

### AYURVEDIC MEDICINE AND ESSENTIAL OILS

**Time: 6:30 PM to 8:00 PM Thursday, February 23, 2017**

Learn the ancient healing practice of Ayurveda. Practices that will help you maintain your ideal weight, relieve stress, boost immunity & assist with pain, inflammation and promote healing.

**InstructorS: Heather Lowe, DPT & Satyavani Kelli Harrington**

### PHYSICAL THERAPY FOR URINARY INCONTINENCE

**Time: 6:30 PM to 8:00 PM Tuesday, February 28, 2017**

Learn causes of bladder control issues from a PT perspective and learn how you can improve your bladder control with use of physical therapy modalities including exercises, biofeedback and logging.

**Instructor: Katie Zerr, DPT**

### POSTURE TRAINING FOR PAIN REDUCTION

**Time: 6:30 to 8:00 PM Wednesday, March 1 2017**

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

**Instructor: Paula Kosberg, DPT**

### ACUPRESSURE POINTS FOR COMMON PROBLEMS

**Time: 6:30 to 8:00 PM Thursday, March 2, 2017**

Acupressure is a technique that helps clear energy imbalances by touching related points on the body. You will learn sequences of gentle touch that ease breathing difficulties, poor digestion, and more!

**Instructor: Betsy Wiss, LAc**

### FAMILY CAREGIVER SAFETY

**Time: 6:30 to 8:00 PM Monday, March 13, 2017**

Caregivers, learn about Transfers, Bed Mobility, and Floor-to-Standing Assistance. Helping people move presents risk of injury for both the person and the caregivers. This is a hands-on class and requires a team of 2 to participate.

Gait belt required. 2-for-1 registration! One registers, two attend.

**Instructor: Chris Martinez, DPT**

### WHY YOUR LYMPHATIC SYSTEM MATTERS

**Time: 6:30 to 8:00 PM Wednesday, March 15, 2017**

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.

**Instructor: Glenda Ball**



## Community Education Winter 2017

**Starts January 23**

*Physical Therapy 180°* is pleased to host **Boise School District Community Education Winter 2017 session**. We have an exciting curriculum of health care issues being taught by leading experts in their field. We will be hosting the presentations at our facility: **5909 W State Street, Boise**. Course descriptions and instructor biographies are available on line at <http://www.boiselearns.org/pub/>

**Call *PT 180°* at 343-7700 for more information.  
Call Community Ed at 854-4047 to reserve your spot**



**Community**  
**EDUCATION** BOISELEARNS.ORG

### **FOAM ROLLER SELF-TREATMENT & EXERCISE**

**Time: 6:30 PM to 8:00 PM Monday, January 23, 2017**

Description: Attend this class taught by a physical therapist and learn how to use a foam roller for strengthening, stretching, massage and core stability. Learn how to self-treat sore joints and muscles.

**Instructor: Lisa Kolesar, DPT**

### **MOVING BEYOND PAIN: INTRODUCTION**

**Time: 6:30 PM to 8:00 PM Wednesday, January 25, 2017**

This class will provide you with specific paths to learn to listen to your body so that you can keep doing what you love while healing the causes of your pain.

**Instructor: Matthew Nelson**

### **INTRO TO MEDICAL QIGONG**

**Time: 6:30 PM to 8:00 PM Thursday, January 26, 2017**

A Holistic system of healing (moving/stationary), breathing techniques and mental focus that facilitates the flow of energy to relieve pain, stress and heal the body mind and spirit.

**Instructor: Dr. Michael Bittner**

### **BUILD AN EFFECTIVE & EFFICIENT TRAINING PROGRAM**

**Time: 6:00 PM to 7:30 PM Monday, January 30, 2017**

Developing a great exercise training program comes from a delicate combination of science & art. In this class you'll learn basic principles to create an efficient, effective program to maximize performance & minimize risk injury.

**Instructor: Michelle Wiens**

### **INTRO TO AYURVEDA**

**Time 6:30 to 8:00 PM Tuesday, January 31, 2017**

Learn the ancient healing practice of Ayurveda. Four pillars of optimal health from an Ayurvedic Perspective. Practices that will help you maintain your ideal weight, relieve stress, boost immunity throughout the seasons.

**Instructor: Satyavani Kelli Harrington**

### **ADRENAL FATIGUE:NUTRITIONAL TOOLS FOR RECOVERY**

**Time: 6:30 PM to 7:45 PM Wednesday, February 1, 2017**

Learn the physiological effects of stress on your body. Identify you "energy drains" and real strategies for recovery—what foods to eat more, what food to avoid, how to eat and important lifestyle shifts that will support recovery.

**Instructor: Kendy Radasky, MS, NTP**

### **ADDRESSING SHOULDER PAIN**

**Time: 6:30 PM to 8:00 PM Monday, February 6, 2017**

Learn about the causes of shoulder pain and conservative treatments to help diagnosis and treat your pain

**Instructor: Jill Thompson, PT**

### **THE SUGAR BLUES: FEEL BETTER WITH LESS SUGAR**

**Time: 6:30 PM to 7:45 PM Wednesday, February 8, 2017**

Come learn how our bodies react to and regulate sugar intake, and how a shift toward properly prepared whole foods can help you on your way to kicking the sugar habit.

**Instructor: Kendy Radasky, MS, NTP**

### **RESISTANCE BAND HOME TRAINING**

**Time: 6:30 PM to 8:00 PM Monday February 13, 2017**

Learn to use the resistance band for a total body workout tailored just for you. Great for home, work, or travel. the band fits in your pocket, purse, or suitcase. Suitable for any level of fitness.

**Instructor: Jill Boyer**

### **FENG SHUI: CALIBRATION FOR HEALTH & HAPPINESS**

**Time: 6:30 PM to 8:00 PM Thursday, February 16, 2017**

Learn about the flow of energy, how to organize an environment to support the free flow, abundant flow of energy in concert with nature. Learn what supports health, wealth and relationships.

**Instructor: Dr. Michael Bittner**