

Participants receive...

- Daily email messages of encouragement!
- Group support
- Resource binder with articles
- Wellness tracking tool
- Journal
- Zentangles and Brain Games
- Stress Balls
- Essential Oils

6 weeks / \$75

Contact Heather to register

heatherdobbert@gmail.com
(860) 819-1528

Optional...

May 6 Monthly "Singing Bowls" session at First Church with Marcy and Bryan Hickey (7:30 pm, bring mat, blanket and water)

Group Field Trip to Kripalu Institute in Stockbridge, MA:
Date TBD

Final Celebration Dinner
date and place TBD

Topics will include...

- Organizing & De-Cluttering
- Nutrition & Diet
- Journaling & Meditation
- Yoga
- Self-massage and Reiki
- Laughter and Brain Health



SPRING TUNE-UP

6-week wellness series

Six Weeks Starting April 15

Friday Evenings

6 - 7:30pm

First Congregational Church of Granby
219 North Granby Rd • Granby CT 06035
860-653-4537 • www.firstchurchgranby.org

Together, we Explore ... Connect ... Serve



**First Congregational
Church of Granby**

APRIL 15 Simplifying Your Life

Welcome & Orientation

“The joy of simple!”
Pastor Ginny McDaniel will speak about how simplifying and de-cluttering decreases stress.



APRIL 22 Healthy & Mindful Eating

“10 dietary changes for Healthy Living” with Alicia Newton, Dietician. Founder and Executive Director of Non-Profit: “Nourish My Soul”



APRIL 29 Journaling & Meditation

How the practices of journaling and meditation improve our mental health with Heather Dobbert, LCSW, and Doug Williams, PsyD



MAY 6 Yoga

“Yoga for Every Body”... learn some basic movements and stretches to keep your spine healthy and joints mobile to develop a personal yoga practice. Yin-Yang practice with essential oils. With Laura Seger, Granby Yoga Studio



MAY 13 Caring for your Body

Reiki: Sherry Poulson, Reiki Practitioner
Self-Massage: Christine Kidder, Licensed Massage Therapist, Personal Trainer and Corrective Exercise Specialist



MAY 20 Brain Health & Humor

Laughter truly *is* the best medicine. Learn techniques to boost your brain health, with Pam Atwood, MA, Certified Dementia Care Provider, Certified Laugh Leader

