



Special Interest Workshops

In partnership with the community, our goal is to present a variety of unique and sometimes novel workshop opportunities for your recreation and healthy lifestyle enhancement. The ideas and practices presented reflect cultural trends of interest and exploration and are not necessarily the philosophy of the PDOP. We strive to host highly qualified instructors - their workshops are presented for recreational and informational purposes only. Always check with your health care professional before starting a new practice. We welcome new ideas. Please e-mail workshop ideas to Liz Visteen at lizv@oakparkparks.com.

Writing For Posterity

SV

Sharing our life experiences through writing can benefit ourselves and others in many ways. Through guided exercises, we will look back on our lives and determine how to best describe the important events that have defined us. We will learn how to do so in a way that conveys both the factual and emotional components that made the experiences meaningful to ourselves and our potential readers. No writing experience is necessary for this workshop. Please bring a notebook. Deadline for registration is October 1.

Instructor: Jayne Mendius
Location: Longfellow Center
M, Sep 15
10-11:30am

\$15/\$25
#452999-01
Min 6/Max 12

Natural Remedies — Allergies

LV

Do you have itchy eyes, runny nose, fatigue, skin rashes? Are you bothered by smoke and perfumes? Are you constantly taking allergy medication and nothing works? Dr. Julie Klarich Presents "NATURAL SOLUTIONS TO ALLERGIES!"

Location: Fox Center
Instructor: Dr. Julie Klarich
W, Sep 10
7:30-8:30pm

\$15/\$23
#443100-03
Min 6/Max 18

Headaches

LV

Does your head sometimes feel like it is in a vice? Have you tried all types of pain relievers but the headaches keep coming back? Maybe the solution is simple. Dr. Julie Klarich will review the seven causes of headaches as well as instruct attendees regarding simple home remedies to relieve headaches. She will discuss the causes and cures for headaches, and each attendee will receive a mini massage in a massage chair.

Location: Dole Center
Instructor: Dr. Julie Klarich
Sa, Oct 11
12:30-1:30pm

\$15/\$23
#443100-04
Min 6/Max 18

Stress Free Knees

LV

Does climbing stairs and getting up from the floor cause your knees to complain? Using the Feldenkrais Method of body awareness, your knees can remember how to move in harmony with the rest of your body. You can learn to release stiffness, ease pain, and increase range of motion. Wear loose, comfortable clothing and dress in layers.

Instructor: Mary Susan Chen, PT, Certified Feldenkrais Teacher
Location: Dole Center
Sa, Oct 25
12:30-3:30pm

\$35/\$53
#443100-02
Min 6/Max 18

Writing For Life

SV

Explore your creative side through writing! This workshop is for both those who already love to write and those who just want to experience how the process of writing can enhance their lives. Guided writing exercises will help you become aware of how you can use writing to learn about yourself and better appreciate the world around you. We will explore writing in journal form, writing in response to objects and images, and writing in response to ideas. Please bring a notebook. Deadline for registration is Sep 8.

Instructor: Jayne Mendius
Location: Longfellow Center
M, Oct 6
10-11:30am

\$15/\$25
#452999-02
Min 6/Max 12

De-Stress Your Neck & Shoulders

LV

Do you suffer from tension headaches, knots in your shoulders, poor posture, and lack of arm mobility? Let go of the 'weight of the world' using the simple movement lessons of the Feldenkrais Method. Upgrade your own body awareness and functioning so you can reach forward with ease and spontaneity! Wear loose comfortable clothing and dress in layers. Lessons are primarily done lying on the floor.

Location: Dole Center
Instructor: Mary Susan Chen, PT, Certified Feldenkrais Teacher
Sa, Sep 20
12:30-3:30pm

\$35/\$53
#443100-01
Min 6/Max 18

Home Grown Health

LV

This class is for people who wish to learn what they could be doing such as food choices, breath-work, and fitness strategies that will enhance their health goals. Learn simple and effective self-help techniques for common complaints. Each week a different topic will be featured, according to the interest of the class, as part lecture and part interactive movement. Discover simple strategies to reclaim your wellness potential.

Location: Dole Center, Studio 2
Instructor: Beatrice DeFranco
Th, 11:30-12:30pm

Sep 11-Oct 16
Oct 30-Dec 11 (No class 11/27)
of weeks: 6

\$52/\$78
#443070-06
#443070-21
Min 6/Max 20

The Park Connection



Connecting Community to Quality of Life

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