

Colorado State University Extension  
Fall 2017-Winter 2018 Wellness Classes  
Fort Collins Senior Center



**Positive Brain Change**

Thursday, Oct. 19, 9:30 – 10:30 am

How can we involve our minds in changing our brains for the benefit of 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.

**Everyday Mindfulness**

Tuesday, Nov. 14, 9:30 -10:30 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 Workshop**

Thursday, Dec. 7, 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.

**Morning Meditation**

Thurs., Jan. 18 (registration # 125451-01) & Thurs., Feb. 15 (reg # 125451-02), 9:00 – 9:45 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!

**Tame your Stress**

Thursday, Jan. 25, 10:00 -11:00 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.

**Make it Stick**

Wednesday, Feb. 21, 10:00 -11:00 am

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

**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, Larimer County:**  
[sdschneider@larimer.org](mailto:sdschneider@larimer.org) or 970-498-6014.