



## FAMILY NURTURING CENTER

August, September & October 2021

### Wellness & Holistic Classes

*Trauma and adversity impact our whole being – physical, emotional, and spiritual. Holistic support and wellness activities provide an integrated approach to healing, offering innovative ways to reduce stress, build resiliency and feel better.*

Please Register at: [www.familynurture.org](http://www.familynurture.org)  
**CLASS DESCRIPTIONS AVAILABLE ONLINE**

#### KEEP CALM & CARRY ON-Virtual

**Wednesday Evenings**

**September 1, 8, 15, 22, 6:30 p.m.-7:30 p.m.**

In this series of classes we will learn to meditate & learn techniques for calming & self-soothing.

#### HEALING DRUM CIRCLE-

**In-person at Family Nurturing Center**

**Saturdays, September 4, 11, 18, 25 11 am-12:30 pm**

Many cultures around the world for many centuries have recognized the power of drumming as a healing force. Drumming helps release old stuck energies and trauma from the body and the mind.

#### RISE AND SHINE EXPRESS YOGA-Virtual

**Thursdays, 7:30-8:00 A.M.**

#### SIMPLY ME FOR TEENS (ages 12-17)

**In-person at Family Nurturing Center**

*Live life with confidence*

**Wednesdays, September 8th and 15th 6:00-8:00 PM**

In this small group workshop series, we will explore mind-body work, journaling, crafting, and communicating so that you can better know and love who you are.

#### TRUE BODY PROJECT: WOMXN

**In-person at Family Nurturing Center**

**Mondays & Wednesdays 6:00-8:00 PM**

**September 20, 22, 27, and 29**

The body is the key to uprooting the energies that keep you in trauma response. We will use movement, mind-body work and energy therapies along with crafting, mindfulness, journaling, poetry reading, and open communication to make healing and learning about yourself and the world we live achievable.

#### HEALING TRAUMA WITH ESSENTIAL OILS

**with Christine Whelan-Virtual**

Highlighting OnGuard for immunity support

**Thursday, September 9th, 6:00 p.m.-7:00 p.m.**

Certified pure tested grade (CPTG) essential oils can be highly effective in helping protect our immune system while we're working on holistic wellness in a safe and cost-effective way. Each participant will receive a sample of On Guard oil.

#### WORKING HORSE FARM VISITS

**In-person at Lookout Hills Farms, Burlington, KY**

**Saturdays, 10 a.m.-12 p.m.**

**October 9 & 16**

These are single visits and will require signing of a liability release agreement at Family Nurturing Center 2 weeks prior to visit.

Lookout Hills working horse farm visits provide a safe, fun environment in which promotes self-confidence, responsibility and leadership skills. These skills are known to help people healing from trauma a solid foundation from which to grow.

*Classes are provided at no cost to participants.*

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