

# STEP OUT TO GROW

## CLASSES



For those who have **lost**, A Plus Hospice Care is hosting  
**Project Reboot:**

**All** of these classes are free. **All** materials are provided.

**All** meet at the APHC Office at 227 Vine Street, Reno, NV 89503.

**All** will last no more than 1 ½ hours and are on the **2<sup>nd</sup> Thursday** of the month at **4pm**.

**All** will help you take another step toward growth and joy.

Because when all else seems to fail, **learn something new!**

### Schedule of Classes:

#### 1. January 11<sup>th</sup> Why Can't I Just Hibernate?

It's cold out. Come on over and thaw out with us; learn to make three easy, quick, and deliciously soul- warming soups. Then share in the feast, of course, and take home your recipes.

#### 2. February 8<sup>th</sup> Writing Short Stories 101

For beginners or novices looking to be inspired. Come learn how to begin such a feat as writing that story that's been in your head for so long, and the concepts to help move your writing forward.

### 3. **March 8<sup>th</sup> Yoga for the Mind and Soul**

It's another spring, and our bodies start to become restless as the weather warms up. Treat yourself to learning simple, slow movements that help you relax, stretch, and activate your circulation and inspiration to continue this very personal meditation for renewal. Wear loose, comfortable clothing.

### 4. **April 12<sup>th</sup> Martinis and Manicures**

Because you deserve it! Come feel beautiful and pampered in good company, and leave with ingenious tips on healthy skin and nail care. *For the gentlemen too!*

### 5. **May 10<sup>th</sup> Beautiful Beading**

If the May flowers can bloom, so can your creativity, with a little nourishment. Come learn easy beading techniques to create beautiful jewelry for yourself or to give to others.

### 6. **June 14<sup>th</sup> Planting your Intentions**

Do you feel like you have a lonely corner or empty space in your home that could really use something, but you're not sure what? Join us in learning about modern planters for any space, and then get your hands dirty, choosing from a variety of shapes, sizes, and flora!

Keep an eye out for our UPCOMING CLASSES



~I have learned to be hopeful, even if I have every reason to doubt~