

SPOKANE COUNTY LIBRARY DISTRICT



# NOURISH

Take care of you.



# Inner Focus

## Introduction to Yoga

If you are new to yoga or have been away from the mat for a while, this is your class. Instructors from South Perry Yoga focus on getting you comfortable with some basic poses and routines. Open to adults and mature young adults of all fitness levels. It's best to wear comfortable clothes and please bring a yoga mat if you have one.

SPOKANE VALLEY	Saturday, Apr 18	2–3pm
MORAN PRAIRIE	Friday, Apr 24	10:30–11:30am
DEER PARK	Saturday, