

# Journeys through EXPAND

Providing Fitness, Leisure and Adventure Programs for  
Adults with Mild Traumatic Brain Injury and other similar neurological conditions.

## Spring Programs—2016—Registration Starts March 1, 2016!



How to Register for classes.

1. Phone in at 303-413-7270 (credit card & course code required) or
2. Walk in at East, North, and South Centers: Mon-Fri, 8:30 a.m.—5:00 p.m.. Addresses are the following: East—5660 Sioux Drive, North—3170 Broadway, South—1360 Gillaspie, or
3. Call Cory at 303-413-7269 and arrange another way to make your payment.

*Please note. If you cannot pay the full price for class, we do have a sliding fee scale. Please call Cory at 303-413-7269 to inquire.*

### Watercolor with Barbara— Monday

The beauty of working with watercolor lies in its spontaneous process and its transparent quality. Students will learn how to paint in progression from light to dark and use color blending to allow the colors to spread or mix together. Instructions will focus on individual expressions and ability.

Instructor: Barbara Cox-Bixby.

**Mar 28—May 16 (8 classes)**

**Course Code: 236682**

**Time: 1:30-3:30 pm**

**Fee: \$60R/\$75NR**

**Location: NBRC**

### Tai Chi—Tues

Tai Chi has been called a meditation in motion and develops the internal strength of the body while stretching muscles and relaxing the mind.

Instructor: Galen Pereira

**Mar 29—May 17 (8 classes)**

**Course Code: 236684**

**Time: 1:15-2:15 pm**

**Fee: \$55R/\$64NR**

**Location: NBRC**

### Therapeutic Yoga & Meditation—Weds

Bring your body/mind back into balance with gentle, safe yoga postures designed to stretch and strengthen muscles, improve balance and increase vitality and/or learn mindful meditation techniques. Both yoga and meditation reduce stress, improve health and promote inner peace. Do both 45-minute classes or choose to do just one! Taught by licensed physical therapist and Kripalu Yoga Instructor Lori Batcheller.

**March 30—May 18 (8 classes)**

**Yoga Only 1:30 to 2:15 pm**

**Course Code: 236685**

**Fee: \$40R/\$50NR**

**Meditation Only—2:30 to 3:15**

**Course Code: 236686**

**Fee: \$40R/\$50NR**

**Combo Yoga & Meditation**

**Class 1:30-3 p.m.**

**Course Code: 236687**

**Fee: \$65R/\$81NR**

**Location: NBRC**

### Painting and Paper Collage with Alex—Thurs

Beginner class. Let's explore using watercolor and paper collage. As time allows we can also explore other mixed media art forms. Instructor: Alex Meeker

**April 7—May 26 (8 classes)**

**Course Code: 236688**

**Time: 1:30-3:30 p.m.**

**Fee: \$60R/\$75NR**

**Location: NBRC**

### Pottery—Friday

Throwing on the potter's wheel involves learning how to wedge, center the clay, and perform shaping techniques to produce basic forms. Students will learn hand building, basic glazing and be introduced to the firing process. Instructor: Aaron Winston

**April 1—May 27 (9 classes)**

**Course Code: 236683**

**Time: 1:30-4:00 pm**

**Fee: \$100R/\$125NR**

**Location: Pottery Lab, 1010  
Aurora Street, Boulder**

**MORE ON BACK**

# JOURNEYS THROUGH EXPAND

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**Don't Miss out On the Following Presentation!**

## **Neuroplasticity Presentation by Laura Olinger—Thursday**

Laura will provide a 2 hour presentation on how we can heal and mend our brain and nervous system by doing certain types of exercise, challenging our capabilities without causing stress, changing how we do things, and building new daily habits. You won't want to miss it!

### **March 31**

Time: 2-4 p.m.

Fee: \$5 both Resident and Non-Resident

Code: 238232

North Boulder Recreation Center—Multi Purpose Room.



Please note! If you are requesting financial assistance there is a new process in place. Please read page 3 of the newsletter. Also, there will be no program offerings June through August. We look forward to seeing you again in the fall.

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**Please Note!** All classes are on a first come, first serve basis and have size limits. Therefore, it is important to register early. If we do not get enough individuals to register for a class we will cancel the class and provide you a full refund. *We understand that not everyone can pay the full amount of a class. If this is your case, please call Cory at 303-413-7269 and ask how you can get an additional reduced rate. The most important thing to us is your participation. We will make sure it is affordable for you!*

The staff will call you prior to each class you register for to remind you of what to bring and what to expect. It is highly recommended to attend all classes in order to either complete a project or to get the maximum benefit from the class. We hope to see you soon!

**-OVER-**