

**Colorado State University Extension
Spring – Summer 2019 Wellness Classes
Fort Collins Senior Center**



Morning Meditation

Thursdays 3/14, 4/18, 5/16, 6/13, 6/27, 7/11, 8/22: 9:00 – 10:00 am

Join us for a monthly morning meditation session. Basic instruction will be offered as well as a guided meditation and time for silent practice. Our practices will vary week to week. The session will conclude with reflections on how to make and maintain space for everyday mindfulness. All levels welcomed!

Positive Brain Change

Thursday, Mar. 14, 10:30 – 12:00 pm

How can we change our brains to benefit our health and well-being? In this class, we will explore the concept of positive neuroplasticity and experiment with practices that create new neural pathways by seeding positivity and cultivating mindful presence.

Make it Stick

Thursday, April 18, 10:30 – 11:30 am

Behavior changes rarely stick the first time around. We can increase our odds of success if we understand the stages of change process. This class will help us assess, address, and remove barriers that keep us from moving forward. We will learn practical behavior change strategies that will enhance our confidence and motivation.

Everyday Mindfulness

Thursday, May 16. 10:30 – 11:30 am

Increased mindful awareness can bring about profound changes in how we experience our lives. In this experiential class, we will learn practical strategies to help us reconnect with our senses, calm our nervous system, befriend our negative thoughts, and relax our reactivity.

Self-Care Planning

Thursday, June 27, 10:00 – 11:30 am

Has self-care been secondary to everything else in your life? This workshop can help you reprioritize. You will identify areas of your life that need greater attention and develop an individualized self-care plan based on realistic goals and grounded in your values and vision for optimal well-being.

Tame your Stress

Thursday, July 11, 10:30 -11:30 am

Stress and negative self-thoughts can be our constant companions. Mindfulness offers us a way to undo habits that keep us stuck in a cycle of stress. We will explore what mindfulness means and how to apply basic principles and practices in our everyday lives to decrease stress and create new pathways for self-care.

Authentic Connection

Thursday, Aug. 22, 10:30 am– 12:00 pm

How often are we truly present with others? How can we deepen our connection with those we love? We will explore four elements of authentic connection - presence, mindfulness, attunement, and compassion – and practice mindful listening as a foundation for extending the gift of presence to others.

All class are FREE and open to the public.

Registration through the Recreator: 970-221-6655

For more information contact Sue Schneider at CSU Extension:

sdschneider@larimer.org or 970-498-6014.