

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 **2nd 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 11th 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 8th 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 8th 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 12th 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 10th 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 14th 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~