



# Project HEART

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

April 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 Kristen Rusbarsky at 636.757.0517 or [kristenr@willowsway.org](mailto:kristenr@willowsway.org)  
ALL Project HEART information can be found at [www.willowsway.org](http://www.willowsway.org); click on What We Do then Project HEART.

BRING A COMPLETED HEART PACKET WITH YOU TO YOUR FIRST CLASS.  
PLEASE REMEMBER TO CONTACT COORDINATOR IF UNABLE TO ATTEND CLASS

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1.	2. <b>COOKING:</b> Grab and Go's <b>5:30-7pm</b> @ Calvary Church	3. <b>PERSONAL DEVELOPMENT:</b> Dealing with a difficult co-worker <b>5:30-7pm</b> @ WW	4.	5.	6.	7.
8.	9.	10. <b>HEALTH:</b> Allergies <b>5:30-7pm</b> @ WW	11. <b>INDEPENDENT LIVING:</b> Spring Cleaning <b>5:30-7pm</b> @ WW	12.	13.	14.
15.	16. <b>HEALTH</b> Gardening for the Soul <b>5:30-7pm</b> @ WW	17. <b>SAFETY:</b> Safety in the community <b>5:30-6:30pm</b> @ WW	18.	19. <b>COOKING:</b> Grab and Go's <b>5:30-7pm</b> @ St. John United	20.	21.
22.	23.	24.	25. <b>GROUP SKILLS:</b> Decision making games <b>5:30-7pm</b> @ WW	26.	27. <b>PERSONAL DEVELOPMENT</b> Living Life By the 3R's <b>3-4pm</b> @ WW	28.
29.	30.					

**COOKING: Grab 'N Go's**

Skills taught include recipe reading, keeping a clean and safe kitchen, knife skills and cutting, measuring, and health information specific to the meal.

DATE: MONDAY 04/02

**TIME: 5:30-7pm**

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

**Personal Development: Dealing with a difficult co-worker**

How to deal with frustration, confrontation and manage stress when communicating with difficult co-workers

DATE: TUESDAY 04/03

**TIME: 5:30-7pm**

LOCATION: Willows Way

**Health: Allergies**

Spring and summer allergies will start attacking, learn why, home remedies and how to manage the sneezes and watery eyes

DATE: TUESDAY 04/10

**TIME: 5:30-7pm**

LOCATION: Willows Way

**Independent Living: Spring Cleaning**

Learn important tips and tricks to rid your home of all the winter dust and grime.

DATE: Wednesday 04/11

**TIME: 5:30-7pm**

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

**Health: Gardening for the soul**

We will focus on when to plant various types of plants, how to grow inside and outside.

DATE: MONDAY 04/16

**TIME: 5:30-7:00pm**

LOCATION: Willows Way

**Safety: Staying safe in the community (this class is only an hour)**

Become comfortable in the community and learn how to keep yourself safe

DATE: TUESDAY 04/17

**TIME: 5:30-6:30m**

LOCATION: Willows Way

**COOKING: Grab 'N Go's**

Skills taught include recipe reading, keeping a clean and safe kitchen, knife skills and cutting, measuring, and health information specific to the meal.

DATE: THURSDAY 04/19

**TIME: 5:30-7pm**

LOCATION: St. John's church

**Group Skills: Decision Making Games**

Build the skills needed to work with a team and solve problems through games.

DATE: WEDNESDAY 04/25

**TIME: 5:30-7pm**

LOCATION: Willows Way

**Personal Development: Live life by the 3 R's (this class is only an hour)**

Reduce, Reuse, Recycle

DATE: FRIDAY 04/27

**TIME: 3-4pm**

LOCATION: Willows Way