

# Journeys through EXPAND

Providing Affordable Fitness, Leisure and Cultural Arts Programs for  
Adults with Mild Traumatic Brain Injury and other similar  
Neurological Conditions.



**Fall 2016 Issue 37**



## **New Fall Program Offerings—Registration Starts Aug 2**

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**Terry McArthur— Will be teaching a class on Nutrition.**

**Certifications:** Registered Dietitian (Academy of Nutrition and Dietetics), Certified Personal Trainer (American Council on Exercise)

Terry provides both Personal Training and Nutrition Education services through the City of Boulder Parks and Recreation Department. She also teaches a drop-in Fit for Life class and is a Lifestyle Coach for the National Diabetes Prevention Program.

Terry enjoys influencing people of all ages to maintain or increase lean muscle and bone density to be able to stay physically active throughout their life span. When it comes to nutrition, Terry believes that moderation, variety and balance are the keys to a healthy eating pattern.

Terry will be offering 5 one hour classes which will focus on five different topics. Topics will include the following:

- ♦ Healthy Eating (What does a healthful meal plan look like) with a focus on how to handle the holidays.
- ♦ Hydration (dehydration can trigger headaches)
- ♦ Fueling for Activity
- ♦ Weight Loss/Gain/Maintenance
- ♦ Anti-Inflammatory Diets



***Nutrition classes will be starting November 10th. Look at the program flyer for dates, times and how to register.***

## Cont: New Fall Program Offerings

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### Wendy Rochman will be teaching NIA this Fall



*NIA will be held on Tuesdays at the North Boulder Recreation Center starting Sept 13 from 1:30 to 2:30 p.m. See program flyer on how to register and register early!*

Wendy loves to teach and has been working with students of all ages for over 30 years, earning a number of grants and awards for her excellence as a creative educator. After retiring from public education, Wendy started her own art business, creating fine art and teaching creativity classes in her Boulder studio. She integrates art, music, and movement as a source of strength and a way of healing. She is certified in NIA and White Belt. "I am delighted to apply my teaching skills to my long time love of NIA, helping everyone in my classes move joyfully, creatively, and safely as we dance together," Wendy said.

NIA combines movements and concepts of yoga, martial arts, jazz and modern dance. NIA offers total body conditions and helps support neural pathway development. It can be adapted and can be personalized for any level of fitness and agility.

**Gardening Class will be offered by** 



Do you think it's too late to start your garden? Think again! We will spend our time together prepping and planting our fall gardens utilizing tools to save time and money. We'll also learn to prepare and preserve the abundant produce currently overflowing in the garden. Here is a sneak peak of what to expect in this upcoming gardening class.

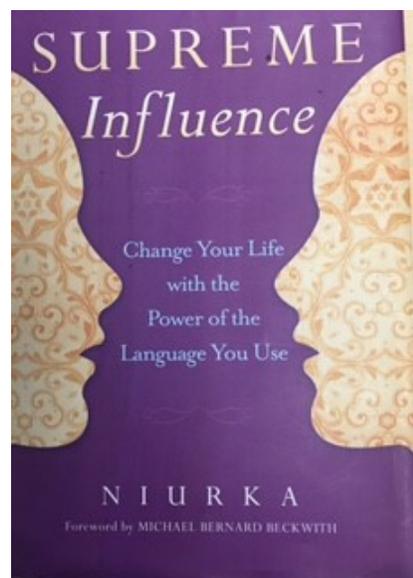
- ◆ Gardening Tips—Extending the summer garden—start seeds for container herb gardens.
- ◆ Re-purposing and up-cycling materials for your garden inside or outside.
- ◆ Container Herb Gardens
- ◆ Canning and Preserving
- ◆ Pickling and Fermentation
- ◆ Cooking from the Garden and Celebration!

*Gardening class will start Weds, August 31 from 1:30 to 3 p.m. (see program flyer on how to register) Classes are held at the Hawthorn Community Gardens located at 1630 Hawthorn Avenue. Walking distance just East of the North Boulder Recreation Center. Class held at the garden just south of the green house.*

## How to Ask Empowered Questions—Free Workshop

How to ask empowered questions. What are they, how to ask them and how can they move your life in the direction that you would consciously like for it to go. Lenora Cooper who has experienced a couple of brain injuries herself will lead this discussion and how this book has changed her life.

Niurka states, “Regardless of what you’ve experienced up until now, you can rapidly and often instantly transform challenges, realize your vision, and inspire others through your example. Thoughts and words are the foundation in which we create our world.” Bring a pen and a notebook or journal with you and let’s start moving our lives where we want them to go!



***This workshop is FREE but you still need to register! Call registration at 303-413-7270 and give them the course code of: 245292. The workshop will be held at the North Boulder Recreation Center in the multi-purpose room on Thursday, Sept 1 from 2-3:30 p.m.***

Offered by the City of Boulder Parks and Recreation Department  
[www.BoulderParks-Rec.org](http://www.BoulderParks-Rec.org)  
Program Coordinator—Cory Lasher, CTRS  
303-413-7269 or [lasher@boulder.colorado.gov](mailto:lasher@boulder.colorado.gov)