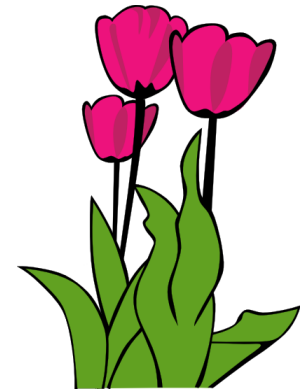


NAMI DUPAGE RECREATION PROGRAMS

SPRING 2018

EVENING PROGRAMS

WHERE: The Community Center, 115 N. County Farm Rd., Wheaton (unless otherwise noted on this flyer).
WHO: For adults who have a primary diagnosis of a mental illness and their family members and friends.
REGISTER: On our website at www.namidupage.org or you can come into our office to fill out a form. Pre-registration is preferred and the option of registering for a program mid season is possible.
FEE: All of the listed programs below are FREE!



Mondays
3/5—5/21 (No 5/28)

Yoga, 7-8pm
(Multipurpose Room)
Professional instructors from Prairie Yoga run this program and we provide all the supplies.

Personal Fitness, 7-8pm
(Fitness Room)
A professional trainer will help you with your weight loss and strengthening goals.

Meditation, 8-8:30pm
(Multipurpose Room)
Join us for a relaxing meditation session right after our Yoga and Personal Fitness classes.

New Program At Thresholds, 777 Oakmont, Suite 1600 A., Westmont

Art, 6:30-8pm
Discover your creative side as we try out some different art materials and activities.

Tuesdays
3/6—5/29

Art, 7-8:30pm
(Multipurpose Room)
An Art Therapist will run creative art activities using a variety of supplies. Making art together can help you explore your creative side while socializing with others. It can also reduce stress and help you feel good about yourself through the art making process.

New Program At St. Paul's Church of Christ, 5739 Dunham Rd., Downers Grove (In the Parlor Room)

Art, 6:30-8pm
Discover your creative side as we try out some different art materials and activities.

Wednesdays
3/7—5/30

Drop In Center, 5:30-7pm
(Multipurpose Room)
Join us for a free meal and activity (Such as: Uno, board games, basketball, art, etc.) This is a great way to socialize and meet others before the Wednesday night Support Groups that happen here at 7pm.

New Programs At St. Paul's Church of Christ, 5739 Dunham Rd., Downers Grove (In Fellowship Hall)

Yoga, 7-8pm
A professional yoga instructor will run this program. We will have a few extra yoga mats, but if you have your own please bring them.

Meditation, 8-8:30pm
Join us for a relaxing meditation session right after Yoga.

Thursdays
3/1—5/31

Jewelry Making, 7-8:30pm
(For Women)
(Multipurpose Room)
This program is for women to learn how to make beautiful jewelry for themselves. All supplies are provided.

Choir Practice, 7-8:30pm
(For those that have auditioned)
(Dining Room)
Our NAMI DuPage Choir meets every Thursday night to practice for various performances. If you are interested in being in our choir, please contact Dana Stewart to audition, 630-752-0066 x222 or d.stewart@namidupage.org.

Tai Chi, 6-7pm
4/19, 4/26, 5/3, 5/17
(No 5/10)
(Multipurpose Room)
Explore the art of moving meditation and improve your fitness and well-being. Dr. James Weeks will show us how to do this ancient Chinese exercise.

Fridays
3/16, 4/20, 5/18

Card Night, 7-8:30pm
(Multipurpose Room)
Please join us on the 3rd Friday of every month as we play cards. We'll try our hand at poker, gin rummy, blackjack and more. We won't play for money but winners can pick an item from our prize bin. Light snacks will be served.



For more information please contact
Dana Stewart, Recreation Director
at 630-752-0066 x222, d.stewart@namidupage.org
or visit www.namidupage.org



DuPage
County

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