## **Karelian Stew Lunch 1:00pm and a Program by Finlandia Foundation Lecturer of the Year Eero Kilpi on Sauna**

**Sunday, October 19, 2025**

**At the Chicago Estonian House, 14700 Estonian Lane, Riverwoods, IL**

**Lunch 1:00pm**

**Karelian Stew \$15 donation**



**\$10 donation for the program, 17 and under, \$5.**

**Coffee and Refreshments served after the program.**

Eero Kilpi is a Finnish native and a founding member and former President of the North American Sauna Society, Eero has dedicated over two decades to championing the Finnish sauna tradition.

Eero currently serves as President of the Finlandia Foundation New York Metropolitan Chapter, where he leads efforts to preserve and celebrate Finnish culture in the United States. He also co-hosts *The Upper Bench* podcast, exploring the art, science, and cultural significance of sauna alongside industry experts and enthusiasts. His lecture, "**Sauna Lost in Translation: Restoring Finnishness to a Global Tradition**," explores the history of global bathing cultures, from Lakota sweat lodges to Japanese onsen. Eero delves into how Finnish traditions can reclaim their central role in sauna culture in the United States, offering a thought-provoking journey through the past and future of this cherished practice.



**FASM events partially sponsored by Finlandia Foundation National**



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