

Need to add a little drama to your life?



- What:** “Laugh the Night Away”
with Bill Lucas (Improv)
and Jan Nelson (laughter
yoga)
- Where:** HeartSprings
Located out of:
Messiah Lutheran
Church
2010 N Elm St.
Fargo, ND 58102
- When:** 2nd Thursday of the
Month (Feb. 11, March 11,
April 8, May 13)
- Time:** 6:30-8pm
- Cost:** \$10
- Registration:** Call Jan #261-3142
By 5pm the day before
(need min. of 6 people)
- Why:** Add some humor to
your life!
- [Eat a light supper before you come,
since laughing can be strenuous!]



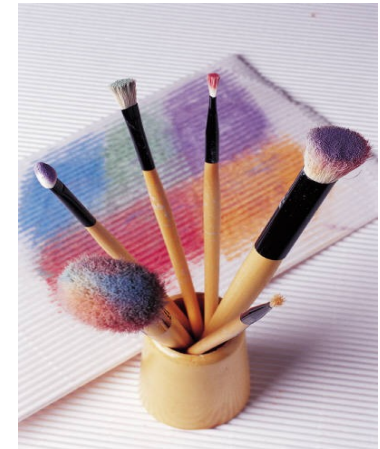
HeartSprings
Located at:
Messiah Evangelical Lutheran
Church
2010 Elm ST N
Fargo, ND 58102

Phone: 701-261-3142
Fax: 701-237-4937
email:
jnelson 1409@yahoo.com
www.heartspringscenter.com

Expressive Arts

2009-2010

*Awaken to a poetic
And divine life*



A Center for Health,
Hope, and Healing

Phone: 701-261-3142

Expressive Arts

Expressive Arts Classes

Date: Tuesdays (Fall 2009-spring 2010)

Time: 9:45-10:45am AND 10:45-11:45

Fees: If participating in our life transition movement classes, the following classes are free.

Other classes are free-will offerings.

2nd Tuesday-Drumming and Learn to play the Native American Flute

(Jan. 12, Feb. 9, March 9, April 13, May 11)

Join JoEllen Smith, RN in a non-threatening form of making music where there is no audience, no rehearsal and no right or wrong. Starting in November, therapeutic drumming will be added which will elicit the relaxation response. [Some drums will be provided otherwise feel free to bring hand drums, shakers and rattles, rain sticks, oatmeal boxes, wooded boxes, etc.]

9:45-10:45am

Free-will offering



Learning to play the Native American Flute is led by Jim Gurney, Messiah's Minister of Music. He blends music, culture, and drumming. 10:45-11:45am

Free-will Offering
www.heartspringscenter.com



3rd Tuesday
"Playing with Art"
(Feb. 16, March 16, April 20, May 18)

Join Denise Morris, amateur artist and social worker, for a non-threatening morning of learning to play with art as a medium. Art supplies will be provided. Free-will offering accepted.



4th Tuesday—"Writing for Expression"

(Jan. 26, Feb. 23, March 23, April 27, May 25)

Join Jamie Parsley, Episcopal priest and poet for a non-threatening morning of writing your thoughts and feelings in poetic form to express, to play with words, and gain new insight in ways to transform your condition you find yourself living with and in.

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