



# 2019 Summer Classes

MaineHealth  
Learning Resource Center

We've heard your feedback and have made some changes to our classes!

- We are now offering classes year-round, including during the summer.
- Instead of announcing classes twice a year, we will be posting them on our registration site as soon as they are scheduled. This gives you as much time as possible to register.
- Our full class descriptions will only be available on our registration site. This is to save the paper in printing a full catalog.

## June

### **Pre(vent) Diabetes: Healthy Habits & Recipes**

*Tue. June 4, 5:00 pm - 6:30 pm, Falmouth LRC, \$25*

This class will explain what prediabetes is and some healthy lifestyle changes you can make to improve your health and prevent type 2 diabetes. Come try some new recipes!

### **Chair Yoga**

*Weds. June 5 - 26, 11:00 am - 12:00 pm, Scarborough LRC, \$40*

Chair yoga is practiced while seated in a chair or standing using the chair as a support. This makes it available for people who are not able to stand or get on the floor. This is a 4-week class.

### **Restorative Yoga**

*Weds. June 5 - 26, 2:00 pm - 3:00 pm, Scarborough LRC, \$40*

Restorative yoga is a practice of allowing your body to relax and rest deeply. It helps relieve the effects of stress and tension as well as boosting the immune system. This is a 4-week class.

### **Instapot Madness: Join the Craze!**

*Thu. June 6, 5:00 pm - 6:30 pm, Falmouth LRC, \$25*

Join us to experience what the Instapot rage is all about and witness how it can revolutionize and simplify your cooking. Try some of our instructors' favorite recipes.

### **Meatless Mondays the Whole Family Will Love**

*Mon. June 17, 5:30 pm - 7:00 pm, Falmouth LRC, \$25*

Go beyond beans and tofu to explore flavorful, easy, and filling recipes that will appeal to everyone from meat eaters and picky eaters to lifelong vegetarians.

## July

### **Mindfulness-Based Stress Reduction (MBSR)**

*Tues. July 9 - Aug. 27, 5:30 pm - 8:00 pm, Scarborough LRC, \$250 **or***

*Weds. July 10 - Aug. 28, 10:00 am - 12:30 pm, Scarborough LRC, \$250*

The 8-week MBSR program will help you cope with both long- and short-term stress. The class involves mindful meditation practices, discussion, gentle stretching and yoga. Call 207-396-8570 to request financial assistance.

### **Restorative Yoga**

*Weds. July 10 - 31, 2:00 pm - 3:00 pm, Scarborough LRC, \$40*

Restorative yoga is a practice of allowing your body to relax and rest deeply. It helps relieve the effects of stress and tension as well as boosting the immune system. This is a 4-week class.

### **Self-Transformation with EFT/Tapping**

*Wed. July 10, 4:30 pm - 5:30 pm, Falmouth LRC, \$15*

EFT is a mind-body stress reduction technique that uses the same energy meridians as acupuncture, without the needles. Learn how to use this technique on yourself.

### **Pump Up Your Pelvic Floor**

*Mon. July 15, 4:30 pm - 6:00 pm, Falmouth LRC, \$15*

This class will teach you how to find, feel, and move your pelvic floor muscles in order to improve bladder control, decrease pain during childbirth, and more!

### **Surviving a Low-Carb Summer**

*Tue. July 16, 5:00 pm - 6:30 pm, Falmouth LRC, \$25*

Join us to learn some ideas for low-carb meals and treats that you can enjoy all summer long. Come hungry!

### **Healthy Eating and Cooking to Lower Blood Pressure**

*Mon. July 22, 5:30 pm - 7:00 pm, Falmouth LRC, \$25*

Join us to learn how the DASH diet can help lower blood pressure and about its other health benefits. We will cook a couple of recipes for you to learn and try.

### **The Secrets of Inflammation**

*Mon. July 29, 5:30 pm - 7:30 pm, Scarborough LRC, \$20*

Join us to learn about the hot topic of inflammation and how it can affect our health and wellness. Making small changes to your diet can improve your health.

**Register:**

**LRCclasses.CourseStorm.com**

## August

### **Pre(vent) Diabetes: Healthy Habits & Recipes**

*Mon. Aug. 5, 5:00 pm - 6:30 pm, Falmouth LRC, \$25*

This class will explain what prediabetes is and some healthy lifestyle changes you can make to improve your health and prevent type 2 diabetes. Come try some new recipes!

### **Restorative Yoga**

*Weds. Aug. 7 - 28, 2:00 pm - 3:00 pm, Scarborough LRC, \$40*

Restorative yoga is a practice of allowing your body to relax and rest deeply. It helps relieve the effects of stress and tension as well as boosting the immune system.

### **Farmer's Market Finds**

*Thur. Aug. 8, 5:00 pm - 6:00 pm, Falmouth LRC, \$20*

Join us to learn what you can expect to find at a farmer's market and how you can use what you find to make healthy meals.

### **Fact or Fiction: The Keto Diet**

*Mon. Aug. 19, 5:00 pm - 6:00 pm, Scarborough LRC, \$10*

It seems like everywhere you look, people are talking about the keto diet. We will sift through the information together and help you decide if it is all it's hyped up to be.

### **Build Your Own Poké Bowl and Suski Stacker**

*Tues. Aug. 20, 6:00 pm - 7:30 pm, Falmouth LRC, \$25*

You don't have to roll sushi to enjoy all the stuff that makes it delicious! Join us to make a healthy poké bowl and quick, easy, and healthy sushi stackers.

### **Making Homemade Baby Food**

*Mon. Aug. 26, 5:00 pm - 6:00 pm, Falmouth LRC, \$10*

Come learn how easy it can be to make healthy, homemade baby food for less than the cost of store-bought jars or pouches.

## Our Policies

**Register:** [LRCclasses.CourseStorm.com](https://www.coursestorm.com)

**Request financial assistance or accommodations:** Call 207-396-8570

**Discounts:** 20% discount to seniors, veterans, & MH employees

**Refunds:** Refunds may be given up to 48 hours before the class begins

## Contact Us

**Call:** 207-396-8570

**Email:** [HealthQuestions@MaineHealth.org](mailto:HealthQuestions@MaineHealth.org)

**Online:** [MaineHealth.org/LRC](https://www.mainehealth.org/LRC)

**Visit:** 5 Bucknam Rd., Falmouth & 100 Campus Dr., Scarborough