

## Health and Wellness

### FOCUSEDFAMILY PARENT PRESENTATION

Come hear what your children can learn about their brain and how they can use mindful strategies to help them focus, pay attention, and calm themselves. FocusedFamilies is a component of the FocusedKids program taught in Cave Creeks preschools. This program is applicable for preschool through third grade children. FocusedKids is a series of easy-to-implement lessons anchored in current research on the developing brain, along with evidence-based practices for social and emotional learning. You will hear about the program and have the opportunity to sign up for the FocusedFamilies series to be offered as a 4-class session with a follow up session, which will help you learn the basics about the developing brain and strategies to cultivate self-awareness, focused attention, stress-reduction, and emotion management for your family. Information on the 4-class session can be found under "Teen-Adult" Enrichment at <https://cavecreek.ce.eleyo.com/courses/category/87/enrichment-school-year>.

#### Core concepts you will learn:

- How the developing brain impacts your child's behavior.
- Activities to promote focused attention and stress reduction using the breath, senses, and body.

#### Benefits to you:

- See new fun and simple tools to help you parent calmly and effectively.
- How you can reduce your stress, respond more calmly to difficult situations, leading to a calmer household.

#### Benefits to your children at home and at school:

They will have parents who can support them developing:

- Better self-regulation
- More ability to focus attention and stay on task
- Better relationship skills
- More effective learners
- Greater ability to respond positively to situations, rather than react negatively
- Enhanced creativity and problem solving skills



Kathy  
Hegberg,  
M.A.  
.....  
Founder,  
Executive  
Director

| Location        | Grade | Day | Dates | Time          | Fee  |
|-----------------|-------|-----|-------|---------------|------|
| District Office | Adult | Tue | 2/12  | 6:30PM-7:30PM | \$36 |

### FOCUSEDFAMILY INSTRUCTIONAL CLASSES

Through a series of easy-to-implement lessons anchored in current research on the developing brain and using evidence-based practices in social and emotional learning you will gain strategies to cultivate self-awareness, focused attention, stress-reduction, and emotion management for your family.

#### Core concepts you will learn:

- How the developing brain impacts your child's behavior
- How you can influence your child's brain development
- Mindful activities to use in your home for a less stressful environment
- Recovering from meltdowns using coregulation
- Managing screen time in the home
- Activities to promote focused attention and stress reduction using the senses, the body, and the breath

#### Benefits to you:

- New fun and simple tools to help you parent calmly and effectively
- Less stress and yelling at home
- A calmer you which leads to a calmer child

#### Benefits to your child at home and at school:

- Better self-regulation
- More ability to focus attention and stay on task
- Better relationship skills
- More effective learner
- Greater ability to respond positively to situations, rather than react negatively
- Enhanced creativity and problem solving skills

| Location        | Grade | Day | Dates            | Time          | Class   | Fee   |
|-----------------|-------|-----|------------------|---------------|---------|-------|
| District Office | Adult | Mon | 2/25-3/18 + 4/22 | 5:30PM-6:30PM | 5 weeks | \$143 |

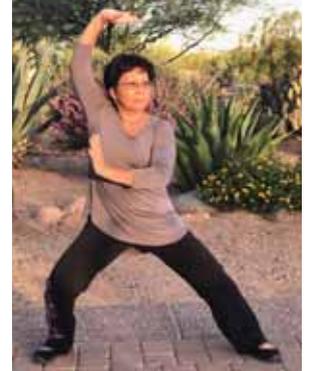
# Health and Wellness

## TAI CHI & QIGONG (BEGINNER LEVEL)



Qigong is a 5,000-year-old mind-body practice, developing vital energy by integrating movement, breathing techniques and mental focus. Qigong is a series of Tai Chi movements- gentle, flowing, meditative and self-healing. Sitting or standing options are available for people of every age and physical condition. Tai Chi is a Chinese Martial Art and form of stylized, meditative exercise, slow circular and stretching movements. Combining these disciplines, create a perfect opportunity for beginners to experience the health benefits associated with Qigong and Tai Chi: increases agility, loosens muscles, improves bone density, prevents joint injury, strengthens ligaments, increases injury recovery, decreases stress, balances emotions, improves circulation, lowers

heart rate, lowers blood pressure, increases immune system, relieves migraines, improves posture, improves flexibility, and fall prevention. These benefits and the research behind them are documented in the recently released Harvard Medical School Guide to Tai Chi. The instructor, Bina Bou, is passionate about working with teachers, nurses, those working in the school district and her community. For more information, please visit [binabouchi.com](http://binabouchi.com), [mindbodyfocusQi.com](http://mindbodyfocusQi.com) or contact Bina Bou at 480-284-1300 or [binab75@gmail.com](mailto:binab75@gmail.com). All registrations go through ECS. Find the link to online registration at [www.ecsforall.org](http://www.ecsforall.org).



| Location                         | Grade | Day | Dates    | Time          | Class   | Fee  |
|----------------------------------|-------|-----|----------|---------------|---------|------|
| <b>Session 1</b>                 |       |     |          |               |         |      |
| District Office                  | Adult | Tue | 2/5-3/19 | 4:45PM-5:45PM | 6 weeks | \$95 |
| <b>Session 2</b>                 |       |     |          |               |         |      |
| District Office                  | Adult | Tue | 4/2-5/7  | 4:45PM-5:45PM | 6 weeks | \$95 |
| No classes on these dates - 2/19 |       |     |          |               |         |      |



