

## HEALTH/WELLNESS

### DESK PILATES WORKSHOP

**Ages: 15 & UP**

Plymouth Creek Center, 14800 34th Ave

Bring the benefits of a little recess and pilates into each day—even while sitting at a desk! Playfully utilize core muscles, increase posture awareness, emphasize strength and flexibility. Receive instruction book (\$11 value). Certified Instr: Angela Kneale.

Course #: 35362  
 Day: Wednesday  
 Date: Jan 19  
 Time: 7:30 p.m. – 9:00 p.m.  
 Cost: Res \$18 Non-Res \$22

### FACIAL EXERCISE—IT REALLY WORKS!

**Ages: 20 & UP**

Plymouth Creek Center, 14800 34th Ave

Seminar geared for women. Just like the rest of your body, the face has muscles that can be tightened to lift up what gravity pulls down. Sagging jowls, droopy eyelids, turkey neck and more can be corrected through a 4 minute workout. Please bring a small stand-up mirror, instruction booklet provided.

Course #: 35262  
 Day: Thursday  
 Date: Feb 3  
 Time: 6:30 p.m. – 8:00 p.m.  
 Cost: Res \$19 Non-Res \$23

### GENERATION ENDURANCE WELLNESS SEMINAR

**Ages: 18 & UP**

Plymouth Creek Center, 14800 34th Ave

Discover how you can modify your health risks in order to optimize and impact your quality of life with five simple strategies. This seminar provides information on our nation's current health crisis, including cardiovascular disease (*leading cause of death in the U.S. in 2009*), high blood pressure, abnormal blood cholesterol, adult onset diabetes, overweight and obesity. Identify strategies to implement a lifestyle change through moderate amounts of physical activity and motivation. Instr: Pam Baker, Generation Endurance.

Course #: 35365  
 Day: Monday  
 Date: Jan 10 – Jan 24  
 Time: 7:00 p.m. – 8:30 p.m.  
 Cost: Res \$35 Non-Res \$42

### INTRO TO MEDITATION

**Ages: 14 & UP**

Plymouth Creek Center, 14800 34th Ave

Basic meditation techniques; concentrate, center, de-stress and become more creative. Create your own meditation practice. Bring a blanket. Instr: Carol Savage-Rains.

Course #: 35260  
 Day: Tuesday  
 Date: Jan 18  
 Time: 6:30 p.m. – 8:30 p.m.  
 Cost: Res \$26 Non-Res \$31

### INTRO TO SELF-HEALING

**Ages: 18 & UP**

Plymouth Creek Center, 14800 34th Ave

Basic energetic healing techniques for balancing the energy field of the body.

Course #: 35259  
 Day: Thursday  
 Date: Feb 17  
 Time: 6:30 p.m. – 8:30 p.m.  
 Cost: Res \$26 Non-Res \$31

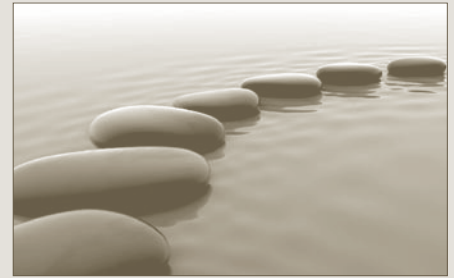
### LAUGHTER YOGA

**Ages: 16 & UP**

Plymouth Creek Center, 14800 34th Ave

Laugh yourself healthy! Laughter releases beneficial hormones in our bodies—stress is reduced, blood pressure drops and your immune system is boosted. Laughter and yoga breathing combined. No bendy poses or balancing. Wear loose, comfy clothes. Certified Instr: Mary Margaret Anderson.

Course #: 35181  
 Day: Tuesday  
 Date: Jan 11  
 Time: 7:15 p.m. – 8:15 p.m.  
 Cost: Res \$10 Non-Res \$14



### PRO-ROLLER WORKSHOP

**Ages: 15 – 80**

Plymouth Creek Center, 14800 34th Ave

Improve posture, body awareness and explore self-massage and stretching techniques. Feel more relaxed and aligned while challenging core muscles and balance. Receive Instruction book (\$10 value). Pro-Roller provided. Certified Instr: Angela Kneale.

Course #: 35359  
 Day: Wednesday  
 Date: Feb 2  
 Time: 7:30 p.m. – 9:00 p.m.  
 Cost: Res \$35 Non-Res \$42

### MASSAGE FOR FAMILY & FRIENDS - BEGINNERS

**Ages: 18 & UP**

Plymouth Creek Center, 14800 34th Ave

Learn basic massage strokes, techniques and areas to avoid. Sign up with a friend or partner! Hands-on class, we will practice on each other, fully clothed. Bring two pillows for head/knees and two blankets (*one light weight*). Instr: Carol Savage.

Course #: 35261  
 Day: Tuesday  
 Date: Mar 15  
 Time: 6:30 p.m. – 8:30 p.m.  
 Cost: Res \$26 Non-Res \$31



### JUMP START YOUR METABOLISM

**Ages: 18 & UP**

Plymouth Creek Center, 14800 34th Ave

Is it harder to maintain or lose weight than it once was? Tried several diets but had trouble keeping the weight off? Learn how eating real foods in balance can help you lose weight, eliminate cravings and increase energy. Nutritional Weight and Wellness, Nutrition Educator. (*Course qualifies for 2.4 CEU credits for registered nurses.*)

Course #: 35263  
 Day: Thursday  
 Date: Jan 13  
 Time: 7:00 p.m. – 9:00 p.m.  
 Cost: Res \$23 Non-Res \$28