

## Health & Wellness

### HOME MADE REMEDIES

This course is designed for people who have an interest in self-healing by using medicinal plants as an alternative. Many of the treatments demonstrated during this class may remind you of “Grandma’s” home remedies. We will talk about the vocabulary and kinds of medicinal plants with some demonstrations. Topics covered are plants that are used to boost the immune system, help with the gastro-intestinal tract and others that are beneficial to the urinary tract. Bring an open mind and come join in the fun!

#### RED MOUNTAIN CAMPUS

**Nancy Horner, B.S.A., N.M.D.**

**Class Number 18654**

Thursday, Jul. 24, 6:00 pm–8:30 pm

One 2 ½ hr session: Charge \$21\*\*

\*\*Recommended texts: Herbal Remedies from the Heart of the Earth by Sharol Tilgner and Herb Contraindications and Drug Interactions by Francis Brinker,

### HEALING WITH CHINESE FOOD, DIET & HERBS

The Chinese philosophy of health and fitness emphasizes how to maintain health and prevent disease. Good health is a result of proper choice and balance through common sense selection of special foods to eat. The course will cover the system of diet that is the product of at least 2000 years of meticulous observation and experience in the Chinese culture. The basic art and science of nutrition to enhance your life force will be revealed. Enroll now to discover these mysterious but practical and proven Chinese secrets to a better life. Class includes field trip to an Oriental market. Students need to provide their own transportation. \*\*

#### SOUTHERN & DOBSON CAMPUS

**Ruth Tan Lim, M.D.**

**Class Number 18656**

Monday, Jun. 23, 6:30 pm– 9:30 pm

One 1 ½ hr session: Charge \$27

One 1 ½ hr field trip\*\*

\*\*Lee Lee Oriental Market at Dobson and Warner Roads.

### ADRENAL FATIGUE

In our daily living, stress, the silent killer, contributes to wear and tear of our health. Every country and culture in the world experiences stress and tension. This is very true, here in the United States. People react to stress in different ways. This course will show different techniques and methods used by the Chinese for over 2000 years. Topics covered will include philosophy, nutrition, habits, exercises and herbal medicine.

#### SOUTHERN & DOBSON CAMPUS

**Ruth Tan Lim, M.D.**

**Class Number 18655**

Tuesday, Jun. 10, 7:10 pm–9:50 pm

One 3 hr session: Charge \$29

### CHINESE SELF MASSAGE

The course will discuss the healing concepts in traditional Chinese medicine with emphasis on the energy points of the body that are accessible to the individual. The channels and acupuncture points will be revealed. The goal is to develop a self-help program that can be used in one’s daily life to relieve stress. The class will also discuss the various simple tools that can be used to enhance the self-massage techniques.

#### SOUTHERN & DOBSON CAMPUS

**Ruth Tan Lim, M.D.**

**Class Number 18657**

Monday, Jul. 14, 7:10 pm–9:50 pm

One 3 hr session: Charge \$27

### BENEFITS CHECK UP

Benefits Check Up is a Web service that helps thousands every day to find programs for people ages 55 and over that may pay for some of their costs of prescription drugs, health care, utilities and other essential items or services.

All you have to do is fill out a simple questionnaire to find programs that can assist you or your loved ones.

It’s simple. It’s fast. It’s free. And it’s confidential. [www.benefitscheckup.org](http://www.benefitscheckup.org) or if you need assistance with this service, please call the Senior Help Line (602) 264-4357 to find a screening site near you.

## TRIGGER POINTS: A STRESS REDUCTION TECHNIQUE

Have you ever felt knots and tension in your shoulders and your back? Those may be “trigger points”. Trigger point therapy is a proven and effective way for you to reduce the stress and tension in your body. Get ready to feel the relief as you learn to decrease the accumulation of stress, muscle pain and tension.

### SOUTHERN & DOBSON CAMPUS

Casey M. Johnston, D.C.

Class Number 18663

Monday, Jul. 21, 7:10 pm–8:30 pm

One 1 ½ hr session: Charge \$17

## Fitness & Recreation

### LIFETIME FITNESS

Mesa Community College offers a flexible schedule with a variety of workout options, fitness assessment and personal workout programs at both the Southern & Dobson and Red Mountain campuses.

*Available to you are three different workout facilities at Southern and Dobson:*

**FITNESS CENTER-** Use of Cybex weight machines, Lifecycles, Precor recumbent bikes, Precor treadmills, ellipticals and Stairmaster.

**GROUP ACTIVITY CENTER-** a variety of Aerobic classes offered such as Kick’n Box, Body Sculpt, Cardio Combo, Core, and Yoga to name a few. Check Schedule for class times.

**HEALTH IMPROVEMENT CENTER-** Use of Olympic Platforms, Cybex weight machines, Treadmills, Precor bikes and Stairmasters.

*Available to you at Red Mountain:*

**FITNESS CENTER-** Cybex weight machines, Dumbbells, Fitrac treadmills, Lifecycles, Precor recumbent bikes and Precor ellipticals.

**GROUP ACTIVITY CENTER –** Same variety of classes as Southern & Dobson.

Once registered you may use any of the above mentioned Centers at either campus.

All instructors are certified through either the NSCA(CSCS), ACSM OR NASM.

**Class Number 18667**

Charge \$165

There is on-going enrollment throughout the semester.

Center Hours:

Call 461-7556 or 461-7555(Southern & Dobson), 654-7555 (Red Mountain) for additional info and Orientation times.

\*\* A user fee of \$35 is included in the charge for the class. Participants must be of high school age to enroll.

### BASIC BELLY DANCING

This class is designed for the beginner, focusing on the basic elements of Middle Eastern Dance. The elegant and graceful movements celebrate the strength and beauty of the female form, regardless of age and body shape. Body awareness, posture and the anatomy of hip work, with an introduction to the rhythm structure of the music are taught in this class, as well as putting basic steps together to create a simple dance routine. Costuming will be discussed with ideas on how to put together an inexpensive costume. Individual attention will be given to students when needed. Students should wear clothing that allows the body to move without restriction.

### SOUTHERN & DOBSON CAMPUS

Azita Malaki

Class Number 18668

Tuesdays, Jul. 8–Jul. 29, 7:10 pm–9:00 pm

Four 2 hr sessions: Charge \$57