### Project HEART
**Health Enrichment And Resource Training**

August 2019

This program is fully funded by DDRB

Classes are offered to people 16 years or older with intellectual/developmental disabilities, their family, and support staff in St. Charles County! **ALL CLASSES ARE FREE!**

REGISTRATION AND INITIAL INTAKE INTERVIEW ARE REQUIRED.

Project HEART information can be found at [https://www.willowsway.org/programs/project-heart](https://www.willowsway.org/programs/project-heart)

If you need support in a classroom setting please bring along a support staff person.

Please contact Elizabeth Tappmeyer at elizabetht@willowsway.org or 636-757-0517 for more information.

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<th>SUNDAY</th>
<th>MONDAY</th>
<th>TUESDAY</th>
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#### 4 \& 5
- **6 HEARTbeat-Community Events!**
  - Learn about the free and budget friendly local events happening throughout the month.
  - @Willows Way: 5:30pm-6:30pm

#### 11 \& 12
- **13 First-Aid Skills: Top 5 Skills You Need to Know!**
  - Review the Top 5 basic first aid skills you should know and how to preform Hands-Only-CPR!
  - @Willows Way 5:30pm-6:30pm

#### 18 \& 19
- **20 Home Hacks: Mending Fabrics**
  - Don’t throw out your favorite shirt when it rips, learn how to mend it!
  - @Willows Way 5:30pm-6:30pm

#### 25 \& 26
- **27 Music Made Easy: Reading Music for Beginners**
  - Learn to identify basic music notes by sight and sound!
  - @Willows Way 5:30pm-6:30pm

#### 28 Chair Boxing
- **Chair Boxing**
  - Ever wanted to learn some boxing moves? This is a great workout for every skill level.
  - @ Willows Way 5:30pm-6:30pm

#### 29 Online Dating
- **Curious about modern dating and how it works?**
  - An introduction to online dating, apps, and how to be safe!
  - @Willows Way 5:30-6:30pm

#### 23 \& 24
- **22 One Pot Meals!**
  - No fuss kitchen skills!
  - Learn to cook a “One Pot Wonder” recipe.
  - @ Calvary Church St. Peters 5:30pm-7:00pm

#### 5 \& 6
- **7 Balancing a Checkbook**
  - Learn how to balance your checkbook and keep up to date on your finances.
  - @Willows Way: 5:30pm-6:30pm

#### 9 \& 10
- **8 A History of Video Games**
  - Attention fellow gamers! Join us to learn about the history of video games and how they can benefit you!
  - @Willows Way: 5:30pm-6:30pm

#### 15 Hands on Stress Relief
- **Learn the tools to live in harmony with yourself and your environment.**
  - @Willows Way 5:30pm-6:30pm

#### 14 Get Fit: Yoga at Frontier Park
- **Meet our group to relax your mind and body while learning some basic yoga poses.**
  - @ Frontier Park 5:30pm-6:30pm

#### 21 Gaining Empathy: Identifying Feelings
- **Learn how to identify the feelings of others using facial expressions and body language.**
  - @Willows Way 5:30pm-6:30pm

#### 30 \& 31
- **29 Online Dating**
  - Curious about modern dating and how it works? An introduction to online dating, apps, and how to be safe!
  - @Willows Way 5:30-6:30pm
Project HEART August 2019 Class Descriptions

August 6, 2019- HEARTbeat-Community Events!
Bored of staying in or your regular entertainment go-tos? Join us to learn about the different, fun, affordable, and/or FREE events happening this month in your community! @ Willows Way 5:30pm-6:30pm

August 7, 2019- Balancing a Checkbook
Learn how to use your receipts to balance your checkbook! We will take it step by step and the biggest balancing act in our finances. Please bring a calculator if you have one.  @ Willows Way 5:30pm-6:30pm

August 8, 2019- A History of Video Games
Fellow gamers unite to discuss the history and video games from the beginning into 1960 until now in present day 2019. We will also discuss the benefits of video games and play some too!  @ Willows Way 5:30pm-7:00pm

August 13, 2019- First Aid Skills: Top 5 Skills You Need to Know!
Sometimes emergencies happen. Don’t be caught off guard! Come to class and learn the Top 5 Skills you need to know including Hands-Only-CPR. We will also cover how to use your First-Aid kit, even how to use what’s around you when you don’t have one with you.  @ Willows Way 5:30pm-6:30pm

August 14, 2019- Get Fit! Yoga at the Park
Need to relax after the hectic summer holiday celebrations? Meet our group at the park to learn how to relax your mind, body, and soul with a new coping skill. YOGA! We will be learning the basic positions while enjoying the relaxing river scape at Frontier Park. Remember to wear comfy clothing and to bring a snack for yourself and water bottle.  @ Shelter 1, Frontier Park: 5:30pm-6:30pm

August 15, 2019- Hands on Stress Relief
Do you want to learn to live your life in harmony with yourself and your environment? Join us for an evening of Zen and relaxation as we learn how to use essential oils, music, physical activity, and make your very own stress ball.  @ Willows Way 5:30pm-6:30pm

August 20, 2019- Home Hacks- Mending Fabrics
Have you felt the dread after finding a rip or tear on one your favorite tees or pair of pants? Fear not in this class we will learn the basics of repairing your favorite fabric items from mending tears, patching, and replacing buttons.  @ Willows Way 5:30pm-6:30pm

August 21, 2019- Gaining Empathy- Identifying Feelings
Ever felt out of the loop when a friend is upset and maybe nervous about how to respond? Build your communication tool-box and learn the skills you need to understand others by looking at their body language and facial expressions.  @ Willows Way 5:30pm-6:30pm

August 22, 2019- One Pot Meals!
Busy week nights? In this session we focus on learning to make a no fuss one pot Spaghetti recipe that is great for when you have other things to do besides the dishes.  @ Willows Way 5:30pm-7:00pm

August 27, 2019- Music Made Easy: Reading Music for Beginners
Passionate about music but don’t know where to start? Every great musician didn’t know anything when they started either. Join this class to learn the basics of reading music through sight and sound!  @ Willows Way 5:30pm-6:30pm

August 28, 2019- Chair Boxing
Come perfect your power punch and have a ton of fun! Join us to learn simple boxing moves such as power punches and combinations all while remaining seated or standing if you wish!  @ Willows Way 5:30pm-6:30pm

August 29, 2019- Online Dating
Curious about modern dating options? In this session we will introduce different options for modern dating, apps and websites, and learn about online safety while online dating.  @ Willows Way 5:30pm-6:30pm