

Boise PT 180 Office Community Education: Winter 2019

Wednesday, Jan 30 **Why your Lymphatic Matters, Glenda Bell, LMT** 6:30-8:00 pm

Learn from an expert what your lymphatic system is and why keeping yourself well depends on it. Learn practical tools and methods for stimulating lymph flow. We will discuss what steps to take to avoid lymphatic congestion.

Thursday, Jan 31 **Optimizing Nutrient Levels for Health and Vitality, Dr Jade Dandy**

6:30 -8:00 pm; This class will describe how nutritional deficiencies can cause many diseases. We will instruct you in how to check nutritional levels and what vitamins are bio-available and which ones you need to stay healthy.

Tues, Feb 5 - **Exercise Ball class: Paula Kosberg, DPT** 6:30 - 7:30 pm bring ball- Max 6

Have you ever wanted to learn to correctly use that big exercise ball that is in your house? Or need a challenging core exercise program for home. This training is for you. Taught by a PT, this class will instruct you in basic core exercises using your ball. Reservations required through Boise Community Education.

Thursday, February 7- **Balance and Tai Chi, Esther Winn, DPT-** 6:30 -8:00 pm

Have you noticed your walking has not been steady lately? Do you have trouble sanding on one leg? Trouble changing directions quickly when walking? Tai Chi is an ancient Chinese tradition that has been shown to improve balance in the general population. This class will cover balance principles, a progressive balance training program, and Tai Chi sequences. Learn how to improve your balance systems with active interventions. -Exercise clothing suggested.

Tuesday, February 12 – **Time Wounds All Heels, Jeff Jacobs** 6:30 – 8:00 pm

Learn the basics of foot care and treatment of common foot ailments. Discussion will include preventative measures as well as therapeutic solutions to foot pain. This is a fragrance-free event.

Thurs. February 28. 2018 **Improve your Posture: Jill Thompson, PT-** 6:30 -8 pm

Learn easy ways to improve standing and sitting posture for decreased stress, pain and tightness from a Physical Therapist. Stop living with pain!

Thursday, March 7- **Acupressure Common Problems- Betsy Wiss, LAC** 6:30-8:00

Learn about acupressure points that will allow you to self treat stress, anxiety, pain and many other common complaints. Taught by licensed acupuncturist

Tues, March 12 -**Heal your Low Back Pain Instructor-Heather Lowe, DPT** 7:00- 8:00

Come to a comprehensive class all about lower back pain (LBP). You will learn about LBP common causes; anatomy, physiology, exercises/stretching, posture/positioning, and gait all centered around treating yourself. Taught by a physical therapist:

Thursday, March 14- **Pelvic Power, Lisa Kolesar, DPT-** 6:30 – 8:00 pm

For those who have residual issues (pain, incontinence, sexual dysfunction) following events such as child birth, hysterectomy, prostatectomy or want to learn how to minimize those issues prior to these events. This class will educate you about the pelvic floor, its functions and how to reconnect your mind and body to optimize functional control again. You will learn simple activities and be given basic advice as to how regain/retain pelvic floor control.

Meridian Office Community Education: Winter 2019

Tuesday January 29- ***Foam Roller Class, Amica Vogler, DPT*** 6:30 – 7:30 pm
Learn how to effectively use your foam roller for core, flexibility and self massage.
Instructor: Amica Vogler, DPT. Registration required. Limited to 10 participants.

Call Community ED **208-854-4047** to reserve your spot, *These are fragrance-free events.*
Please do not wear any perfumes etc.