

FOR YOUR HEALTH

MOTIVATION - SOMETHING TO BELIEVE IN!

January 5, 1:00 PM - 4:00 PM

Brockmann Center, Room 204

Need a shot in the motivation department? Come learn how to get yourself motivated to achieve more! Learn the cornerstones of successful people, how to set goals and work at them, how to get a more positive outlook, how to relieve stress, how to break the chains of poor habits, and how to get from where you are to where you want to be. The instructor promises insights to yourself, laughter, good stories and lots of fun! Instructor is Frank Peterson, Retired Teacher. Registration fee is \$10; after December 29 the fee is \$15.

TONING UP AFTER THE HOLIDAYS

JANUARY 5, 6, 7, & 8, 5:30 PM - 6:30 PM

MSU-Northern Gym, Wellness Center

Participants will learn different ways to get back into shape after the holiday season. During this four day, 1 hour session workshop, you will learn pilates, strength training with and without weights, and different core exercises. This will give participants a wide range of activities that they can take home and decide what works best for them as an individual. Please wear comfortable clothing and bring an exercise ball if you have one. There will be exercise balls available for use if you do not have one. Instructor is Lexy Fisher, Financial Aid Specialist, MSU-Northern. Registration fee is \$25, which includes handouts; after December 29 the fee is \$30. **Class is limited to 10 participants.**

MOTIVATION – SOMETHING TO BELIEVE IN!

January 6, 6:00 PM - 9:00 PM

Brockmann Center, Room 204

This class is a repeat of the January 5 class. Registration fee is \$10; after December 29 the fee is \$15.

HAVE A BALL?

January 8, 6:30 PM - 8:30 PM

MSU-Northern Gym, Wellness Center

I have an exercise ball, so what do I do with it? This short workshop will give you practical exercises you can do at home to gain strength, flexibility and functional fitness using an exercise ball and a floor mat. Both men and women will find this workshop useful for improving core strength and flexibility. What a great way to learn how to tone up after the holidays! Participants should wear comfortable clothing and bring their ball if they have one; there will be a limited number of exercise balls available to use. Instructor is Janet Trethewey, Professor of Education, MSU-Northern. Registration fee is \$20; after December 29 the fee is \$25. Please note on the registration form when submitting if you do not have an exercise ball. **Class is limited to 20 participants.**

REIKI LEVEL I AND LEVEL II

January 10 & 11, 9:00 AM - 6:00 PM

Brockmann Center, Room 216

Reiki is a Japanese technique for stress reduction and relaxation that also promotes healing. It is administered by “laying on hands” and is based on the idea that an unseen “life force energy” flows through us and is what causes us to be alive. If one’s “life force energy” is low, then we are more likely to get sick or feel stress. If it is high, we are more capable of being happy and healthy. Reiki is a simple, natural, and safe method of spiritual healing and self-improvement that every one can use. It has been effective in helping virtually every known illness and malady and always creates a

beneficial effect. It also works in conjunction with all other medical or therapeutic techniques to relieve side effects and promote recovery. Please wear comfortable clothing and bring a pillow and a blanket for your comfort, a pen and notebook, water, snacks, and willingness to have fun and learn something new! Instructor is Brandon Hawk, Registered Nurse, Northern Montana Hospital. Please contact the instructor at reikimasterviii@yahoo.com or (406) 945-5915 with any questions. Registration fee is \$130, which includes the class manual and certificate; after December 29 the fee is \$135. **Lunch will not be provided for this two day class. Class is limited to 20 participants.**