



Holistic Wellness

February 2023

Treat Burnout and Boost Selfcare (Partnership with Senior University)

Monday, February 6, 2023

2pm

Zoom

- This class is an excellent opportunity to learn about the signs and symptoms of burnout and the negative mental health symptoms that come up during trying times. Students will have opportunities to reflect on their experiences and to learn strategies and skills to help mitigate or prevent negative mental health symptoms. Through guided conversation, participants will be invited to consider their own plans to promote self-care to improve mental health.

Join the Zoom Meeting

[https://us02web.zoom.us/j/4816003295?
pwd=aXpEZEZLbVpsMFpydGZNUGYwZmNEdz09](https://us02web.zoom.us/j/4816003295?pwd=aXpEZEZLbVpsMFpydGZNUGYwZmNEdz09)

Meeting ID: 481 600 3295
Passcode: 845170

Yoga for Loss & Letting go

Monday, February 6, 2023

2:30pm

Wellness Center

- Grief and loss can transform your life. This one-time class is an invitation to explore the blended use of yoga movement, breathwork, sound and visualization to process grief and use it as fuel for transformative healing.

This is a unique opportunity to be safely guided to release the sadness, anger, and other painful emotions of grief without expectations or judgments. The invitation is for you to move your body in a deeply, self-compassionate way so you can begin to experience your loss in a way that is self-supporting and nurturing.

*No yoga experience necessary. Seated-chair options offered.

"Grief can be empowering, if given the opportunity and a platform to do so." ~Paul Denniston

D.I.Y Natural Products

Wednesday, February 8, 2023

2pm

Wellness Center

Lotion

- Once a month we will gather together to create D.I.Y Natural Products. Why D.I.Y you may ask? You can save money, learn what really works for you, avoid harmful chemicals, get creative, streamline your routine, plus they make great gifts! Treat yourself this month to a personalized lotion or share your love by creating a special gift for a loved one! No previous experience needed.

Art Expressions

Monday, February 13, 2023

2:30pm

Wellness Center

Candle Making

- Join us once a month for different Art Expressions, practicing mindfulness by bringing awareness to the present through colors, textures & sounds. This month we will be exploring the art of candle making, the process of combining raw materials and creating something new from it. Ancient Romans first made candles around 500 BC. They were tallow candles, made from fat derived from animals.

*10 spots available.

Tea Tasting

Wednesday, February 15, 2023

1pm

Wellness Center

- We welcome you to sip, taste, & learn about our featured tea, tea culture & overall wellness benefits. We will nurture our social connection and wellbeing as we share, develop and sustain meaningful relationships. This month we are introducing Butterfly Pea Flower Tea, one of my childhood favorites growing up in Thailand.

PLEASE REGISTER FOR ALL CLASSES

For questions or to sign up: Contact Sarah Doerner.

253-756-3241

sdoerner@franketobeyjones.com



February 2023 Continued...



Safe & Steady: A Balance Seminar with Dr. Eyford from The Health Connection

Tuesday, February 21, 2023

1:30 pm

Wellness Center

- This month we welcome back Dr. Eyford from the Health Connection! One of the greatest risks to the elderly population is the risk of falls during every day activities. Learn time tested techniques and exercises to keep yourself safe and steady to prevent any unnecessary accidents.

Sound Bath

Wednesday, February 22, 2023

1:30pm

Wellness Center

- Sound bathing is one of the oldest forms of healing, used by every culture for thousands of years. Using crystal singing bowls to stimulate the brain, we can promote deep sleep and tranquility. We will guide you on a 45 minute journey to relax the body, calm the mind, and activate the body's natural healing systems.

*Seated or lying down- mats & blankets will be provided.

Well-being Evidence- Based Strategies for Mental Health (Partnership with Senior University)

Friday, February 24, 2023

11:00am

Bristol View Bowditch Room

- Dr. Tiffany Artime will share research on strategies that support good mental health and prevent difficulties like depression or anxiety. The talk will present both the science on interventions that promote well-being as well as ways to apply these tools for good coping and self-care.

Self- Care Practices for Living Well- Breath of Life: Inspiration (Partnership with Senior University)

Friday, February 24, 2023

2pm

Zoom

- This class is intended to enhance resilience of body and mind as we grow older, to help us live well and with an open heart even in the midst of challenging life circumstances. A simple and direct approach to self-care for the whole person will be taught using mindfulness, movement, meditation, and breath.

Gentle and easy practices and movements that can serve us well in daily life will be offered, like settling the mind, increasing body/energy awareness, deepening the breath, and shifting attention from doing to being in the present moment.

Join Zoom Meeting

[https://us02web.zoom.us/j/89826459310?](https://us02web.zoom.us/j/89826459310?pwd=aE03b3dlNDN5cmNQRFLbVBVeTFmZz09)
[pwd=aE03b3dlNDN5cmNQRFLbVBVeTFmZz09](https://us02web.zoom.us/j/89826459310?pwd=aE03b3dlNDN5cmNQRFLbVBVeTFmZz09)

Meeting ID: 898 2645 9310

Passcode: 845170

An Introduction to the LGBTQ+ Community with Juniper Washington

Monday, February 27, 2023

2:30 pm

Wellness Center

- An introduction to the LGBTQ+ community - a brief history, terms to know, things we see and feel in our daily lives, and ways to have safe, positive interactions with the community. The intention of this presentation is to clear misconceptions and introduce new perspectives. Our presenter, Juniper Washington would like it to be an avenue through which anyone can be comfortable exploring and developing an understanding of things they haven't had the chance to.

Cultural Cuisine

Tuesday, February 28, 2023

2pm

Bristol View Bowditch Room

- An experience to empower you to explore new recipes from diverse cultures. Whether you are cooking for one or for friends and family, our goal is to expand your use of ingredients and techniques to increase confidence in cooking new and diverse recipes.

"Food contributes to an individuals' physical & mental wellbeing and expresses ones' cultural identity through preparation, sharing and consumption."

PLEASE REGISTER FOR ALL CLASSES

For questions or to sign up: Contact Sarah Doerner.

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Ongoing Weekly Classes in the Wellness Center

Mondays

12pm

Monday Meditation



Meditation can relieve stress, anxiety and help to manage pain. It can improve focus, memory, sleep, mood and even digestion! The guided sessions are done by sitting comfortably in a chair with no movement required.

1pm

Line Dance



Besides being just plain fun, line dancing has some amazing benefits to our health. Studies have shown that participating in line dancing classes may help reduce the risk of falls as you learn to harmonize the senses and spatial awareness of the hands, eyes, legs and ears. In addition, it may help lower the risk of cognitive disorders like Alzheimer's or early on-set dementia by creating new synapses between neurons in the brain through memorizing steps and coordinating movements to music. This is a low- to-moderate impact dance class aimed at improving cardiovascular health, muscular strength, flexibility, coordination and balance.



Tuesdays

12pm

Restorative Yoga

Restorative Yoga is gaining in popularity and used by athletes during rest/recovery days and by individuals healing from illness and injuries. This is a gentle, slow-paced practice meant to release tension from the body and mind through deep relaxation, rest, and meditation in passive poses held for extended periods of time. There are no standing poses in the Restorative tradition of Yoga, so the entire class is practiced on the floor with the aid of supportive props, like bolsters and blankets.



FRANKE TOBEY JONES

Enjoy your age.