

Health and Lifeskills

Your Heavenly Future

Come spend a day playing, praying, and sharing your stories to create the life of your dreams with the help of God and the angels. Lecture and meditation will be used to clear any blocks to living the life you want. You will create a vision board as a physical reminder of the new life you are manifesting. Please bring poster board, glue sticks, scissors, magazines, and your sense of adventure to class to create visual images of the life you desire. \$22 per person. 10% of all proceeds from this workshop will go towards the purchase of a hearing screening machine for newborns in the NCH maternal child department.



Saturday, January 9
10:00 a.m. - 2:00 p.m. (bring bagged lunch)
The Wellness Center Fitness Facility

Fabienne Valdes, RN, ATP®

AARP Driver Safety \$12/members or \$14/nonmembers

For drivers 50 and older, this 1-day class covers how to cope with changes in vision, hearing, reaction time. Many insurance companies offer discounts for people certified through this course. Workbook is included. AARP recommends taking this course every 3 years.

Monday, January 25
1:00 - 5:00 p.m. (1 4-hour session)
North Country Hospital Meeting Room



Pat Sloan AARP instructor

Inspirational Journaling \$50

You will need nothing more than a notebook and an open mind! This intro to journaling will inspire you to put pen to paper and assist you to achieve goals, recognize life patterns, deal with chronic pain, and discover who you really are! Each week we will explore new avenues of inspiration. This isn't your teenage diary; it is a creative method of chronicling the events of your life. Classes will include a time of quiet reflection and meditation along with brief individual spot Reiki (if desired).

Tuesdays, January 12 - February 16
1:00 - 2:30 p.m.
The Wellness Center Fitness Facility

Jana Parker

Reiki I \$100

The gentle hands-on positions in this healing technique can be used for yourself and your family. REIKI sessions give you a sense of wholeness & relaxation, gentle energy & well-being. Certificate given upon completion. Wear loose comfortable clothing. Limited to 6 participants. Bring a light lunch. Call The Wellness Center @ 334-5566 to preregister.

Saturday, February 20
8:30 a.m. - 3:00 p.m.
Physical Therapy Options
2542 Route 105, Newport Center

Andrea Myrick, Reiki Master Teacher