



Community Café Classes

1105 Cultural Park Blvd, Cape Coral

ALL CLASSES ARE OPEN AND FREE TO THE PUBLIC

~ April 2015 ~

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1 Yoga with Cindy 10am-11am Freedom Health Café 9am-11am	2 Tai Chi For Better Balance Classes With Jo Ellen 9am-10am Life Coaching Jo Ellen 10am-11am	3 Closed for Holiday	4
5	6 Be The Light Increase your awareness of the community that is right here under our nose 10 am-11 am	7 Tai Chi For Better Balance Classes With Jo Ellen 9am-10am Just Breathe. Stress reduction in your life. 10am-11am	8 Yoga with Cindy 10am-11am 4 Seniors Benefits Program.& Health2Wealth Solutions in Café 10am-12pm	9 Tai Chi For Better Balance Classes With Jo Ellen 9am-10am Life Coaching Jo Ellen 10am-11am	10 MADD About You Leadership in your Life 10am-11am	11
12	13 Basics of Financial Literacy-The importance of long term financial vision, money management, and discipline. Sheryl and Nico of Harry Chapin 10 am-11 am	14 Tai Chi Class CANCELLED FOR TODAY Life Coaching Jo Ellen 10am-11am	15 Yoga with Cindy 10am-11am Freedom Health Café 9am-11am	16 Tai Chi For Better Balance Classes With Jo Ellen 9am-10am Life Coaching Jo Ellen 10am-11am	17 Root Down to Grow Tall. Learn ways to dig into your life and find happiness with Aman 10am-11am	18
19	20 For Peace Of Mind Breast and Cervical Cancer prevention, awareness and resources presented by Marie of Florida Health. 10 am-11 am	21 Tai Chi For Better Balance With Jo Ellen 9am-10am Root Down to Grow Strong. Coach Aman 10 am-11am It's All About You. Pain management 2p-430pm	22 Yoga with Cindy 10am-11am 4 Seniors Benefits Program.& Health2Wealth Solutions in Café 10am-12pm	23 Tai Chi For Better Balance Classes With Jo Ellen 9am-10am Life Coaching Jo Ellen 10am-11am	24 Goodwill Job Links Resume writing Bring your Resume for review Lelunda Job Link Coordinator. 10 am-11 am	25
26	27 Budgeting 101-How to create a financial plan and everyday ways to save Sheryl & Nico of Harry Chapin 9:30am-10:15am	28 Tai Chi With Jo Ellen 9am-10am How To Be A Friend To Yourself. Aman 10 am- 11 am It's All About You 2p-4:30 pm class #2	29 Yoga with Cindy 10am-11am	30 Tai Chi For Better Balance Classes With Jo Ellen 9am-10am Life Coaching Jo Ellen 10am-11am	Notes:	



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LIFE COACHING CLASSES: with Jo Ellen are motivational, inspiring, positive, exciting and action driven. Life coaching helps you look at where you are now and where you'd like to be, while giving you immediate tools to start you on your way.

YOGA: Regardless of your body type, whatever your age, wherever your path is leading you. Come on out and have some FUN while stretching your Mind, Body and Spirit. Taught by certified Instructor AFAA trainer Cindy Banyai.

TAI CHI- MATTER OF BALANCE CLASS: Pronounced (TIE-CHEE) is a gentle form of physical activity ideal for anyone of any age who would like to promote the development of confidence and strength. This confidence helps reduce the "fear of falling" that some people have. Instructed by Jo Ellen from Community Cooperative and Anne Edwards from EDGE program. Sponsored by the Area Agency on Aging for Southwest Florida.

RESUME WRITING WITH GOODWILL JOB LINKS- Provided by Goodwill of Southwest Florida Lelunda Wylie, Coordinator will be offering assistance with creating or updating resumes.

MADD ABOUT YOU: Learn about your family leadership styles and how it affects your family. Presented by Lori Burke from MADD of Southwest Florida.

BE A FRIEND TO YOURSELF: Who you gonna call when life gets you down???? Come learn this amazing technique to get yourself through those difficult moments in life. Presented by Community Cooperative Aman.

JUST BREATHE: Feeling stressed out? Come out and learn some great tips and tools for stress reduction in your life. Presented by Aman from Community Cooperative

ROOT DOWN TO GROW TALL: Becoming aware of the people and places we plant our selves near can have a significant impact on our life. How to weed out the negative. Presented by Aman.

BE THE LIGHT: Increase your awareness of human trafficking which happens every day, right here in your community.

BASICS OF FINANCIAL LITERACY-THE IMPORTANCE OF LONG TERM FINANCIAL VISION, MONEY MANGEMENT, AND DISCIPLINE. Sheryl and Nico of Harry Chapin Food Bank Dept of Americorps. Our Newest Class!!!!

BUDGETING 101-HOW TO CREATE A FINANCIAL PLAN AND EVERYDAY WAYS TO SAVE MONEY. Sheryl and Nico of Harry Chapin Food Bank Dept of Americorps. Our Newest Class!!!!

FOR PEACE OF MIND: Breast and Cervical Cancer prevention, awareness and resources presented by Marie of Florida Health. Focused on women age 50-64 years of age with no insurance. Opportunity for free mammogram and Pap Smear appts if located in specific zip code areas.