



# Project HEART

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

March 2018

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 heatherf@willowsway.org

ALL Project HEART information can be found at [www.willowsway.org](http://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
4	5 Cooking Class: Smoothies!  5:30-7:00pm @ Calvary Church	6 Healthy Relationship Series Class: Exploring the male anatomy 5:30-7:00pm @Willows Way	7	8	9	10 Independent living- meal prep and following a diet 9a-12pm @ Willows Way
11	12 Heart at Home- Monday Brunch w/ Emily  5:30-7:00pm	13 Healthy Relationships Series Class: Exploring the female anatomy 5:30-7:00pm @Willows Way	14	15 Cooking Class: Smoothies!  5:30-7:00pm @ St. John's Church	16	17 Independent Living: food storage and safety in the kitchen 9a-12pm @ Willows Way
18	19	20 Healthy Relationships Series Class: Safe Sex Practices 5:30-7:00pm @ Willows Way	21	22	23	24 Independent Living- stock, clean, organize your kitchen 9a-12pm @ Willows Way
25	26	27 Heart at Home- Trail Mix w/ Beth  5:30-7:00pm @ Freiden's Church	28 Independent living: Homemade first aid kits  5:30-7:00pm @ Willows Way	29	30	31

**Project HEART March 2018  
CLASS DESCRIPTIONS**

**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 03/5/18

TIME: 5:30-7:00pm

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

Date: THURSDAY 3/15/18

Location: St. John's United Church of Christ, 405 S. Fifth St. St. Charles, Mo. 63301

**HEALTHY RELATIONSHIPS SERIES: All Tuesday classes**

**MARCH 6, 13 & 20th**

This series runs for 7 weeks starting in February and runs through March, 2018  
Topics discussed are sexual in nature so make sure all attendees are aware of the curriculum before attending class.

TIME: 5:30-7:00pm

The course will include, but not limited to, the male and female anatomy, sexual relationships, dating, etc.

LOCATION: Willows Way 800 Friedens Rd. Suite 100 St. Charles, MO 63301

**SATURDAY SERIES CLASSES**

These classes will include meal prep and following a diet plan, food storage and safety in the kitchen, and how to stock, clean and organize your kitchen when living independently. These classes will be very informative for those who live alone or are planning on living more independently. **All individuals need their own**

TIME: 9:00a-12:00pm

**transportation to Willows Way**

DATE: 10, 17, 24th

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

**Independent Living Skills: Homemade first aid kits.**

Group will be putting together their own first aid kits to use in their own homes and/or vehicles.

DATE: WEDNESDAY 3/28/18

TIME: 5:30-7:00pm

LOCATION: 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 join Emily for finger sandwiches and tea/punch and enjoy Monday brunch with your peers in a fun setting.

DATE: Thursday 3/12/18

TIME: 5:30-7:00pm

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

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

Come have fun making homemade trail mix

DATE: Tuesday 3/27/18

TIME: 5:30-7:00pm

LOCATION: Friedens Church 1703 S. Old Highway 94, St. Charles, Mo. 63303