

Relax, Renew, Rejuvenate: A Morning of Stress Reduction Techniques

Saturday
April 21, 2012
9:30 am-1 pm
Main Library

The Food Mood Connection: Managing Stress Eating Presented by: Julie Norman, RD, RYT, President Real Nutrition, LLC 9:30-10:30 am Main Library Meeting Room 2

"I eat when I'm stressed!" It's one of the most common nutrition issues challenging Americans today. Why is it so prevalent and how can it be managed? Seasoned dietitian and yoga teacher, Julie Norman, will help shed light on this hot topic and provide participants with simple yet powerful tools for transforming their relationships with stress and food. Julie Norman is a registered yoga teacher and dietitian, with vast experience in the fields of eating disorder treatment, weight management and wellness. She maintains a successful private practice, Real Nutrition, LLC located in Akron.



Energize Your Life with Tai Chi! Presented by: Nancy Gardner of NG Energy 10:45-11:45 am Main Library Auditorium



TAI CHI... Health. Balance. Strength
Come relax and re-energize with Tai Chi... an "internal" Chinese martial art, most often practiced for its many health benefits and mind/body connections. The slow movements and mindful breathing make Tai Chi the perfect exercise for people of all ages and physical abilities, from the exercise novice to the professional athlete. Part of Complementary and Alternative Medicine (CAM), Tai Chi practice has been shown to improve cardio respiratory function, strength, balance, flexibility, circulation and left/right brain integration. Nancy Gardner is a certified Tai Chi and Qigong Instructor, Licensed Massage Therapist and Applied Polarity Practitioner. She has been studying Chinese martial arts, Qigong, Yoga, Polarity Therapy, Shiatsu and other healing modalities since 1985.



Fun with Zentangles Presented by: Carol Bailey Floyd, Certified Zentangle Teacher 12 – 1pm Meeting Room 2

****Please note this hands-on workshop is limited to 30 participants. You must register in advance****

Carol Bailey Floyd started the Zentangle Club of N.E. Ohio to promote this wonderful form of meditation, which is also an art form. When people say, "I am not creative", that myth can be dispelled within 15 minutes of their first attempt at the art of Zentangles. It's very relaxing, fun, and inspirational. Even the tangles (patterns) that

look complicated can be broken down into simple elements. There are no mistakes in Zentangles, so it is interesting to see where your pen will take you!

Please contact Science & Technology at 330-643-9075 or stdiv@akronlibrary.org to reserve your space in any of these classes. All classes are free and open to the public. Interpretive services are available, please inquire in advance. Free parking is available on Saturdays in the High/Market Street Deck.


Akron-Summit County
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