

REACHING OUT

Programming List and Costs

Beginning May 16, 2021

Art - Sundays 3pm-4:30pm **or** Mondays 1pm-2:30pm \$25 per class

Connect and Engage. Each class will begin with a discussion about emotions and how we express them. We'll then use those emotions to create art that will be shared with the community around us. Classes will be held at Boher Park. Pre-registration for classes is required at least one week in advance to ensure enough materials are supplied. Register here: <https://forms.office.com/r/QhxTTUM4QK> or email Allison

In the event of poor weather, classes will be rescheduled

Hiking & Tai Chi- Mondays 10:30am-12:30pm \$25 per class

Take time to slow down and quiet the mind with a guided silent meditation as you immerse yourself in nature at Boher Park. After the hike, engage in the ancient practice of Tai Chi which helps reduce stress and anxiety and improves balance and posture.

In the event of poor weather, this class will be done virtually using Zoom

Virtual Tai Chi- Saturdays 7pm-8pm \$25 per class

Enjoy the many mental and physical benefits of Tai Chi from the comfort of your own home. Take time to de-stress and unwind before going to bed for a better night's rest. These classes will be held over Zoom.

Billing Information: At the end of each month, you will receive an invoice billing you for the classes you attended. Please contact us if you need to discuss a payment plan.

A Reaching Out Intake Form must be completed prior to your first class. Complete online here:

<https://forms.office.com/r/vveSyXN2it>

or contact Allison for a physical copy



Questions Contact:

Allison Bohn abohn@jubileemd.org

301-949-8626 ext 107