

NOVEMBER PROGRAMS 2016



STRESS REDUCTION & MINDFUL LIVING

Moments in Mindfulness: A Weekly Practice

When: Tuesdays, 10:15-11:15 am, November 8, 15, 22, 29

Where: Boise Public Library - Downtown in the Simplot Room

Teacher: Angela Levesque

Join us for a weekly drop-in class on mindfulness. Each week you will engage in conversation about mindful living and learn tips, tools and techniques to help you get the most from your practice. This hands-on class will include new topics each week, discussion and a short mindfulness exercise. Topics may include minimizing stress, cultivating peace, spiritual growth and development of awareness. Drop-ins welcome.



HEALING MOVEMENT PROGRAM SPONSORSHIPS

We are offering tuition sponsorships for the Healing Movement programs listed below. We will provide for anyone interested in attending, cost –free for the first session!

We look forward to getting you started toward evidence-based wellness practices and empowering you to make them a part of your life. **Please call Kristen at 208-345-1145 or email kvenable@cancerconnectionidaho.org to apply.**

Sponsorships are awarded on a first-come first-served basis and aren't based on financial information. Get a jump start toward wellness, our treat!

GENTLE YOGA

- 4 Weeks of Gentle Yoga Wednesdays @ 12:00 PM
- 4 Weeks of Gentle Yoga Thursdays @ 12:00 PM
- 4 Weeks of Gentle Yoga Fridays @ 10:00 AM
- Yoga Self Care Strategies Mondays 10:00-11:15 am, October 31-Dec 20

**All Gentle Yoga and classes held at Yoga for Wellness
1175 E. Parkcenter Blvd. #102**

RESTORATIVE YOGA

4 Weeks of Restorative Yoga Mondays @ 12:00 PM

**All Restorative Yoga classes are held at Yoga in the Hood
514 N. 16th St. , Boise**

QIGONG

Big Dipper Qigong

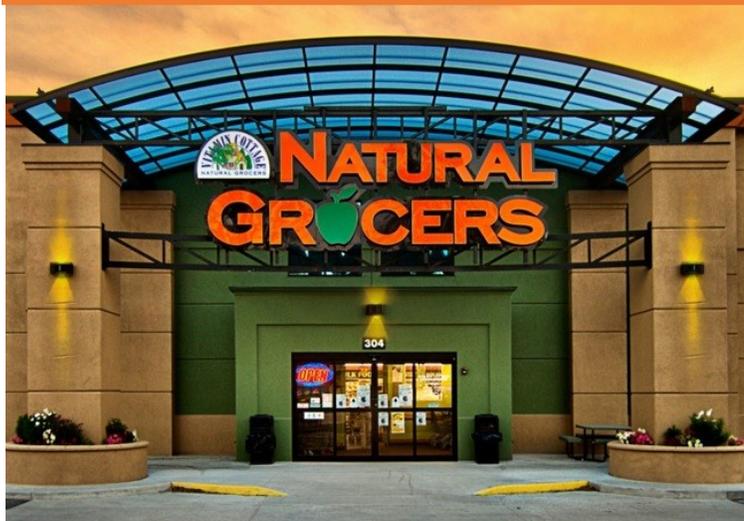
Tuesdays 10:30-11:30 AM

Concentrated intention uses the breath to strongly move Qi from the center of the body out through the limbs. A good form to practice as we enter the season of fall and on into building our internal energy stores for winter.

**8 WEEK SESSION @ MUSE YOGA
(drop-ins welcome too)**

1317 W. Jefferson St. , Boise

NOVEMBER PROGRAMS 2016



Healthy Holiday Side Dishes

When: Tuesday, November 15,
5:30-7:00 PM

Where: Natural Grocers
1195 N. Milwaukee St., Boise

Teachers: Anne Woodhouse, CHN &
Kim Rene, CHN

The Holidays are a time for friends, family, and of course food, but the merriment doesn't mean you have to sacrifice your health. Let Anne and Kim show you three delicious side dishes that are also nutritious!

In this class, we'll be tackling three tasty recipes: Cranberry Salsa, Brussels Sprouts Au Gratin and Roasted Vegetables. Come learn how to make these three sides, and taste a sample to find out how rewarding holiday dinner makeovers can be.

Call 208-345-1145 to RSVP or register online at
www.CancerConnectionIdaho.org

