



In A Nutshell

HeartSprings is a nonprofit integrative healing center for everyone focused on health, hope, and healing.

We not only help with everyday stress but also specialize in dealing with chronic illnesses, disabilities and life transitions.

HeartSprings utilizes a whole person integrative approach that complements area physicians and other healthcare providers.

All of this is done through a variety of programs such as:

- Massage
- Reflexology
- Healing Touch
- Yoga classes
- Movement classes for those with chronic illnesses
- Expressive Arts (poetry, art, music) for children and adults
- Meditation courses
- Caregiver support
- Grieving support



HeartSprings
Located at:
Messiah Evangelical
Lutheran Church
2010 Elm ST N
Fargo, ND 58102

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www.heartspringscenter.com

Caregiving Series



A Center for Health, Hope,
and Healing



Phone: 701-261-3142

Surviving and Thriving as a Caregiver



Come and join us on the 3rd Tuesday of the month Sept.-April from 12:15-1pm.

Lunch sponsored in part by area home care agencies.

Home Safety

Gail Agnes: Comfort Keepers

September 15, 2009

Come and learn about the importance of home safety and other handy tips.

Cooking Under Pressure

Tanya Jacklitch: Home Instead

October 20, 2009

Come and learn how aging can interfere with a healthy diet and what you can do about it to make sure you and yours are eating the best you can!



Help! I Need Some Energy!

*Ann Dolence-HeartSprings
practitioner*

November 17, 2009

Come and learn self-qi~ssage (combination massage and qigong) to bring energy and vitality to your life.

Finding Your Second Voice

Sonja Kjar-HeartSprings chaplain

December 15, 2009

Come and learn how to talk with compassion to yourself and find the inspiration you need to carry on.

Learned Optimism

*Denise Peterson-Business
Consultant*

January 19, 2010

Learn some tricks in cultivating an upbeat attitude to help you through your days!

A Natural High

*Denise Morris-HeartSprings
Social Worker
February 16*

Come and experience how spending time with nature can be renewing and refreshing.

Laughter Can Be the Best

Medicine!

*Jan Nelson-HeartSprings
Laughter yoga facilitator*

March 16

Come and experience the benefits of laughter and bring joy to your caregiving.

Did You Know There Was Such a Thing?

*Jennifer Birst, OT-PrairieLand
April 20*

Come and learn about some adaptive aids that can help you take care of your loved one and your home.