

In a Nutshell



HeartSprings is a non-profit integrative healing center *for everyone* focused on health, hope, and healing.

Health Hope Healing

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

tions.

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
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Educational Classes And Series

2009-2010



A Center for Health,
Hope, and Healing

Phone: 701-261-3142

Educational and Experiential Learning

Stress Management

This is a (4) session 1 hr. class for 2-5 people. Using a computer for biofeedback you can see the visual response of relaxation. Jan Nelson, OTR/L, MA leads the session. Call for more information—\$80/series [min. 2 people]

Qi~ssage

Qi~ssage is a combination of qigong and massage techniques used to stimulate health and healing. One hour class to teach the techniques. Can be practiced in 15 minutes, once learned. First Tuesday of the month (Feb. 2, March 2, April 6, May 4) 6:30-7:30pm. Call by noon Monday to register #701-261-3142
\$20/person; \$30/couple; \$10 follow-up class
Try a Qi~ssage party!
\$15 for 8 or more

Infertility Series

This is a six-week intensive program for those wishing to conceive. Stress has proven to be one of the keys in infertility and this course teaches you, as a couple, how to manage stress and receive the holistic support of body, soul, and spirit for this journey. Six-week session begins Saturday, January 16th for an introduction to the series, followed by 6-weeks of intensive 2 1/2 hour sessions every Tuesday including yoga, meditation, stress management training and reflexology/healing touch, and qi~ssage training. Infertility series-\$711 Call for information.

Your Journey Through Life's Transitions

Come and join chaplain, Sonja Kjar and others in honoring the transitions and losses through life. See brochure.

Sunday, January 31 -Menopause 1-4pm

Sunday, April 19 -Divorce 1-4pm

Compassionate Communication

This is a six-week series in learning how to speak to another person with respect for your own feelings and needs and the feeling and needs of others. Classes run 1 hour. Session starting January 19th-March 2nd, 2010.

Classes-\$75/couple or \$55/individual

Meditation Series

Learn how to meditate by introduction to different types of meditation techniques from the Christian tradition (labyrinth walking, Lexio Divina, and Centering Prayer) and others. Tuesdays during the month of January/February 2010. See our spiritual tools brochure for detailed information or call #701-261-3142.

Classes-\$20 for the series; \$10 students

Down's Syndrome Baby Music Class

Come and participate in music therapist, Emily Wangen's music class on Thursdays 6-6:30pm. Come, see, and experience how music can change your child's social skills and capture the spirit of joy! 11-week series \$121 (On Hold for Jan.-Feb.)

Caregiving Series

Come and join us the third tuesday of the month from 12:15-1pm for a caregiving series in how to help yourself and your loved one in dealing with a chronic disease. Sponsored in part by area home care agencies. \$5 for lunch and speaker. See brochure for specific details.

(Jan. 19, 2010, Feb. 16, March 16, April 20)

Grieving Series

Come and join us the fourth Tuesday of the month from 12:15-1pm for a grieving series in learning techniques to ease the grieving. Sponsored by area funeral homes. Free lunch and speaker. See brochure for specific details. (Jan. 26, Feb. 23, March 23, April 27)

Expressive Arts Series

Come and join us on the second, third, and fourth Tuesdays from 9:45-10:45am and 10:45-11:45am (2 sessions) in using the expressive arts! \$5 for supplies for Art class

Second Tuesday-Drumming

Fourth Tuesday-Expression through Writing

Tea with Jane

Come and join Jane Edwards, educator, nutrition and health specialist, the first Tuesday of the month anytime from 9:45-11:45am for an informal discussion on eating, food, and nutrition. Free-will offering.

Not acquainted with HeartSprings? Take a tour the first Tuesday of the month with Jan Nelson, executive director, of HeartSprings and learn about its offerings and programs from 10:45-11:45am.