



GOOD GUT HEALTH

All classes are \$16 (\$13 Resident) and held at Aurora Center for Active Adults

Baby Boomer Belly - Part 1

Are you familiar with the famous quote attributed to Hippocrates over 2000 years ago: "All disease begins in the gut"? Join us for this workshop and gain insight into personalized healing from the inside out! Your gut is Grand Central Station to multiple body systems controlling energy, mood/cognition, immunity and of course, digestion. This system is also highly sensitive to external inputs, stressors and foods. Join us to learn health secrets unique to the boomer generation. You'll walk away with three keys to personalize your own self-care plan to optimize digestive fire leading to greater overall vitality.

24323 March 14

• Sat., 10-11:30 a.m.

Baby Boomer Belly - Part 2

(continuation of first baby boomer belly class with emphasis on focus) Have you noticed changes in your thinking? Perhaps you often misplace your keys or have trouble coming up with the right word in conversations. This class will build upon the Part One class, with an emphasis on the impact of nutrition and lifestyle habits that can help with focus and attention. You'll gain insight into actionable steps to support cognition, energy and focus.

24324 April 25

• Sat., 10-11:30 a.m.

How To Kombucha! Brewing, Flavoring and Health Benefits Of This Ancient Elixir

Explore the simple process of home brewing your own Kombucha from start to finish! Brewed over time (on the kitchen counter), kombucha is a fermented, enzyme-rich beverage made from tea, sugar and a starter, called a SCOBY (symbiotic colony of bacteria and yeast). In this class, we'll explore: the simple brewing process, fabulous flavorings, safety, buying supplies and health benefits of this ancient elixir. You'll leave class eager to get your own tea brewery started!

24373 May 7

• Thu., 6-7:30 p.m.

**Parks, Recreation
and Open Space**
AuroraGov.org/Recreation

