

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. November 9th Reflective Vision Boards

Fall is upon us and in this time of personal and family reflection, come learn to intentionally and purposefully navigate your story going forward. This does not require skill, only an open mind and heart, and anyone can do it.

2. December 14th Aromatherapy

In a season of giving, come learn to create gifts for others or for your own personal healing and warmth. Let's awaken our senses using essential oils and textural materials to make sachets, ornaments, and/or whatever you can dream up with the tools at hand.

A Plus Hospice Care 227 Vine St Reno NV 89503 775-329-0900

3. 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.

4. 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.

5. March 8th Yoga for the Mid 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.

6. 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!*

Keep an eye out for our UPCOMING CLASSES:

Beading

Plant Your Intentions



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