**YOGA FOR ALL LEVELS** utilizes Yoga postures (anasas) and stretches in combination with the breath to develop flexibility and relaxation. Yoga encourages proper alignment

of the body to bring balance, strength, and calmness to the actioner. All levels welcome. Modification are offered for beginners. Please bring your own mat. For class information, please contact Sharon Lynn at [slynn@vosymca.org](mailto:slynn@vosymca.org). If you are a YMCA member, you receive a reduced Member Fee. See details below. All registrations go through ECS. The link to online registration can be found at [www.ecsforall.org](http://www.ecsforall.org).



| Location                    | Ages | Day  | Dates     | Time        | Classes | Member | Non-Member |
|-----------------------------|------|------|-----------|-------------|---------|--------|------------|
| <b>Session 1</b>            |      |      |           |             |         |        |            |
| District Office Campus      | 18+  | Thur | 1/31-3/14 | 4:45-5:45PM | 7       | \$61   | \$89       |
| <b>Session 2</b>            |      |      |           |             |         |        |            |
| District Office Campus      | 18+  | Thur | 4/4-5/16  | 4:45-5:45PM | 7       | \$61   | \$89       |
| No classes on these dates - |      |      |           |             |         |        |            |



**DANCING SUN YOGA** Enriching the lives of youth through yoga inspired movement and meditation. Classes are held at Black Mountain, Desert Sun, and Desert Willow for grades K-6. See page 11 for more information.



**MINDFULNESS & ART** Students learn mindfulness techniques as they express themselves through art. Classes are held at Desert Willow for grades K-3. See page 14 for more information.

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**RELAX AND RECHARGE WITH MEDITATION** You are invited to take a break and honor yourself. This is your hour to decompress and enjoy a guided meditation. Science has proven that Meditation improves sleep, increases pain tolerance, focus and sense of well-being; and lowers blood pressure, heart rate, stress levels and anxiety and develops your mind/body connection. Meditation is not about changing who you are, it is about training your awareness, pivoting away from distracting thoughts, and getting a healthy sense of perspective. Join us and begin to see the benefits for yourself! Chairs will be provided but you are welcome to bring a yoga mat, blanket or whatever you may need to feel most comfortable. **Instructor: Jae Geis.** All registrations go through ECS. Find the link to online registration at [www.ecsforall.org](http://www.ecsforall.org).



| Location         | Grade | Day | Dates     | Time          | Class   | Fee  |
|------------------|-------|-----|-----------|---------------|---------|------|
| <b>Session 1</b> |       |     |           |               |         |      |
| District Office  | Adult | Mon | 2/25-3/18 | 6:30PM-7:30PM | 4 weeks | \$53 |
| <b>Session 2</b> |       |     |           |               |         |      |
| District Office  | Adult | Mon | 4/8-4/29  | 6:30PM-7:30PM | 4 weeks | \$53 |

### OPTIMAL PERFORMANCE SELF-DEFENSE FOR TEENS & ADULTS



"Self-Defense" is the learning of self-awareness, intelligent decision making combined with interpersonal combative skills for individuals. Learn practical and intelligent skills that promote integrity, respect, focus, discipline, self-control and improve self-confidence. These skills can also help to improve physical fitness, mental health and well-being and

possibly save a life. Over a 6-week period, this course will cover practical concepts and principles of how to apply science and psychology to real world interpersonal combative scenarios. These skills can be adapted to both men and women of all ages regardless of experience or physiology. Individuals will learn how to recognize pre-contact threat cues, fear management skills, confrontation management tactics, defensive strategies and force delivery techniques. Give yourself the opportunity to become more powerful, more aware and more confident! All registrations go through ECS. Find the link to online registration at [www.ecsforall.org](http://www.ecsforall.org).



| Location                         | Grade   | Day | Dates    | Time        | Class   | Fee   |
|----------------------------------|---------|-----|----------|-------------|---------|-------|
| Cactus Shadows                   | 7-Adult | Mon | 2/4-3/18 | 6:00-7:15PM | 6 weeks | \$129 |
| No classes on these dates - 2/18 |         |     |          |             |         |       |



### 2019 Collection of Parent/Community Forums

These forums are free of charge but registration is required at <https://tinyurl.com/y9z2lcnc>.

**TEENAGE BRAIN**, presenter Cadi Angeli

January 24 @ STMS, 6:30-8:00PM

**EMOTIONAL INTELLIGENCE**, presenter Cadi Angeli

February 26 @ STMS, 6:30-8:00PM

**HOW TO TALK TO YOUR CHILDREN ABOUT THE SENSITIVE ISSUES**, presenter Barb Iversen

March 19 @ STMS, 6:30-8:00PM

**ENDING THE SILENCE: SIGNS & SYMPTOMS OF ANXIETY AND DEPRESSION**, presenter from NAMI

April 16 @ CSHS Lecture Hall, 6:30-8:00PM

**HELPING YOUTH/TEENS COPE WITH PARENT DIVORCE AND /OR REMARRIAGE**, presenter Barb Iversen

May 2 @ CSHS Lecture Hall, 6:30-8:00PM