

*Rockcreekwellness.org*



*Daylight Saving Time begins on Sunday, March 8, 2020. On Saturday night, set your clocks forward one hour!*

***Time to***

***“Spring Ahead!”***

**Did you know? In November this past year legislation was introduced in our state to stop the practice of Daylight Savings, along with 26 other states who have proposed similar legislation. The U. S. Department Of Transportation disagrees. It claims that changing the clocks saves energy meaning, when the sun sets later in the spring and summer months, people use less electricity, and people spend more time outside.**

**Please wear comfortable clothing and bring a mat and a towel or small blanket if you have one (some will be available).**

**Costs for the classes will be $72 for 6 weeks if paid in advance, or**

**$15 per class.**

**To reserve your space or inquire please call our office at 724-269-7222 or email** **office@rockcreekwellness.org****.**

**Starting April 2nd we are pleased to offer Healing Flow Yoga.**

**There will be two 6-week sessions offered on Thursdays at 6 p.m. The first session will run from April 2nd - May 7th and the second session will be from May 14th - June 18th.**

**Healing Flow is a trauma-informed yoga practice using the elements of breathwork, meditation, and mindful movement to create a sense of safety, encourage mind-body connection, and calm the nervous system. The series will explore themes of safety, grounding, nurturing, protection and wisdom. All fitness levels are welcome at this gentle practice.**

 March

*60 B Franklin Rd.*

*Mercer, PA 16137*

*724.269.7222*

*office@rockcreekwellness.org*

*Current Events***>>>**

Laurie Joanow

Healing Flow Yoga Classes Begin Soon



*Art Classes Are Coming*

Denise Kline



Two 6 week art series are coming to Rock Creek Wellness with Denise Kline. Denise operates Bright Star Artistry, LLC in Mercer, PA. She loves to explore new art mediums and techniques to create colorful creations. Denise enjoys stirring creativity in others with hands-on experiences through projects and classes. She studied for 5 years under Harriet Goff, a "Fellow", titled and acknowledged by the U.S. President. food.

**Fun Technique Sampler for teens and adults**

Saturdays 1- 3 p.m. beginning April 18th through May 25th Cost is $35 per class, supplies are provided.

April 18 - Alcohol Inks on Yupo paper. \*Please bring a can of air.

April 25 - Spritz Art

For more detailed descriptions of classes, to sign up, and more visit rockcreewellness.org.

You may also call the office at 724-269-7222 or email office@rockcreekwellness.org to register!

**Beginning Art for 13 years of age or older** – Homeschoolers welcome

Wednesdays 9 to 11 a.m. beginning April 15th through May 20th. Cost is $25 per class, All supplies included

April 15th – Box Creations

April 22nd – Optical Illusion Drawings

April 29th -Body Movement

We’ll be there Saturday March 21st from 10 a.m. to 2 p.m. at the Rissell-Schreyer Dome at Thiel College. Check our this wonderful event to see what our community has to offer from all walks and businesses!

Come see us at the Greenville Area Chamber of Commerce Bussiness & Community Expo

***We are so appreciative of any opportunity to share our message with others in our area. Thank you to Clarion Psychiatric Center for inviting us to speak at a recent Lunch & Learn!***

***We would also like to thank Dr. Michelle Thompson and Be Well Therapies, LLC for allowing us to be a part of their Plant Based OH & PA initiative. We provided information at a recent “Pop Up Kitchen” to participants on plant based eating as well as mindful eating, and made some yummy granola bars!***

 ***Rock Creek Wellness is available to provide education to your business on a wide variety of wellness topics, contact us today for more information!***

*Coming Up* **>>>**

Thank You!!