SPECIAL EVENTS
FUN FRIDAY 4/28/17:

Join us for:
Town Hall 12p-1p followed by a fun activity with cotton candy and cracker jacks 1:15p-3:15p

4/7/2017 World Health Day
Sponsored by United Nation's World Health Organization (WHO), World Health Day focuses upon a different health theme each year. It is an international event to emphasize and work on important health issues or problems. Many countries around the world participate.

4/16/2017 National Stress Awareness Day
Stress Awareness Day and Stress Awareness Month is sponsored by the Health Resource Network (HRN). They started this holiday in 1992, to increase public awareness of the causes and cures of stress.
Each class we conduct is based upon at least one of these NINE DIMENSIONS OF WELLNESS:

<table>
<thead>
<tr>
<th>Dimension</th>
<th>Description</th>
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<tbody>
<tr>
<td>Emotional Wellness</td>
<td>Acceptance of feelings and the ability to manage them in healthy ways.</td>
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<tr>
<td>Financial Wellness</td>
<td>Achieving personal economic stability and growth.</td>
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<td>Home &amp; Community Living</td>
<td>Creating a home of your choice in the neighborhood and community you choose.</td>
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<td>Intellectual Wellness</td>
<td>An ongoing curiosity and learning which enhances your understanding of life.</td>
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<tr>
<td>Occupational Wellness</td>
<td>Contributing your unique gifts in rewarding ways through work or volunteering.</td>
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<td>Physical Wellness</td>
<td>Living in harmony with, and awareness of, your body’s needs.</td>
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<td>Recreation &amp; Leisure</td>
<td>Enjoying meaningful activities and sharing good times with others.</td>
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<tr>
<td>Social Wellness</td>
<td>Developing active and mutually respectful interactions with others.</td>
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<tr>
<td>Spiritual Wellness</td>
<td>Seeking meaning and purpose in life by connecting from within and outside of self.</td>
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**Anger Management**
Learn techniques that will allow you to take back your power and manage anger using Recovery tools.

**An Organized Life**
Learning to organize your life.

**Art For The Heart**
Explore yourself and your inner emotions by creatively using art as a form of expression and self representation.

**Art, Games & Music**
Come and join us as we use different mediums such as art, games and music as wellness tools and have fun, too!

**Building Self-Esteem**
A class that educates participants on ideas and strategies that are helpful in relieving and preventing troubling feeling and symptoms of low self-esteem.

**Caregiver Support: Grief and Loss**
Understanding factors that lead to grief and loss in later years.

**Coming out of the fog**
Dealing with the first stages of recovery.

**Communication Skills**
What do body language and tone of voice have in common? They are communication skills we use everyday. This class is designed to facilitate effective and efficient communication we can use everyday and anywhere-at home, work and play.

**Community Café**
Have a cup of coffee, catch up on the news, connect with others and prepare for a day of insightful recovery education.

**Creative Writing**
Express yourself! Promote your recovery by stretching your imagination and communication skills with creative expression.

**Daily Meditation**
Meditation is a great stress reducer and relaxation technique! Learn to de-stress by learning different techniques and practicing them in a group setting.

**Fun games for Recovery**
Fun games can be wellness tools that allows us to explore the importance of Recreation and Leisure.

**Games For Recovery**
Games can be wellness tools that allow us to explore the importance of Recreation and Leisure.

**Good Humor & Good Health**
Learn how to better your health and discover why laughter is really the best medicine.

**Guided imagery**
Athletes used a guided imagery to train the mind to win and it is also used to release tension. Citizens can use positive thinking to each wellness by imagining a comfortable, peaceful place. Using visual and auditory stimulation, this class offers the opportunity to reach relaxation and serenity.

**Home is Where the Heart is**
You can build a successful life in a wellness-centered home of your own. Participants will competencies to choose, create and maintain a home that supports their recovery and wellness.

**Housing For Success**
Build a successful life in your own wellness-centered home. Gain the competencies to choose, create & maintain a home that supports recovery & wellness.

**Letting Go & Forgiveness**
Learning to let go of things that hold you back and forgive.

**Making Good Friends**
Delve into the social skills we use when we made good friends, the skills we need to be a good friend ourselves and the skills to keep our good friends.

**Making Changes In Your Life**
How to overcome the barriers that block the change process. We’ll examine the stages of changes to give understanding to the emotional, mental and physical steps needed for us to do things differently.

**Managing Money**
Learn how manage money, spend wisely based on their projected monthly income and expenditures.

**Mental Health support**
Course where participants have an open discussion about recovering from mental health challenges.

**Movement to Music**
Music is known to be one of the basic human pleasures, so why not jazz up your day by moving and grooving to music?

**Moving Beyond Anger**
Participants share and discuss ways to grow by moving from expressing anger to acceptance, forgiveness, tolerance and peace of mind.

**Nutrition and Healthy Eating**
There are a lot of rumors and myths about what the right things to eat are and what foods are best for us nutritionally. Explore the basic guidelines for nutrition and healthier eating.

**Portraits of Hope**
Explore how noteworthy individuals with “lived experience” overcame hardships during their recovery journey, learned how to have HOPE and became well.

**Self Esteem**
Learn ideas and strategies that are helpful in relieving and preventing the troubling feelings and symptoms of low self-esteem.

**Town Hall**
Join our public forum to encourage others and celebrate achievements. Plus use this forum to let your voice be heard and share your ideas for your Wellness City!

**WELL—Wellness & Empowerment in Life & Living**
WELL is a 16-topic workshop that explores a different subject every week. Topics include Anger Management, Recovery, Hope, Stress Management, Budgeting, Employment and many more! This is a certificate course.