



Project HEART

Health Enrichment & Resource Training
A division of Willows Way, Inc.

August 2017

This program is fully funded by DDRB

*Classes are offered to people 16 years or older with developmental disabilities, their family and support staff in St. Charles County! **ALL CLASSES ARE FREE!**

*REGISTRATION IS REQUIRED! Contact Heather Fischer 636-757-0515 or kristenr@willowsway.org

ALL Project HEART information can be found at www.willowsway.org; click on the Project HEART logo on the left side.

COME ALONE & MAKE A FRIEND or if you receive support all day and night, bring along a support staff.

BRING A COMPLETED HEART PACKET WITH YOU TO YOUR FIRST CLASS.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1.	2.	3. Health Dental Hygiene @WW 5:30- 7pm	4.	5.
6.	7. Cooking: Gluten free pizza @Calvary Church 5:30- 7pm	8. Work Skills- preparing for the search @WW 5:30- 7pm	9. Personal Development: Dining Etiquette @WW 5:30- 7pm	10. Health: Diabetes 101 @WW 5:30- 7pm	11.	12.
13.	14 Personal Development: Dealing with conflict and difficult people @WW 5:30- 7pm	15. Work Skills: getting and keeping the job @WW 5:30- 7pm	16.	17. Cooking- gluten free pizza @St. John's United Church 5:30- 7pm	18.	19.
20.	21. Safety: Kitchen Safety @WW 5:30- 7pm	22. Friendships: Getting to know you @WW 5:30- 7pm	23. Kitchen Essentials: how to stock your kitchen @WW 5:30- 7pm	24. Group Skills: Communication 101 @WW 5:30- 7pm	25.	26.
27.	28. Exercise: Yoga- chair and mat exercises @WW 5:30- 7pm	29. Heart at Home: BINGO with Johanna @johanna's home 5:30-7	30.	31. Heart at Home- Emily B.'s Banana Pudding Pie 5:30-7 @ Emily's home		

**Project HEART August 2017
CLASS DESCRIPTIONS**

HEALTH: Dental Hygiene

We will cover dental hygiene, its importance, what to look for when feeling pain or mouth soreness and we will discuss various diseases and their causes.

DATE: WEDNESDAY 8/3

TIME: 5:30-7:00

LOCATION & DIRECTIONS: Willows Way 800 Friedens Rd. Suite 100 St. Charles, MO (Same directions as above)

COOKING: Skills taught include recipe reading, keeping a clean and safe kitchen, knife skills and cutting, measuring, and health information specific to the meal. Teaching techniques targeted for those who require 10 hours or less of support a week.

DATE: TUESDAY 08/07

TIME: 5:30-7:00pm

LOCATION Calvary Church 3998 Mid Rivers Mall Dr, St Peters, MO 63376

WORK SKILLS: Preparing for the Search

Learn tips for searching for a job, how to build a cover letter and resume that will attract potential employers

*****PLEASE BRING YOUR CURRENT RESUME AND COVER LETTER IF YOU ALREADY HAVE ONE.**

DATE: TUESDAY 08/08

TIME: 5:30-7:00pm

LOCATION & DIRECTIONS: Willows Way 800 Friedens Rd. Suite 100 St. Charles, MO (Same directions as above)

Personal Development: Dining Etiquette

Learn or review proper table etiquette, how to properly set a table and how to entertain guests at a dinner party.

DATE: Wednesday 08/09

TIME: 5:30-7:00pm

LOCATION & DIRECTIONS: Willows Way 800 Friedens Rd. Suite 100 St. Charles, MO

Health: Diabetes 101

Learn what diabetes is, what the difference between type 1 and 2 is, how to live with it, how to help family and friends diagnosed with diabetes.

DATE: THURSDAY 08/10

TIME: 5:30-7:00pm

LOCATION & DIRECTIONS: Willows Way 800 Friedens Rd. Suite 100 St. Charles, MO

Intrapersonal skills: Dealing with conflict and difficult people

In this class we will talk about and learn tips and techniques on how to deal with conflict, difficult people and how to appropriately deal with conflict

DATE: Monday 08/14

TIME: 5:30-7:00pm

LOCATION & DIRECTIONS: Willows Way 800 Friedens Rd. Suite 100 St. Charles, MO

WORK SKILLS: Getting and Keeping the Job

The interview process can be intense if we do not prepare ourselves. Once you have the job how do you act to keep it, get promoted and enjoy your position.

DATE: THURSDAY 08/15

TIME: 5:30-7:00pm

LOCATION & DIRECTIONS: Willows Way 800 Friedens Rd. Suite 100 St. Charles, MO

COOKING:

Skills taught include recipe reading, keeping a clean and safe kitchen, knife skills and cutting, measuring, and health information specific to the meal. Teaching techniques targeted for those who require 10 hours or less of support a week.

DATE: TUESDAY 08/17

TIME: 5:30-7:00pm

LOCATION & DIRECTIONS: St. John United Church of Christ, 405 S. Fifth St. St. Charles, Mo

Safety: kitchen safety

Review kitchen basics and learn new ways to keep yourself and others safe while in the kitchen

DATE: THURSDAY 08/21

TIME: 5:30-7:00pm

LOCATION & DIRECTIONS: Willows Way 800 Friedens Rd. Suite 100 St. Charles, MO

Friendship: Getting to know you

This is a back to basics type class, we have many new individuals attending classes and we want to get to know them!

DATE: MONDAY 08/22

TIME: 5:30-7:00pm

LOCATION & DIRECTIONS: Willows Way 800 Friedens Rd. Suite 100 St. Charles, MO

Kitchen Essentials: How to stock your kitchen

What should you have in your kitchen so you are always prepared?

DATE: TUESDAY 08/23

TIME: 5:30-7:00pm

LOCATION: Willows Way 800 Friedens Rd. Suite 100 St. Charles, MO

Group Skills: Communication 101

Learn skills to build excellent communication skills, find tips and techniques that professionals use.

DATE: THURSDAY 08/24

TIME: 5:30-7:00pm

LOCATION & DIRECTIONS: Willows Way 800 Friedens Rd. Suite 100 St. Charles, MO

Exercise: Yoga

Learn yoga basics, the history and try some poses and stretches

DATE: THURSDAY 08/28

TIME: 5:30-7:00pm

LOCATION & DIRECTIONS: Willows Way 800 Friedens Rd. Suite 100 St. Charles, MO

Heart at Home with Emily- ALL HEART AT HOMES ARE DRAWN ON A LOTTERY SYSTEM, YOU WILL BE CONTACTED IF YOUR NAME HAS BEEN DRAWN

Come learn a favorite recipe of Emily's! Banana Pudding Pie

DATE: Thursday 08/31

TIME: 5:30-7:00pm

LOCATION: Emily's home, we will contact all attending with the address

Heart at Home with Johanna- ALL HEART AT HOMES ARE DRAWN ON A LOTTERY SYSTEM, YOU WILL BE CONTACTED IF YOUR NAME HAS BEEN DRAWN

Play and learn about the classis game BINGO!

DATE: Tuesday 08/29

TIME: 5:30-7:00pm

LOCATION: Johanna's home, we will contact all attending with the address