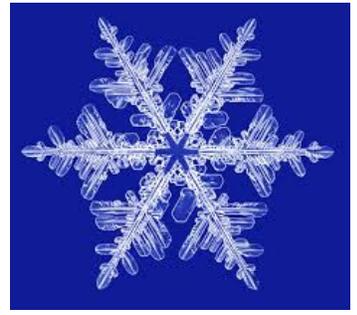


BUILDINGHOPE SUMMIT COUNTY



SUPPORT & CONNECT!

All events are FREE; all are welcome!

JANUARY EVENTS:

ALL EVENTS REQUIRE ONLINE REGISTRATION

Register at www.buildinghopesummit.org/events

JANUARY COMMUNITY YOGA

2/16
WED.

Yoga helps clear the mind, offers calm and healing and helps unite communities. This class is designed to create an open, safe place for anyone who wants to stretch, breathe and experience a sense of community, connection and healing. A short educational introduction precedes class and then the event is concluded w/ a community snack time afterward. INFO: Leslie Glenn: leslie.glenn@gmail.com PLEASE RSVP ONLINE!

JANUARY 2ND 6-7:30PM - HOOSIER RM, COMMUNITY & SENIOR CENTER, FRISCO

JANUARY 16TH- 6-7:30 PM DISCOVERY & HOPEFUL RM, SOUTH BRANCH LIBRARY, BRECK

JANUARY SOUND HEALING

10
THURS.

Let the waves of sound wash over you in this Sound Bath: enjoy the healing benefits of Tibetan Bowls, Crystal Quartz Singing Chakra Bowls, shamanic drums, Koshi chimes, and more. The sound vibrations help shift your brain into a more relaxed state, making it easier to fall into a deeper meditation: improve sleep, help recover from illness, cleanse the body of negative emotion and energy, heal stored traumas and medical treatments, ease anxiety and depression, let the vibrations affect the cells in your body in a positive way! Leave feeling rejuvenated, happier, calmer and stress-free! PLEASE RSVP ONLINE!

6-7:30PM FRISCO COUNTY COMMONS, MOUNT ROYAL ROOM

JANUARY STRESS MANAGEMENT WORKSHOP

23
WED.

This interactive talk focuses on recognizing the function and method of stress and how to understand the essential ways to reduce stress. During this training, participants will learn practical tips and tools to manage stress and change unhealthy habits

6-7:30PM DILLON COMMUNITY CHURCH

JANUARY EXPRESSIVE ART SERIES: "COMMUNITY QUILT"

29
TUES.

During this community connectedness art event, we will be using paint, paper and collaging materials as we create a community vision of a no-sew patchwork quilt reflecting each persons personality. Together we can achieve and create more than we are able to alone. PLEASE RSVP ONLINE!

6-8:30 PM SILVERTHORNE LIBRARY

