



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

July 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 Kristen Rusbarsky at 636.757.0517 or kristenr@willowsway.org
 ALL Project HEART information can be found at www.willowsway.org; click on What We Do then Project HEART.
 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. CLOSED Happy 4 th of July	5.	6. Health and Nutrition: Quick and Healthy Snacks @WW 5:30-7pm	7.	8.
9.	10. Independent Living: Meal Prep @WW 5:30-7pm	11. COOKING: Herbs, spices and oils @WW 5:30-7pm	12. Exercise and Fitness: Get Physical @WW 5:30-7pm	13.	14. Healthy Living: Stepping Stones @WW 3-4:30	15.
16.	17. Safety; Frist Aid basics @WW 5:30-7pm	18. Personal Development: Find the superhero in you @WW 5:30-7pm	19. Group Skills: Science Experiment @WW 5:30-7pm	20. COOKING: Herbs, spices and oils @WW 5:30-7pm	21.	22.
23.	24. Personal Development: Be your Best self @WW 5:30-7pm	25. Friendships: The 5 minute connection @WW 5:30-7pm	26. COOKING: Herbs, spices and oils @WW 5:30-7pm	27. Financial Health: Budgeting @WW 5:30-7pm	28.	29.

Project HEART July 2017
CLASS DESCRIPTIONS & DIRECTIONS
**ALL CLASSES ARE HELD AT WILLOWS WAY 800 Friedens RD, St. Charles MO 63303

Health and Nutrition: Quick and healthy snacks

Come learn about better choices for snacks and how to make more health conscience choices

Independent Living: Meal Prep

Jump on the meal prep bandwagon! Learn what meal prep is, why it can benefit individuals and the best techniques to accomplish effectively

COOKING: Herbs, Spices, Oils

Herbs, spices and oils can change the flavors and feelings of a dish, learn how to develop different meals using these extraordinary items.

**ALL COOKING CLASSES ARE AT WILLOWS WAY THIS MONTH

Exercise and Fitness:

Get Physical

Join in on the wellness train! Learn about different types of new and popular exercises, exercise basics and the benefits to help individuals live a healthy independent life.

Healthy Living: Stepping Stones:

Help build a bridge of strengths. In this class individuals will work together to

Identify their strengths and those of others, they will learn positive ways to support others and cumulate the class by creating their own small stone

Safety: First Aid Basics

We will cover all basics in a typical first aid class. From how to bandage a small scrape, how to prepare for a day in the heat and what information to give a first responder

Personal Development: Find the Superhero in you:

Join in a discussion about what makes a hero, what living heroes are with us today and design the type of hero you'd like to be.

Group Skills: Science Experiment:

Work with a group to perform the classic Egg Drop experiment. Build a nest for the egg to ensure it doesn't break when dropped.

Personal Development: Be Your Best Self:

In this class participants will discuss how to maintain a positive self-awareness, maintain a clean image and be your best fan.

Friendship: The 5 minute Connection

A first impression can go a long way, you can also learn a lot by the types of questions asked during an initial conversation. Learn what questions to ask and get to know your peers!

Financial Health: Budgeting

Marinating and following a budget will allow individuals to build for a future, save for a special trip or ensure they have the means to stay independent