

Vitalize! Wellness Centre

April 2017 Newsletter

Stress Awareness Month

We all experience stress in our lives. Sometimes we feel more stressed than at other times. Stress is associated with difficult events or situations. Stress can be elicited from both sad and happy events such as moving, death, illness, going on vacation or visits from family.

Stress is associated with illness and a decreased feeling of well being. Individuals who are stressed have a greater chance of becoming ill.

Tips to Reduce Stress



ASSESS WHAT IS STRESSFUL - The first step in getting a handle on stress is to know what the stressors and potential stressors are in your life. Take a good look at your daily activities. What can be identified as stressful?

1. Concern for world conditions
2. Decreasing number of friends or losing old friends
3. Time with children or grandchildren too short
4. Change in your sleeping habits
5. Constant or recurring pain
6. Reaching a milestone year
7. Not enough visits to or from family members
8. Change in your sexual activity
9. Concern for children
10. Decreasing eyesight
11. Decreasing mental abilities (such as forgetting, difficulty with decision-making, planning, etc.)
12. Change in your diet or eating habits

ELIMINATE AND/OR MINIMIZE STRESSORS - After listing all of the stressors, think of which ones you can eliminate or do something about. Talk to other people, friends, family and clergy. Ask for help to look at the list and determine which stressors you can eliminate and/or minimize.

PLAN AHEAD - Plan ahead because it often takes longer than you would think to make a plane reservation, a doctor's appointment or cook a meal for friends.

DEVELOP A NETWORK OF FRIENDS - Feelings of loneliness or aloneness can be a chronic stressor. Do not rely only upon a small select set of friends. Expand you mind and your opportunities to have contact with others.

SPREAD OUT THE STRESSORS - Stressors grouped together increase the level of stress and have a cumulative effect on health and well being. Think of ways to spread out the events or situations that are stressful to you. Each stressor is additive and the more stressors in your life, the higher the level of stress. Plan for ways to decrease the number of stressors and the impact of each stressor in your life.

Saturday and After Hours Drop-Offs

If you have any confidential paperwork, keys or payments to drop off and there isn't anyone at the desk, please slide them under the door of the "Essentials Office" behind the front desk. That office is locked whenever we are away from the desk.

REMINDER

ALL MEMBERS — Please return the back page of your new member handbook to the front desk AS SOON AS POSSIBLE! Every member must be provided a copy and sign to confirm receipt.

Facebook

Please check us out and like the page,
[Vitalize Wellness Centre](#)



Events & Happenings

COFFEE CHAT with Joe Thimm, Chisago Lakes School District Superintendent

Come learn about the Chisago Lakes School District Bond Referendum being voted on Tuesday, May 9th. Joe will fill us in on everything we need to know about what is included with this referendum, so we can vote knowing all the facts.

Cookies & coffee will be provided

COST: Free

DATE: Tuesday, April 18 @ 2:00 PM

LOCATION: Studios of Art



GROUP FITNESS CLASS UPDATES

Stretch & Balance

Tuesday 8:15am—8:45am has been **cancelled**.

Tai Chi I & 2

Learn a new form each week – 6 basic and 6 advanced

Tai Chi I (for arthritis) begins Wed., April 19 @ 11:00 AM

Tai Chi 2 begins Monday, April 24 @ 11:00AM

Tai Chi 2 is for those who have learned the 12 lessons in Tai Chi 1. Novices will learn the six new lessons in Tai Chi 2 while those who have learned Tai Chi 2 will fine-tune their skills and practice with others.

REACH For The Stars Update

The **Monday** morning Reach for the Stars class will be **moving** from 10:00am to **9:00am** starting April 10th.

CARD MAKING CLASS

Come and learn a new skill and leave with 2 creative, professional, seasonal cards that are ready to send.

DATE: 1st & 3rd Thursday of each month @3:00 PM

COST: \$10 **LOCATION:** Ruben's Café

For more information or to register, please contact instructor **Faith Boston** at **651-464-6943**.

The BIGGEST Paint Party yet!

Be one of the first to try our new beautiful wooden easels and new brushes in this paint class! We are going to celebrate with complimentary beverages and snacks! This class will hold 20 people!!! Are you brand new to painting? Perfect!!! This class is for all skill levels!

COST: Member \$15
Non-member \$20

DATE: Thursday, April 13th
5:00pm—7:30pm

REGISTRATION DEADLINE:

Monday, April 10th, 2017

Both the Paint class and Tap Lessons are made possible by the voters of Minnesota through a grant from the East Central Regional Arts Council thanks to legislative appropriations from the Arts and Cultural Heritage Fund.



Paint Your Pet



YES YOU CAN!!! Don't be afraid!

Artist Joy Tate will sketch your pet onto the canvas before you arrive.

Then under her instruction, you will do the rest. It will turn out great! **Provide a clear, close up, well lit photo of your pet no later than April 20th. Drop it off at the front desk or email it to Joy. Feel free to bring your own snacks and beverages.**

COST: Members \$30 Non-members \$40

DATE: Thursday, May 4th from 4pm - 8pm (you can leave earlier if yours is completed).

REGISTRATION DEADLINE: Thursday, April 20th, 2017
Register soon as we can only take 6 people! Payment is required at the time of registration.

Questions? Please contact Joy at (651)257-7968
or joytate@ecumen.org.