

**Class Schedule for Heal Yourself Heal Your World Wellness Event  
Saturday, November 7, 2009 Apache Junction Multigenerational Center**

|                 | <i>Wellbeing Rm 118</i>                      | <i>Wisdom Rm 119</i>                                       | <i>Rejuvenation Rm 117</i>                                 | <i>Healing Motion Rm</i>        |                 |
|-----------------|----------------------------------------------|------------------------------------------------------------|------------------------------------------------------------|---------------------------------|-----------------|
| <b>8:00 AM</b>  |                                              |                                                            | Yoga Stretch                                               |                                 | <b>8:00 AM</b>  |
| <b>8:30 AM</b>  |                                              |                                                            |                                                            |                                 | <b>8:30 AM</b>  |
| <b>9:00 AM</b>  |                                              |                                                            |                                                            | Boot camp 101                   | <b>9:00 AM</b>  |
| <b>9:30 AM</b>  |                                              |                                                            |                                                            | Standing Pilates                | <b>9:30 AM</b>  |
| <b>10:00 AM</b> |                                              |                                                            |                                                            | Chair Pilates                   | <b>10:00 AM</b> |
| <b>10:30 AM</b> | Natural Detoxification of the Body           | Foods of the Superstitions (Cooking class)                 | Introduction to Reiki (Energy Healing)                     | Silver Sneakers Chair Yoga      | <b>10:30 AM</b> |
| <b>11:00 AM</b> |                                              |                                                            | <b>Age Less Live More by 108 year old Bernardo LaPallo</b> |                                 | <b>11:00 AM</b> |
| <b>11:30 AM</b> |                                              |                                                            |                                                            |                                 | <b>11:30 AM</b> |
| <b>12:00 PM</b> | Inspiration: The Lost Boys of Sudan (Africa) | Inner Engineering: ISHA Yoga Technology of Inner Wellbeing | What Your Stem Cells Can Do for You                        | Silver Sneakers Muscle / Cardio | <b>12:00 PM</b> |
| <b>12:30 PM</b> | Solar 101                                    |                                                            | The Flu: Fact, Fiction, & Prevention                       |                                 | <b>12:30 PM</b> |
| <b>1:00 PM</b>  | Your "Weight" is Over! Weight and Wellness   | Introduction to Herbal Healing                             | Know Your Feet                                             |                                 | <b>1:00 PM</b>  |
| <b>1:30 PM</b>  |                                              |                                                            |                                                            |                                 | <b>1:30 PM</b>  |
| <b>2:00 PM</b>  |                                              |                                                            |                                                            |                                 | <b>2:00 PM</b>  |
| <b>2:30 PM</b>  | Building Strong Bones for a Lifetime         | The Benefits of Chinese Medicine                           | Neck and Shoulder Massage                                  |                                 | <b>2:30 PM</b>  |
| <b>3:00 PM</b>  |                                              |                                                            |                                                            |                                 | <b>3:00 PM</b>  |

**Class Descriptions for Heal Yourself Heal Your World Wellness Event  
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*Age Less Live More by 108 year old Bernardo LaPallo*

Get tips on Health and Longevity from a master! You will be amazed at the energy and vitality of this 108 year old man, who shatters our popular beliefs about aging and has a passion for sharing his knowledge and experience about a healthy lifestyle.

*The Benefits of Chinese Medicine*

Overview of Traditional Chinese Medicine and the Eastern view of the body. How to use nutrition, meditation, physical activity and natural sources to promote personal wellness.

*Boot camp 101*

This class introduces the boot camp exercises, paying attention to form & function, without the intensity of the more advanced class. Led by MGC instructor Beth Lewis.

*Building Strong Bones for a Lifetime*

Learn how to build strong bones through nutrition and physical activity, Best Bones Forever.

*Chair Pilates*

Join Susan Tuttle for fun seated exercises using a play ball to tone your arms and legs and tighten your abs. Increase range of motion and improve your coordination!

**Class Descriptions continued for Heal Yourself Heal Your World Wellness Event  
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*The Flu: Fact, Fiction, & Prevention*

Learn about the flu including H1N1. Prevention methods highlighted, Questions welcomed.

*Foods of the Superstitions (Cooking class)*

Jean Groen shares recipes and techniques for preparing delicious dishes from the plants in our own desert and mountains.

*Inner Engineering: ISHA Yoga Technology of Inner Wellbeing*

We've engineered our outside world in search of happiness – it's time to engineer our inside world to truly achieve it with Yogic science & technology. Inner Engineering is a personal growth program by Isha Yoga, founded by Sadhguru Vasudev, yogi and mystic of South India.

*Introduction to Herbal Healing*

This class by Southwest Herb is herbal healing made easy. It breaks down herbs and teaches you how to prepare natural remedies in your own kitchen.

*Introduction to Reiki (Energy Healing)*

Reiki is a popular style of energy bodyworks that balances body, mind, and spirit to promote good health. Sharon Corrigan of the CAC CALL program introduces the concept of energy flow, contacting and directing the flow, and some principles and techniques.

*Inspiration: The Lost Boys of Sudan (Africa)*

Hear an amazing story that is beyond what most people have or ever will experience in this country. Their story will inspire you to greater Heights in achieving your goals.

*Know Your Feet*

Medical advice about the feet from Glen Robison, DPM, from what is the best shoe to buy to treating your feet.

*Natural Detoxification of the Body*

Our body can become polluted and toxic just by living, breathing, eating and working. Learn effective methods of cleansing your body for health and common illnesses, Larry Hellman.

*Neck and Shoulder Massage*

Relax with instructors from CAC's Massage Therapy Program and learn a bit about the anatomy of the neck and shoulder area. Step-by-step protocol for a relaxing massage.

*Silver Sneakers Chair Yoga*

A chair based yoga to help with flexibility, balance, range of motion, stress reduction and relaxation led by MGC Instructor Dale Meyerson.

*Silver Sneakers Muscle / Cardio*

Chair based aerobic class for Seniors and those with limited mobility, slowly increases muscular strength and range of movement led by MGC Instructor Dale Meyerson.

*Solar 101*

Steps and information on putting solar electricity on your home.

*Standing Pilates*

Learn from Susan Tuttle how to improve your body composition, increase your balance, and strengthen your core muscles using a chair for support and a play ball for fun.

*What Your Stem Cells Can Do for You*

Learn about adult stem cells and increased functioning through Stem Teck products.

*Yoga Stretch*

Designed for beginners, this class presents basic yoga poses for flexibility and strength. Led by MGC Instructor Grace Guilfoyle of Be Grace Movement Therapies.

*Your "Weight" is Over! Weight & Wellness Class*

Being overweight is linked to heart disease, sleep apnea, diabetes, high blood pressure. Take control of these conditions with proper diet and nutrition. Learn how the things we eat are making us sick! Presented by Take Shape for Life.