WELLNESS BREAK
Tuesday, December 11 from 11 a.m. to 1 p.m.
Chair massages, therapy dogs, smoothies, food and rock rock painting!
Stop by Kelvin Smith Library to take a quick wellness break, relax and recharge as we near the end of the semester. All faculty, students, and graduates are welcome!

Mindfulness Strategies
December 5, 2018 | 12:30-1 pm
Mandel School Building, 11235 Bellflower Road, Room 336
Kristen Berg, Kylie Evans, Anna Bender
The workshop will focus on introducing mindfulness strategies to support grounding and self-care.
Register: http://cglink.me/r441674

Channeling Pain into Creativity
December 6, 2018 | 12:15 – 1:00 PM
Mandel School Building, 11235 Bellflower Road, Room 338
Megan Holmes, PhD
Art is a mode of expression that allows you to create, integrate, and express feelings and thoughts.
This workshop will guide you through an art activity focused on affirmation statements. Come as you are. No art experience required. No materials required. Register: http://cglink.me/r441685

Find Your Balance, Find Your Breath: Trauma-Sensitive Yoga
December 12, 2018 | 1:00 – 1:30 pm
Mandel School Building, 11235 Bellflower Road, Room 334
Emily Mitchell and Ariel Jordan
Trauma-sensitive yoga using gentle breathing and gentle movement. Come as you are. No yoga experience required. No materials required. Register: http://cglink.me/r441669

Elderberry Syrup Making Class in Lakewood
December 3, 2018
Monday 6:00 PM
RISE CHIROPRACTIC
2201 Kipling Street, #203
Lakewood, Ohio
INGREDIENTS

8 C. low-sodium vegetable broth
3 poblano chiles, chopped
1 yellow onion, chopped
8 cloves garlic, chopped
¼ C. olive oil
2 T. chili powder
2 T. tomato paste
1 t. oregano
1 lb. dried black beans
1 28oz can golden or white hominy, drained
¼ C. fresh lime juice (from 2 limes)
1 ½ t. kosher salt
1/8 t. cayenne
Fresh cilantro, sour cream, sliced avocado, and radishes, for serving

Slow Cooker Black Bean Posole

Posole is a traditional Mexican soup, made with spices like chili powder and oregano, poblano chilies, and hominy (dried corn kernels that are rehydrated into chewy bites of deliciousness). This rendition pairs the classic ingredients with a meat-free swap: black beans. Beans are an affordable (and tasty) alternative to chicken or pork. Since you’ll stew the beans all day long in a rich chicken stock, you’re assured a deeply flavorful, healthy meal for dinner. If you have a different dried bean in your cabinet, feel free to use them. The point is: this is a versatile dish! Serve margaritas, light beers, or lime-infused sparkling water. Oh, and chips, too. Always chips.

HOW TO MAKE

Step 1 – Combine broth, poblanos, onion, garlic, oil, chili powder, tomato paste, oregano, and black beans in a 6 qt slow cooker on high. Cook until beans are tender about 5 hours. Stir in hominy, lime juice, salt, and cayenne.

Step 2 – Serve topped with cilantro, sour cream, avocado, and radishes.

Learn New Stress Management Techniques

Release, Relax and Reach™ is an 8-week program designed to help you do just that. Participants will discover a brighter and healthier sense of self and well-being. Each week the class will cover a method/practice for Releasing, Relaxing and Reaching. You will play with re-booting and regenerating, rewiring and remembering, and renewing and reconnecting with what matters. You will share stories, ideas and brainstorm solutions.

Release, Relax and Reach™
Mondays at Noon
Adelbert Hall, M2
Jan. 7 to March 8 (no class on 1/21 in observance of MLK Day)
Register now!