

## **TRURO COMMUNITY EDUCATION**

### **CLASSES BEGINNING LATE SPRING- SPACE AVAILABLE – FREE SESSION AVAILABLE**

#### **Beginner's Spanish I**

*Violeta Villamil*

**Truro Central School Classroom**

**Mondays, 7:00-8:00 pm**

**Class Begins April 22, 2019(6 weeks)**

**\$65.00/\$60.00 (Sen. Discount)**

Are you contemplating visiting a Spanish-speaking country? Just want to talk with your neighbors? Would you like to gain some conversational ability? If so, this beginner's Spanish course is for you! The instructor's native language is Spanish and her technique emphasizes direct conversational participation. Vocabulary, sentence structure, and correct pronunciation will be developed. Some learning materials will be available for each student to purchase, an expense separate from the initial price of the course.

#### **Intermediate Spanish**

*Violeta Villamil*

**Truro Central School Classroom**

**Mondays, 6:00-7:00 pm**

**Class Begins April 22, 2019(6 weeks)**

**\$65.00/\$60.00 (Sen. Discount)**

Seeking to further develop your Spanish skills? Want to convert your rusty Spanish into something that really works for you? Need to polish your conversational ability for a trip to a Spanish-speaking country? Simply want to communicate with your neighbors? This course is designed for students with some experience in Spanish. Beginners should not attempt this course. The instructor's native language is Spanish and her technique emphasizes direct conversational participation. Vocabulary, sentence structure, and correct pronunciation will be developed. Some learning materials will be available for each student to purchase, an expense separate from the initial price of the course.

#### **Beginner's Spanish II**

*Violeta Villamil*

**Truro Central School Classroom**

**Tuesdays, 7:00-8:00 pm**

**Class Begins April 23, 2019(6 weeks)**

**\$65.00/\$60.00 (Sen. Discount)**

This course, a step up from Beginner's Spanish Level I, is for students who are continuing to master fundamental conversational abilities and who are not yet ready for the Intermediate Spanish course. Direct conversational participation will be emphasized along with vocabulary, sentence structure, and correct pronunciation. Some learning materials will be available for each student to purchase, an expense separate from the initial price of the course.

#### **Healing Your Brain, Nurturing Your Mind**

*Alison Dwyer*

**Truro Central School Classroom**

**Monday 5:00-8:00PM**

**One Session – May 6, 2019**

**Free introductory Session – must pre-register to attend**

Are you confused by the hype and sheer magnitude of media messages about how to have a healthy brain? Are you confused about which supplements are best? Do you want to take more control of your health and aging process? Do you suffer from anxiety and depression and wonder what you can do to feel better?

This 3- hour workshop will introduce the participant to scientifically based practices that:

\*Improve brain function

\*Aid in the prevention of Dementia  
\* Improve mood  
\*Assist in the healing of depression and anxiety states  
\*Reduce stress and increase overall well-being  
Join Integrative (Holistic) Nurse Practitioner and Mindfulness teacher, Alison Dwyer for an educational, interactive and user friendly experience.  
You will leave this workshop with tools for your Health and Wellness Toolbox Visit Alison at [www.alisondwyer.com](http://www.alisondwyer.com)

**Your Amazing, Changing Brain and Stress Reduction Series**  
**The How-to's of optimizing your brain and whole body health**

***Alison Dwyer***  
***MSN, APRN-BC, Holistic Nurse Practitioner***

**Truro Central School Classroom** **Mondays, 6:00-7:30 pm**  
**Class Begins: May 13, 2019 (5 weeks- no class Memorial Day) \$65.00/\$60.00 (Sen. Discount)**

- 1) **A User's Guide to Your Brain** - A fun, interactive class about getting to know your brain What is neuroplasticity? How our brain and body are connected. What's a neuron and what's it to me?
- 2) **The Brain In Sickness and Health**- An informative, interactive class exploring the brain's relationship to illness, (brain fog, memory issues, Alzheimer's, anxiety, depression, stress) Is Alzheimer's preventable? What is inflammation? How to help the brain and body heal. How to prevent decline at any age.
- 3) **The Road A-Head..... and a Body**—part 1- A fun, interactive class exploring conventional medicine versus holistic medicine on treating and healing our body and brain. The bodymind connection and the role of nutrition, stress reduction, environment, social connection in healing. We will be exploring the tools of mindfulness, movement, nutrition and other lifestyle factors that are important components of getting and staying well.
- 4) **The Road Ahead Part 2**- An empowering, interactive class exploring your own lifestyle - what's working and what's not.
- 5) **The Map** - A hands on, interactive class integrating the knowledge and insights from the course and your practice. creating your own prescription for health based on your specific needs.

Each week we will be practicing components of Mindfulness Based Stress Reduction (MBSR)- A powerful, evidence-based program that has been proven to increase the state of whole-body health.  
MBSR is based on Dr. Jon Kabat-Zinn's groundbreaking work which has helped thousands of people recover and heal from physical and mental health disorders.  
Please dress comfortably in clothing you can move freely in.