

All classes require registration. Partial funding for these classes is provided by the Pikes Peak Area Council of Governments Area Agency on Aging. We appreciate your \$1 donation for attending these classes. Please consider making a larger donation to help offset our costs. Envelopes are provided by the black box in the multi-media room.

Class Name	Description	Instructor	Date	Day	Time
<b>Nurse Chats: Atrial Fibrillation</b>	Why is my heart racing and irregular? Do you have this condition? Bring your questions!	Bakken	January 9	W	9-10
<b>Breathe &amp; Be</b>	Combining the inner arts of yoga practice, we will learn about various meditation, pranayama (breathing centering) and Sanskrit chanting techniques. We will explore sitting practice and meditation to calm and center the mind and emotions. No experience necessary-come enliven yourself!	Jasperse	January 10	Th	10-11
<b>10 Warning Signs of Alzheimer's</b>	Alzheimer's and other dementias cause memory, thinking and behavior problems that interfere with daily living. The Alzheimer's Association developed the new 10 Warning Signs of Alzheimer's education program to help people recognize common signs of the disease and know what to watch for in themselves and others.	Barker	January 16	W	10-11:30
<b>Essential Oils &amp; Immunity</b>	Learn how to use essential oils to help ward off colds and flu and boost your immune system!	Chavez	January 22	T	10-11
<b>Medicare 101</b>	This class will outline the various components of Medicare, your options and eligibility timeline.	Michels	January 23	W	10-11:30
<b>Medicare Made Clear</b>	Are you turning 65 and have questions about Medicare? Have your questions answered by a Certified Medicare Specialist.	Nicholas	January 24	Th	10-11:30
<b>The Neuropathy Free Life Style</b>	Peripheral neuropathy is a result of damage to your peripheral nerves, often causing weakness, numbness and pain, usually in your hands and feet. Gain a basic understanding of peripheral neuropathy and new techniques available for relief.	Berthiaume	January 24	Th	9:30-11
<b>Diabetes</b>	Diabetes is on the rise. Learn about pre-diabetes, if you are at risk, and what you can do to reduce your risk of developing diabetes. Presented by our partners from Penrose St. Francis and Centura Health.	Baumann	January 28	M	10-11
<b>Medicare-What's in it for you?</b>	Gain a better understanding of a complicated topic: What is the future of Medicare/Medicaid? When and how do you file? What are its costs and benefits? What are Parts A, B, C and D? Get answers to these questions and more.	Cornell	February 7	Th	9:30-10:30
<b>Essential Oils and the Liver</b>	Learn how to use essential oils to benefit the liver and hormone regulation.	Chavez	February 12	T	10-11
<b>Chest Pain vs. Indigestion</b>	Learn common signs and symptoms of cardiac pain versus stomach pain.	Bakken	February 13	W	9-10
<b>Breathe &amp; Be</b>	Combining the inner arts of yoga practice, we will learn about various meditation, pranayama (breathing centering) and Sanskrit chanting techniques. We will explore sitting practice and meditation to calm and center the mind and emotions. No experience necessary-come enliven yourself!	Jasperse	February 14	Th	10-11
<b>Understanding Alzheimer's and Dementia</b>	In the U. S. more than 5 million individuals are living with Alzheimer's, and 16 million are serving as unpaid caregivers. No one has to face the disease alone or without information. Join us and gain an overview covering the basics of Alzheimer's and dementia.	Barker	February 20	W	10-11:30
<b>Medicare Made Clear</b>	Are you turning 65 and have questions about Medicare? Have your questions answered by a Certified Medicare Specialist.	Nicholas	February 28	Th	10-11:30
<b>Nurse Chats: Dry Skin</b>	Discuss common dry skin concerns caused by our Colorado climate.	Bakken	March 13	W	9-10

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<b>Breathe &amp; Be</b>	Combining the inner arts of yoga practice, we will learn about various meditation, pranayama (breathing centering) and Sanskrit chanting techniques. We will explore sitting practice and meditation to calm and center the mind and emotions. No experience necessary- come enliven yourself!	Jasperse	March 14	Th	10-11
<b>Health &amp; Neuropathy</b>	Discussion will include the use of high-tech healing lasers. A strong emphasis on the role of proper nutrition and diet in keeping nerves healthy. Dr. Dana Berthiaume BS,DC, is a chiropractor with 25 years of experience with spine and nerve related health problems	Berthiaume	March 14	Th	9:30-11
<b>The Benefits of Pink Pepper Essential Oil</b>	Explore the amazing benefits of Pink Pepper Oil!	Chavez	March 19	T	11-12
<b>Boost Your Nutritional Health</b>	Are you meeting your nutritional needs as you age? From healthy fats to fiber, aging bodies need certain foods to promote good health. Get tips for eating well and adapting your diet as you get older.	McClintock	March 21	Th	9:30-10:30
<b>It's in the Air: Problems with Pollen?</b>	Approximately 1 out of 5 people suffer form runny nose, itchy eyes and sinus congestion every spring. These seasonal symptoms are often caused by our immune systems reacting to harmless airborne substances like pollen. Wave goodbye to your problems with pollen by learning what nutrients and foods help support a balanced immune response to airborne irritants.	Spindler	March 25	M	10:30-11:30
<b>Legal &amp; Financial Planning for Alzheimer's Disease</b>	Alzheimer's and dementia require unique legal and financial planning and preparation. Topics include: making legal plans that fit your needs; legal documents you'll need and what they mean; how to find legal assistance; tax deductions and credits; and government programs that can help pay for care.	Barker	March 27	W	9:30-11:30
<b>Keto, Paleo or Whole 30</b>	Not sure if one of the latest diets out there is for you? Come to this fun and informative class on some of the trends in weight loss and find the right fit for you.	Tonsits	April 2	T	9:30-10:30
<b>Chinese Nutrition &amp; Diet</b>	Find out how diet can be medicine to heal the body!	Ting	April 3	W	10-11:30
<b>Where to Start to Love Your Heart</b>	Taking care of your heart doesn't have to be complicated. Start by uncovering some common heart care myths, and then begin your journey toward heart health with three simple dietary strategies and three supplements that will pump up your heart health.	Spindler	April 8	M	10:30-11:30
<b>The Amazing Benefits of Tumeric Oil</b>	Tumeric oil has many health benefits, including relieving inflammation. Learn all about this super power oil!	Chavez	April 9	T	10-11
<b>Nurse Chats: Peripheral Vascular Disease</b>	Why do my legs ache and I can't walk very far? Does this pertain to you? If so, come and learn why! Bring your questions!	Bakken	April 10	W	9-10
<b>Breathe &amp; Be</b>	Combining the inner arts of yoga practice, we will learn about various meditation, pranayama (breathing centering) and Sanskrit chanting techniques. We will explore sitting practice and meditation to calm and center the mind and emotions. No experience necessary-come enliven yourself!	Jasperse	April 11	Th	10-11
<b>Healthy Living for Your Body &amp; Brain</b>	For centuries we have known that the health of the brain and the body are connected. Now science is able to provide insight into making lifestyle choices that may help you keep both your brain and body healthy as you age. Learn about research in diet and nutrition, exercise, cognitive activity, and social engagement, and use hands-on tools to help you develop a plan for healthy aging.	Barker	April 17	W	10-11:30

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