

# Holistic and Wellness Classes



Non-traditional services to help you heal from trauma and live your best life.

### Tai Chi with Susan

Thursdays, 4:00-5:00 PM | Florence office

February 17 & 24, and March 3, 10, 17, 24, 31

Tai Chi is a calming and center practice that allows for redirection of feelings to a healthier place. Each week the individuals will learn basic Tai Chi Principles, how to safely perform the forms, and how they can be used as a form of stress reduction.

### Express Yoga with Sara

Thursdays, 7:30- 8:00 AM -Virtual on Zoom

Every Thursday in January, February, and March

Positive movement of the body brings the opportunity to improve concentration, focus and regulation of the bodies nervous system. Anger management, stress reduction, attention, focus and positive body images are all examples of benefits. Exploring breathing techniques, movements through yoga postures and movements of rest and meditation.

### Essential Oils with Christine

Saturday, 10:30-11:30 AM | Florence office

March 26

Traumatic events have many effects on the body, mind, and spirit. Because of the way that some essential oils interact with the brain, they can provide very therapeutic benefits that may aid in recovery and healing from past trauma. Each participant will receive a sample of Lemon Oil so they can experience the effects for themselves

### Introduction to Yoga with Sara

Thursdays, 6:00-7:00 PM | Florence office

Every Thursday in February

In this introduction to yoga class we will come together and practice poses, breath work and moments of quiet and reflection. The class will be light, approachable and offered as a "workshop" for those new to yoga. The opportunities to bring body awareness in yoga can be a tool to healing trauma.

Please register for the free classes at [www.familynurture.org](http://www.familynurture.org).

Class descriptions are also available online.

Questions? Contact Jenny Smith at [jenny.smith@familynurture.org](mailto:jenny.smith@familynurture.org) or 859-525-3200

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### Therapeutic Horticulture for Tweens and Teens with Jordan

**Tuesdays, 6:00-7:30 PM | Florence office**

**March 22, and April 5,19, and May 3,17,31**

This program allows participants to collaborate with staff and peers to imagine, plan, develop and maintain their own garden. The program cycles through phases of planning, implementation, maintenance, harvest and storage. Sprouting Minds seeks to inspire immersive, trauma-informed, and strength based therapeutic horticulture, developing resilience and psychological well-being in participants.

### What's Weighing you Down? With Tisa

**Mondays, 6:30- 8:00 PM | Virtual on Zoom**

**February 21, 28 and March 7, 14, 21, 28**

In this class we will examine the language, thoughts, emotions and body sensations we have about eating. We will focus on what triggers us to eat-comfort, stress, socializing, trauma, etc. We will support each other on the journey of changing our minds about food, healthy eating, movement and stress. These classes will include informative talks about how the body's systems work, how stress and trauma affect the body, and how we can change that.

### My True Self for Tweens and Teens

**with Kami**

**Mondays, 6:00-7:30 PM | Florence office**

**February 14, 28 and March 7, 14, 21**

My True Self is all about having fun while also learning about who you are, how to be more yourself and how to relate to others. We will discuss how to make good decisions for yourself and how to better manage tough emotions and situations. We get to do all this while playing games, having discussions, creating art, and moving our bodies. So, come ready to explore in this safe space where being yourself is the only expectation.

### Relax, Meditate, Contemplate with Tisa

**Mondays, 6:30-7:30 PM | Virtual on Zoom**

**January 3, 10, 17, 24, 31, and February 7**

Learn to meditate. Learn some relaxation and self-care techniques so you can calm and soothe yourself through new coping skills. Research has shown meditation and self-soothing skills to be of infinite value in healing from trauma and in bringing peace and happiness in our lives. There will be informative talks about the nervous system, healthy thinking and releasing old patterns and habits. "Drop in" to this class whenever you are able!