Yoga & The Chakras
Tuesday 2:00 - 3:00 pm
Fall: Oct. 30th - Nov. 27th  6 Classes: $50
Winter: Jan. 8th - Feb. 12th (No Class 1/22)  5 Classes: $50

Instructor: Susanne Chakan, RTY, is a certified Yoga Teacher from the Himalayan Institute and is certified in Cardiac Yoga from Integral Yoga.

This class incorporates Chakra meditation along with Yoga postures for a deeply restorative practice. Chakra meditation involves focusing on the 7 chakras in the body and their color vibration to bring balance to your mind and body.

This class is done in a seated position.

Martial Arts-Ercize
Friday 1:30 - 2:30 pm
Fall: Nov. 2nd - Dec. 7th (No Class 11/26)  5 Classes: $50
Winter: Jan. 11th - Feb. 15th (No Class 1/21)  6 Classes: $60

Instructor: Sensei David Sheeger, is a fourth degree black belt instructor with over 23 years studying and practicing martial arts. Martial arts movements are set to music in this unique and enjoyable class. Get fit and strong, improve your balance, all in a fun and relaxed setting. The practice of martial arts helps strengthen both mind and body connections.

This class can be done in a seated and/or standing position.
Paint Your Own Masterpiece
Monday October 15th
1:00 am - 12:30 pm
Cost $5

Tap into your creative side and enjoy a relaxing painting project with friends.

Led by IWD Staff

Work Readiness Program
Tuesdays 11:00 am - 1:30 pm
October 16th - December 18th
No Fee, Must Pre Register

In this 10 week course you will learn ways to develop your employability skills.

We will cover the following topics: Communication, Team Work, Time Management, Interviews, Networking and much more!

Led by IWD Participant Michele Greene

BINGO!
11:30 am - 12:30 pm
Friday, October 26th
Wednesday, November 28th
Monday, December 17th
No fee to enter, Must Pre Register

Join us for fun and games at the IWD. The first one to get five in a row and yell “BINGO” wins!

Led by IWD Staff