

**Lecture Demonstration:
Elders Learning the Alexander Technique for Self-Care, Balance
& Mobility**

Monday, February 13, 1:00 – 2:30 pm, Room 101. This introductory Lecture Demonstration is for anyone curious about the Alexander Technique. It is highly recommended if you intend to take the on-going class beginning March 5. This program is funded in part of Highland Valley Elder Services. Participants are invited to make a voluntary donation. Please see Announcement for the on-going class for more details.

AND

**Lecture Demonstration:
Elders Learning the Alexander Technique for Self-Care, Balance
& Mobility
At Applewood, Amherst**

Friday, February 10, 11:00 am – 12:00 noon

This lecture-demonstration is for residents of Applewood. For more information, contact Kelley Murphy at 413-253-9833 / 800-865-8540.

Continue next page to read about the on-going class at the Amherst Senior Center.

Amherst Senior Center
Elders Learning the Alexander Technique for Self-Care, Balance
& Mobility
Taught by Ruth Rootberg

On-going group class of 8 sessions plus individual private lessons. Group classes are Mondays, March 5, 12, 19, 26, April 2, (2-week gap), April 23, 30, May 7 from 1:00 – 2:30, Room 101. Most private lessons will be scheduled before or after class. The group will consist of up to 10 participants, with preference given to people who did not take this class in Spring of 2011, and to people who have attended any orientation lecture demonstration. (Those who wish to repeat the class may add their names to the waiting list). This program is funded in part of Highland Valley Elder Services. Participants are invited to make a voluntary donation to help fund the program.

It's important to maintain your independence. A recent study showed that even a few group classes in the Alexander Technique can measurably decrease the likelihood of your falling. And it's great for managing chronic pain!

Ruth Rootberg, AmSAT certified Alexander Technique teacher, will guide you with gentle hands-on instruction and words as you explore daily life activities such as sitting, walking, lifting, carrying, resting, remembering. You will also adventure into some balance challenges. You will learn to observe and become more aware of how you move, and how your thinking can change your comfort zone.

For more information on the Alexander Technique, visit www.alexandertechnique.com/amherst. For further information on signing up for class, contact Nancy Pagano at 259-3114.

