

# 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.

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



Not flexible enough for yoga? This class is for you! Yoga will not only build your flexibility, it is also good for strengthening your muscles, bone density, stress reduction, and increasing oxygen in the body by learning to breathe properly. In this introduction class we will approach yoga from the very beginning with learning the proper way to breathe and then approaching the asana (poses) in a safe manner. Afterward you will have the opportunity of choosing to continue your yoga practice by choosing from a number of different styles of classes offered in my studio! I will offer modifications where needed.

**Dates:** Tuesday's, Jan 7, 14, 21, 28, Feb 4 (5 weeks)  
**Time:** 6:00-7:15pm      **Class Code:** W1006      **Fee:** \$45  
**Min:** 6      **Max:** 12      **Instructor:** Dana Spates RYT 500      **Location:** Yoga Studio (In the Pat Flanders Realty building at 207 1/2 Washburne Ave)  
**Registration Deadline:** Dec 31



# ENRICHMENT



## Classes presented by



### 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.

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

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