WELLNESS



Intro to Healing Touch

Healing Touch is an energy therapy that uses light touch on the body and above the body to aide in relief of stress and pain, and support general good health in the body. Healing Touch has found increased use in the hospital setting as well as in the hospice setting. This class will give you a background of Healing Touch and Energy therapies as well as instruction in some basic energy techniques that you can use with family and friends. You do not need to have any previous knowledge of energy therapies to take this class.

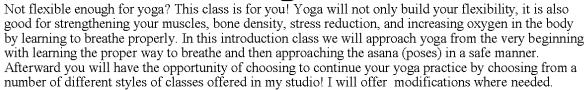
Class Code: W1005 **Dates**: Tuesday, February 25 **Time**: 6:00-8:00pm

Fee: \$25 **Registration Deadline:** Feb 18 **Min**: 6 **Max**: 12 Instructor: Dana Spates Ayurvedic Certified Healing Touch Practitioner and Instructor

Location: Holistic Health Options Studio

(In the Pat Flanders Realty building at 207 1/2 Washburne Ave)

Intro to Yoga



Dates: Tuesday's, Jan 7, 14, 21, 28, Feb 4 (5 weeks) **Time**: 6:00-7:15pm Class Code: W1006

Fee: \$45 **Instructor**: Dana Spates RYT 500 Location: Yoga Studio (In the Min: 6 Max: 12 Registration Deadline: Dec 31 Pat Flanders Realty building at 207 1/2 Washburne Ave)





Classes presented by Sauk Ri



Spring Lawn Prep Let's get things greened up and growing! Lawn care can be expensive and puzzling. Learn some simple tips and techniques that can help you get the best performance out of your yard while saving some cash and preventing pollution. We will cover a wide

variety of topics and answer your questions about watering, fertilizing, weed identification and so much more to make your lawn the best it can be. Participants will receive an informational folder full of great publications, and several door prizes will be given away from local plant specialists.

Time: 6:00-7:15pm Class Code: SP1051 **Dates**: Tuesday, March 3rd Fee: \$5 Location: High School Student Center Min: 10 Max: 25 **Registration Deadline:** Feb 25

Backyard Habitat It is all about the birds and bees... and butterflies. Come learn about how to attract more pollinators and songbirds to your backyards by making some simple

changes and additions. We will also discuss various species of pollinators and what perennial plants will have them buzzing to your backyards. Participants will receive an informational folder full of great publications, and several door prizes will be given away from local plant specialists.

Dates: Thursday, April 9 **Time**: 6:00-7:15pm Class Code: SP1052 Min: 10 Max: 25 Location: High School Seminar Room Registration Deadline: April 2

Shoreline Restoration and Maintenance Are you losing ground? Is your shoreline eroding, unsightly or seem to be a goose magnet? Did the excessive rains last year take a toll? Is the ice pushing up a new ridge every year? Learn how to improve water quality, reduce erosion and beautify your property using native plants, simple installation techniques

and smart planning for easier long-term maintenance. There will be a wide variety of information and brochures for participants, as well as several gift packages given as door prizes.

Time: 6:00-7:15pm Class Code:SP1053 **Dates**: Thursday, April 30 Fee: \$5 Min: 10 Max: 25 Location: High School Seminar Room **Registration Deadline:** April 23