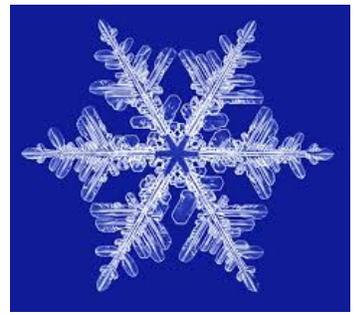


BUILDING HOPE SUMMIT COUNTY

SUPPORT & CONNECT!



All events are FREE; all are welcome!

MARCH EVENTS:

ALL EVENTS REQUIRE ONLINE REGISTRATION

Register at www.buildinghopesummit.org/events

MARCH

COMMUNITY YOGA

6/20
WED.

Yoga helps clear the mind, offers calm and healing and helps unite communities. This class is designed to create an open, safe place for anyone who wants to stretch, breathe and experience a sense of community, connection and healing. A short educational introduction precedes class and then the event is concluded w/ a community snack time afterward. INFO: Leslie Glenn: leslie.glenn@gmail.com PLEASE RSVP ONLINE!

MARCH 6TH 6-7:30PM - HOOSIER RM, COMMUNITY & SENIOR CENTER, FRISCO

MARCH 20TH- 6-7:30 PM DISCOVERY & HOPEFUL RM, SOUTH BRANCH LIBRARY, BRECK

MARCH

SOUND HEALING

12/21
TUES/THRS

Let the waves of sound wash over you in this Sound Bath: enjoy the healing benefits of Tibetan Bells, Crystal Quartz Singing Chakra Bells, shamanic drums, Koshi chimes, and more. The sound vibrations help shift your brain into a more relaxed state, making it easier to fall into a deeper meditation: improve sleep, help recover from illness, cleanse the body of negative emotion and energy, heal stored traumas and medical treatments, ease anxiety and depression, Leave feeling rejuvenated, happier, calmer and stress-free! Please bring a yoga mat & anything else that will help you feel most comfortable. (Pillow/blanket) PLEASE RSVP ONLINE!

MARCH 12TH - 6-7:30PM - SILVERTHORNE PUBLIC LIBRARY

MARCH 21ST - 6:30-8PM - BUFFALO MTN RM, FRISCO COUNTY COMMONS

MARCH

HUMOR WRITING WORKSHOP

19
TUES.

Join us for an evening of exploring the healing power of humor! Atis Spuris is our guide as we write about a particular event utilizing comedy writing techniques and will focus on various viewpoints (serious, objective and hilarious) and their ability to impact our memories. Somebody once said, "life is far too important to take too seriously," and somebody has a point! PLEASE RSVP ONLINE! This is a rescheduled event from 3/5.

6-8:30PM COMMUNITY AND SENIOR CENTER, FRISCO

MARCH

EXPRESSIVE ART: "Canvas Mural Painting: A Collection of Individual Expressions"

26
TUES.

Together, in this community connectedness art program, we will paint individual canvases that represent each of our uniqueness. We will then place the pieces together creating a tapestry that represents our Summit County Building Hope Community as a whole. PLEASE RSVP ONLINE!

6-8:30 PM BUFFALO ROOM, FRISCO COUNTY COMMONS

