

HEALTH & WELLNESS

MARTIAL ARTS & SELF DEFENSE

Intro to Meditation

Ages: 14 & Older

Plymouth Creek Center, 14800 34th Ave

Basic meditation techniques. Learn how to concentrate, center, de stress and become more creative. Designed to help you create your own meditation practice. Bring a blanket.
Instr: Carol Savage-Rains.

Course #: 38195
Day: Wednesday
Date: Jan 11 – Feb 1
Time: 7:00 p.m. – 8:00 p.m.
Cost: Res \$50 Non-Res \$58

Intro to Self Healing

Ages: 18 & Older

Plymouth Creek Center, 14800 34th Ave

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

Course #: 38196
Day: Thursday
Date: Feb 9
Time: 6:30 p.m. – 8:30 p.m.
Cost: Res \$26 Non-Res \$31

Massage for Family & Friends Beginning

Ages: 18 & Older

Plymouth Creek Center, 14800 34th Ave

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

Course #: 38194
Day: Tuesday
Date: Mar 20
Time: 6:30 p.m. – 8:30 p.m.
Cost: Res \$26 Non-Res \$31

Pro-Roller Massage Workshop

Ages: 18 & Older

OPTP Training Room, 3800 Annapolis Ln Suite 165

Improve posture, increase body awareness, explore self-massage and stretching techniques. A few minutes rolling can help your body feel more relaxed, aligned and resilient while challenging core muscles and balance. Receive an instruction book (\$10 value). Pro-Roller provided. Certified Instr: Angela Kneale.

Course #: 38289
Day: Wednesday
Date: Feb 1
Time: 7:30 p.m. – 9:00 p.m.
Cost: Res \$30 Non-Res \$38

Nutrition

Ages: 18 & Older

Plymouth Creek Center, 14800 34th Ave

Day: Thursday
Time: 7:00 p.m. – 9:00 p.m.
Cost: Res \$23 Non-Res \$28

GUT REACTION: RESTORE DIGESTIVE HEALTH THROUGH NUTRITION

Do you suffer from heartburn, gas, bloating, indigestion, constipation or diarrhea? Or do you have an autoimmune disorder, sugar or bread cravings or depression? These are all indications of digestive problems. Learn how the right foods and selected supplements can restore intestinal health.

Course #: 38180
Date: Feb 16

FOODS TO BUILD HAPPY AND FOCUSED KIDS

Are your children picky eaters? Junk-food lovers? Pop drinkers? Not hungry at meal times, but snack all day? Are mood swings a problem? Replace fast food and processed foods with simple, nutritious food to curb sugar cravings, balance moods, increase energy and focus for school or athletics while preventing weight gain. Nutritional Weight & Wellness, Nutrition Educator.

Course #: 38197
Date: Mar 8

HEALTHY LIVING FAIR



MARCH 11, 1-4 PM

PLYMOUTH CREEK CENTER,
14800 34TH AVE

INFO SESSIONS

GIVE-AWAYS & PRIZES

HEALTH SCREENINGS

VENDOR BOOTHS

FOR MORE INFORMATION,
SEE BACK INSIDE COVER.

Shoshin Ryu Jujitsu

Ages: 13 & Older

Shoshin Ryu Martial Arts, 13605 27th Ave

Increase self confidence, inner strength, attention, coordination and balance with this non-competitive, traditional martial art. Primary emphasis on self defense. Incorporates a variety of skills and forms including throws, strikes, blocks and kicks. Courtesy, safety and respect are integral components of this program. Instr: Brian Combo, Nat'l President-Shoshin Ryu Martial Arts.

Course #: 38090
Day: Mon, Wed
Date: Jan 9 – Feb 22
Time: 6:45 p.m. – 7:45 p.m.
Cost: Res \$119 Non-Res \$130

Shaolin Kung Fu

Ages: 12 & Older

Bass Lake Building, 5450 Northwest Blvd

Join a fun, fast-paced, non-competitive activity that not only is aerobic but also builds muscle, flexibility, power, self esteem and confidence. Learn proper techniques and traditional styles. Class structure allows each individual to advance at their own speed.

BEGINNER - YELLOW SASH

Day: Tue, Thu
Time: 7:30 p.m. – 8:30 p.m.
Cost: Res \$96 Non-Res \$105

Course #: 38102
Date: Jan 10 – Feb 23

Course #: 38103
Date: Feb 28 – Apr 12

Self Defense: Women's

Ages: 16 & Older

Shoshin Ryu Martial Arts, 13605 27th Ave

This fun, educational course is designed to increase each participant's skills, confidence and awareness in self defense situations. Incorporate cutting edge ideas and strategies relating to self-defense. Identify several common every day motions and integrate them into simple, yet powerful, defensive skills. Instr: Brian Combo, National President-Shoshin Ryu Martial Arts.

Course #: 38094
Day: Friday
Date: Feb 3 – Feb 24
Time: 6:00 p.m. – 7:30 p.m.
Cost: Res \$60 Non-Res \$69