

**Colorado State University Extension
Summer/Fall 2017 Wellness Classes**



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.

Make it Stick

Wednesday, Sept. 27, 9:30 -10:30 am

Fort Collins Senior Center

Free / Register through the Recreator 970-221-6655

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.

Positive Brain Change

Thursday, Oct. 19, 9:30 -10:30 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.

Everyday Mindfulness

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

**For more information contact Sue Schneider at CSU Extension:
sdschneider@larimer.org or 970-498-6014.**