



Women's Wellness Presenters 2010

Becoming an Outdoors-Woman (BOW) presents: **Winter Wildlife**

During this session, lead by BOW's Andrew Madden, you will learn about resident wildlife in the winter months and explore the area to look for signs of this abundant wildlife.

Becoming an Outdoors-Woman (BOW) presents: **Being Safe Outdoors in the Winter**

Lead by George D'Agostino, a Massachusetts Hunter Education Region Manager and Map, Compass & Survival instructor for over 20 years, this session will offer a basic introduction into staying safe and warm in the winter.

Becoming an Outdoors-Woman (BOW) presents: **Winter Tree Identification**

In this session lead by Aimee Gelinias you'll have the opportunity to learn to identify the trees that populate this region and greater New England.

A part of the Mass Division of Fisheries and Wildlife, BOW focuses on the learning of outdoor skills - skills traditionally passed from father to son - but valuable to anyone wishing to enjoy outdoor pursuits.

Amy Huebner, Holistic Health Counselor presents: **Hormonal Health**

A brief science lessons starts off this 90 minute long investigation of what it means to create hormonal balance. We will explore the mind body connection, how food and environmental factors affect us, what to eat and what to avoid and how to interpret the signals our hormones are sending us. We will talk about cultural and social influences and how to celebrate the wisdom of our bodies. Please come prepared to entertain new theories and ideas, do writing exercises and engage in lively discussions!

Amy Huebner, Holistic Health Counselor presents: **Primary Foods**

This session will explore a new concept in holistic health nutrition that looks at the whole human being, mind, body and soul and sees that everything is food. During this workshop you will have the chance to examine various areas of your life; relationships, career, creative outlets and discover how primary food can truly nourish you and make your life extraordinary! Participants will be asked to do writing exercises and share their insights and observations. When primary food is balanced and satiating your life feeds you!

Amy has been passionate about health since her teens. She has a BA from New York University and a certificate from the Institute for Integrative Nutrition. She is a board certified Holistic Health Practitioner through the American Association of Drugless Practitioners. Amy leads workshops, sends out a monthly newsletter and works one on one with clients from all over.

Lorae Phelan, MS, Psychiatric Nurse Practitioner and Psychotherapist with Veterans Administration (specialty in Post Traumatic Stress Disorder) presents: **Staying Young – What Does It Take?**

This is a 90-minute interactive workshop for women of all ages exploring the art of staying young in spirit, mind, body. Areas of exploration will include belief systems in regard to aging, coping with the media deluge of “youthfulness” and the male influence on our thoughts, feelings and behaviors. The workshop will close with a focus on individual dreams for each at their particular stage in life and whether they are on the path to fulfilling those dreams.

Lorae Phelan, MS, Psychiatric Nurse Practitioner and Psychotherapist with Veterans Administration (specialty in Post Traumatic Stress Disorder) presents: **Relaxation, Meditation and Affirmations**

Becket-Chimney Corners YMCA – Berkshire Outdoor Center

This workshop is both for newcomers and those experienced in meditation. It entails a 30 minute combined focus on relaxation and meditation techniques as well as the utilization and power of positive affirmations as we walk through each day. Handouts will be provided.

Ms. Phelan has been in health care as an RN since 1983. She obtained her Masters' degree from Northeastern University in 1994 with a specialty in Adult Psychiatric Mental Health. In addition to working at the VA for the past 10 years, Ms. Phelan is an adjunct faculty member of Northeastern University and maintained a private practice for 8 years.

Julie Foley, CIP, The Consultant of Style presents: **What Shape Are You In?**

Even expensive clothes in wonderful colors won't look good if they don't fit. Understanding your body type is the key to finding the garments that best compliment your silhouette and learning what clothing styles are best for you. Julie will help you determine the best designs, patterns, and fabrics so that you are making the most of your natural curves and showing off your fabulous features! Come to this workshop and find out how your clothes should fit!

Julie has been an image consultant since 1995 and is a professional member of the prestigious AICI, Association of Image Consultants International. An expert in the field of personal image and style, she works with both individuals and corporations.

Pat Push & Peg Millar, Dance Instructors present: **An Evening of Line Dancing**

Through our company, DANCE COUNTRY, we've been teaching all forms of country dance since 1992. For our Women's Wellness Evening of Line Dancing, we will teach an easy & popular dance that will give us an idea of the skill level of our dancers and then select dances that will be both fun and feasible for the women in attendance. We will also teach at least one pairs-dance mixer!

Michele Gaffney, Certified Yoga Instructor, presents: **Vinyasa Yoga Flow**

In this class we will flow through a series of postures with a focus on synchronizing movement and breath. We will move through a series of standing postures followed by some floor stretches. Throughout class there will be upbeat music and traditional chants to motivate and inspire us. Class will have a mix of strength building postures and calming postures. We will conclude with a deep relaxation (savasana) of about 10 minutes.

Michele has been practicing yoga since 2000 and became certified through Kripalu for Yoga and Health in the summer of 2003. She has been teaching classes in yoga studios, as well as in a range of other settings since that time.

Lindsley Colligan, Health & Physical Education Teacher presents: **Beginner Cross Country Skiing**

During this session newcomers will learn how to select the proper ski, boots and poles. We will cover how to turn in place, go up and down hills, how to get up from a fall, and the proper push and glide technique. We will then go skiing on trails and fields, keeping mostly to flat terrain. Dress in layers (as you warm up you can take something off), hats, gloves, warm socks, etc...

Lindsley Colligan, Health & Physical Education Teacher presents: **Intermediate Cross Country Skiing**

During this session we will briefly review the basics of turns, ascending and descending hills, getting up from falls and the push and glide technique. We will then take a nice ski through trails in the woods, across the pond (assuming it is frozen) and around the facility.

