

Colorado State University Extension  
Summer 2017 Wellness Classes



**Positive Brain Change**

Tuesday, May 16, 10:00 -11:30 am

Fort Collins Senior Center

Free / Register through the Recreator 970-221-6655

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.

**Self-care Planning Workshop**

Thursday, June 8, 10:00 – 11:30 am

Fort Collins Senior Center

Free / Register through the Recreator 970-221-6655

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.

**Everyday Mindfulness**

Thursday, July 6, 10:00 – 11:00 am

Fort Collins Senior Center

Free / Register through the Recreator 970-221-6655

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.

**Tame your Stress**

Thursday, Aug. 3, 10:00 -11:00 am

Fort Collins Senior Center

Free / Register through the Recreator 970-221-6655

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.

**For more information contact Sue Schneider at CSU Extension:**  
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