

NEW!

WELLNESS WORKSHOPS



Falls: They don't have to happen to you

Falls are the leading cause of injury and death for Americans age 65 and older, and this year 1 in 3 people over that age will fall. Even those who are not injured may develop a fear of falling which may cause them to limit their activities, reducing mobility, and physical fitness, increasing their risk of falling. Learn the risk factors, causes, and consequences of a fall; simple things you can do around the home and when out and about to reduce your risk of falling and what steps you can take to improve your balance and maintain your quality of life. Participants are also welcome to attend a free T'ai Chi class directly after class. **This program is a co-op with and held at Bloomingdale Park District.**

Ages: 13+ years		Time: 9:00am-12:00pm	
Day	Date	Code	Fee
Tu	May 2	3313AW	\$12R / \$14NR
Location: Bloomingdale Park District: 172 South Circle Avenue Instructor: John Robertson			

Blood Circulation Exercises

Healthy circulation is essential to maintaining a healthy body. Using a combination of self-massage and simple exercises, you will seek to improve circulation in your hands, feet, face, and body. Good blood circulation can help promote cell growth, increase organ function, and improve brain function to help keep your mind sharp and focused. Be prepared to remove your shoes and socks to access your feet. **This program is a co-op with and held at Bloomingdale Park District.**

Ages: 13+ years		Time: 1:00-3:00pm	
Day	Date	Code	Fee
Fri	Jun 2	3314AW	\$20R / \$24NR
Location: Bloomingdale Park District: 172 South Circle Avenue Instructor: John Robertson			

Mindful Mondays Virtual

Mindfulness helps people participate fully in their lives by maintaining a moment-to-moment awareness of their thoughts and feelings. Clinical studies have shown that mindfulness, can bring many physical, psychological, and social benefits. Participants can experience reduced worry, stress, fear, anger, anxiety and depression; improvements in attention, blood pressure and chronic pain. An audio connection via telephone or computer to Zoom is all that is required. Meeting codes and passwords will be shared upon registration.

Session Fee = \$30 R / \$36 NR

Ages: 50+ years		Time: 7:30-8:30pm	
Session	Day	Date	Code
1	M	May 1 - 22	3316AW
2	M	Jun 5 - 26	3317AW
3	M	Jul 10 - 31	3318AW
4	M	Aug 7 - 28	3319AW
Location: Online Instructor: John Robertson			

Discover the Secrets of Chinese Health Balls

Chinese Health Balls can improve strength, flexibility, dexterity, and circulation in your fingers, hands, and wrists. They can also help reduce stress, improve overall health, stimulate your mind and reduce your risk of cognitive decline. Chinese Health Balls will be available to use during class; for purchase or bring your own. **This program is a co-op with and held at Bloomingdale Park District.**

Ages: 13+ years		Time: 6:00-9:00pm	
Day	Date	Code	Fee
Fri	Aug 18	3315AW	\$30R / \$36NR
Location: Bloomingdale Park District: 172 South Circle Avenue Instructor: John Robertson			