Becket-Chimney Corners YMCA – Berkshire Outdoor Center

Lindsley has been teaching Health and Physical Education for the past 17 years in Region 1 at Housatonic Valley Regional High School in Falls Village, CT. Cross Country Skiing is part of the Physical Education curriculum for all Sophomores and Juniors can select it as one of the choices in their elective program.

Izzy Lenihan, Life, Career and Wellness Coach, presents: **Living on the Edge without Falling Off – The Type” E” Personality**

Do you or someone you know love to start new projects? Dread the thought of a typical 9-5 job? Alternate between passion and boredom? Perhaps have been labeled or diagnosed with ADD or ADHD? Many entrepreneurs, entertainers, CEOs, inventors and creative individuals usually answer "yes" to these questions. Discover the “gift” that lies within you and learn how to use this “gift” to help you SOAR, without *falling off the edge*.

Izzy Lenihan, Life, Career and Wellness Coach, presents: **How Balanced is your life?**

Discover what part of your life is unbalanced and how to create a plan of action that will support a life that is fulfilling and balanced. Guaranteed to walk away with a plan that can change your life forever!

Izzy Lenihan is a certified Life, Career and Wellness Coach who has spent nearly 20 years helping people make changes in all stages of life. Her passion as a coach is to inspire people to uncover their wisdom and with guidance and support, assist them in creating a life that feels balanced, healthy and full of possibilities.

Shaz Atwell, Camp Becket Food Service Director & Cake Artist presents: **Creative Cooking**

Are you someone who is always on the go, does not have a lot of time to cook but still wants to put healthy, delicious food on your table at home? In this workshop, Shaz will demonstrate how to make several healthy, quick & tasty dishes in your microwave and on the stovetop. YUM!

Shaz Atwell, Camp Becket Food Service Director & Cake Artist presents: **Creative Cakes**

Do you watch cake decorating shows and think, “hey, I could do that!” Do you watch and throw up your hands in despair because even your cupcakes look lumpy and sad? Whichever category you think you’re in, come and learn the basics in cake decorating with Shaz. From cake construction, fondant or butter-cream frosting and all the little details, you’ll learn professional-grade tricks and tips...and you’ll get to try your hand at making your very own edible work of art!

Originally trained as a home economics teacher, Shaz has worked in the food industry for more than 15 years and has spent 7 here as Food Service Director at Camp Becket. When she’s not feeding groups of 500 people, three times a day, she enjoys making cakes for weddings, graduations and other special events.

Gwen Hotaling, Nurse Practitioner presents: **Introduction to Meditation**

This introduction is to mindfulness meditation, which means to see things as they really are. Healing, not merely the curing of diseases, but the essential healing of human suffering, is its purpose. Mindfulness focuses on the deep interconnection between mind and body, which can be experienced directly by disciplined attention to the physical sensations that form the life of the body, and that continuously interconnect with the mind, resulting in a balanced mind full of love and compassion. With practice, life becomes characterized by increased awareness, non-delusion, self-control and peace.

Gwen has been a psychiatric nurse for over 25 years, and psychiatric nurse practitioner for 3 years. She has worked in inpatient and outpatient settings, specializing in addictions and PTSD. She has been an adjunct professor in nursing schools, and has taught smoking cessation classes. She currently works with veterans in Bedford, MA.

Sharon Scace, Fitness Specialist, Certified Zumba Instructor presents: **Zumba**

"ZUMBA" is a Latin-inspired, aerobic fitness party. The easy-to-follow steps, high and low intensity options, and exciting Latin and other International flavored beats make it fun for all fitness levels.

Sharon Scace has been in the fitness industry for 20 years in Berkshire County participating in commercial fitness clubs, community group exercise, and 14 years in a corporate fitness facility. She now runs her own personal training and group exercise business.

Kathleen Aicardi, M.Ed., owner of Transformations Movement Company presents: **Circuit Boot Camp**

This ideal workout will engage your cardiovascular and muscular systems. We will utilize a variety of fitness props such as kettlebells, ropes, steps, and more. This class will push you beyond your own limits, burn body fat, and keep you motivated. This non-stop mix intertwines athletic drills, strength and balance for a fun filled cross training challenge that will leave you wondering where the time went! Appropriate for everyone from the beginner to the athlete!

Kathleen Aicardi, M.Ed., owner of Transformations Movement Company presents: **Nutrition 101**

Explore the principles of sound nutrition and learn how to incorporate them into our fast food lifestyle. Participants will examine their eating habits and learn where and how to make corrective changes. Additionally, participants will be able to get their body fat percent, body mass index and blood pressure.

Kathleen Holds a Bachelor of Science Degree in Nutrition and a Masters in Education. She is a certified health educator, certified personal trainer and taught Nutrition at Quincy College for over 4 years. Additionally, Kathleen worked in public high school education for over ten years as a teacher, guidance counselor, assistant principal and principal. Her business, Transformations Movement Company, is a unique fitness studio offering a variety of classes such as Kettlebells, Zumba, kickboxing, yoga, and more all designed to get you moving.

Karen Friedland, Artist, presents: **Walk On The Wild Side - Exploring Creativity Through Painting**

Working with watercolor paint, you will create an abstract painting that is beautifully, uniquely yours. Karen will give you the guidance and skills to explore your creative side.

We will begin with quick exercises that will familiarize you with brushstrokes and techniques in watercolor painting. Through a structured approach, you will create your painting using simple lines and shapes. It is how YOU put them all together that demonstrates your own expression! The color wheel will be explained, providing greater understand of color choices. Each participant will complete & take home her own artistic adventure!

Karen has been a working artist for 25 years. She teaches art on all levels from kindergarten to seniors as a teaching artist, which she has been doing for at least a decade.