

Community Education and Support

Wellspring: A Center For Extraordinary Living

1475 Mt. Hood Avenue, Woodburn

iamwellspring.com

Mother's Day Brunch

Sunday, May 8 / 10a.m. - 2 p.m. / \$29 Adults, \$19 Seniors 65+, \$9 Kids Ages 10 - 5, Free Kids under 5

Moms are half-price!

Limited Seating. Call 971.983.5280 for reservations.

Cooking Class: Celebrating Cinco de Mayo

Tuesday, May 3 / 6-7 p.m. /Wellspring, Vitality Fireside / \$25 per person or \$70 for a group of four

Impress your friends and families with authentic Mexican cuisine this Cinco de Mayo. Celebrate Mexico's history by learning to make homemade tortillas, chile rellenos, tamales, Mexican rice, salsa, guacamole and more. *Meal and take home recipes included. Call 971-983-5280 to register.*

Dance Like a Star Ballroom Dance Class Series

Wednesdays, May 4- June 8 / 6-7 p.m. / Cost for the six-week series is \$150 per couple or \$90 for a single

This six-week dance class series will focus on the fundamentals of Tango, Waltz and Swing. The last session is a Dance Showcase, to which you may invite guests. All levels are welcome, and beginners are encouraged! Come early each week, to enjoy a free happy hour drink fireside at Vitality Bistro. *Call 971-983-5387 to register.*

Get Your Sexy Back: A Spa and Fitness Event

Friday, May 6 / 6:30 - 8:00 p.m. / The Woodlands at Wellspring / Free

An infusion of experiences and ideas for being your most vibrant, sexy and healthy self! Sample nutritious, sensual appetizers, wine & non-alcoholic beverages. Free skincare consultations by leading experts in medical skincare, including our dermatology nurse. Inspirational testimonials, belly dance & day to night hair and makeup demonstrations, Botox® demonstration, an interactive drawing for hundreds of dollars worth of prizes! Dress up and join in the spirit of the evening! *Packages available for purchase May 6 only. Presale available. RSVP Required by May 2 to 971.983.5270*

Beautiful Curves Belly Dance Workshop

Saturday, May 7 / 8-10am / Fitness Studio / \$35

Learn slow moves that stretch your body, feel great, embrace extension, and allow you to reach diverse body angles safely. Participants are required to bring a large scarf that can be tied around the hips. *Call 971-983-5230 to register by May 2.*

Living Well!

Mondays, May 9 - June 20 / 5:30-8pm / Wellspring Harvest Kitchen / FREE

This 6-week workshop explores practical skills for living a full, vital life with ongoing health conditions such as heart disease, diabetes, arthritis, pain or asthma. Each class is 2 ½ hours and is fun and interactive. Build confidence around managing health, staying active and enjoying life! *Pre-registration required by calling 971-983-5212.*

WellspringHeart Immersion Retreat

May 14-20

WellspringHeart teaches lifestyle changes--nutrition, exercise, stress reduction and group support--to reverse heart disease. The principles are evidence-based to prevent and reverse the nation's #1 health concern. The WellspringHeart Immersion Retreat is a one-week experience with hands-on learning to start the year-long program. *Call 971-983-5212 for more information or to register.*

Marvelous Mother's Day Sale

May 4-7 / Wellspring, The Source

25% off all merchandise

Ongoing Classes Events/Classes/Programs At Wellspring

Weekly Dinner Specials at Vitality

Every Monday, Wednesday, Friday / 5-8pm / \$15.99 per person

Monday/Pasta Night: Come and see what the Chef's have cooked up with different pastas, sauces and fillings every Monday

Wednesday/Prime Rib Night: Roast of Rib accompanied with Baked Potato, Vegetables and Braised Cabbage

Friday/Fish and Chips: Choice of Baked Fries or Sweet Potato Fries and Halibut or Cod with Tartar Sauce and Cabbage
Receive a free bottle of wine with the purchase of four meals. Call Vitality at 971-983-5280 for reservations.

Fitness Studio Classes

Monday-Saturday / Free to member, \$10 per class for drop-ins, \$75 for a 10 class punch-card (do not be a Fitness Center member to purchase)

We've got just what you're looking for! Yoga, Group Training, FLOW, Pilates and more. *Call 971.983.5230 for days and times or log on to iamwellspring.com*



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Personal Fitness Coaching

By appointment only.

Integrative personal trainers, yoga and Pilates instructors are available for private instruction. *Call 971-983-5230.*

Pregnancy Yoga

Wednesdays, 6-7pm / Wellspring Garden Room / \$60 for a 6-class punch card

Join the supportive company of other mothers-to-be and learn relaxation skills. Prepare for an optimal birthing experience through gentle yoga stretches, deep relaxation and meditation.

Pre-registration required. Call 971-983-5212.

Stress Relief Group Class

Tuesdays, 5 -6pm "The Basics"

Wednesdays, 5 -6pm "Beyond Basics"

\$10 per class or \$75 for 10 classes

Better understand the stress response, your unique stress triggers, and the risks associated with unhealthy coping choices. Experience the relaxing, refreshing effect of a guided practice. Develop a personal relaxation practice by learning to integrate stress relief techniques into your daily life. *Call 971.983.5212 for more information.*

Wellness Coaching

\$498 for 3 months of coaching

What's your story? Wellness Coaching starts with an in-depth conversation between you and your coach. What does wellness look like to you? What activities do you enjoy? What have you identified as your "blocks" to healthy living? Our Wellness Coaches will work with you to formulate a specific plan toward optimal wellness that focuses on your dreams for your best self, with specific and achievable goals along the way. Appointments can be conducted by phone or in person. *Call 971-983-5230 for an appointment.*

Wellspring Connections

Second Wednesday of each month / 6:30-7:30 p.m. /

Wellspring Resource Library

This free, ongoing educational support group provides a positive place for valuable support and connection with people who are managing their health, and coping with chronic illness. This group is for all people who are managing chronic disease and symptoms such as diabetes, heart disease, cancer, fibromyalgia, chronic pain, depression, and more. *For more information contact Darlene Jost Babin, Group Support Facilitator at 971-983-5212.*

Alzheimer's Caregivers Support Group

Third Mondays monthly / 2-3pm

If you're caring for a loved one afflicted at home, in a care facility or by long distance, join this group for mutual support and hear speakers on topics such as behavior, legal issues, nutrition, services available, coping and self care. *For more information contact facilitator Mary Reitan at 503.502.4509*

Mindful Movement for Parkinson's

Tuesdays / 1-2pm / Wellspring / \$120 for 12 weeks

An exercise class for adults with Parkinson's Disease, Mindful Movement will enable participants to increase flexibility, strength, balance, coordination, voice power and speech clarity. Join others with Parkinson's and take steps toward living a fuller life. *Call 971-983-5212 to pre-register.*

Tukwila Center for Health & Medicine

693 Glatt Circle, Woodburn

Foot Care Service

Tuesdays / 8:30am-2pm / \$30

Toenail clipping, foot massages and care provided in a relaxing environment. Volunteers schedule appointments and provide rides to and from the clinic. The Foot Clinic is open to anyone in need of foot care. *Call 503-982-4878 Monday-Friday from 8:30am-4:30pm for an appointment.*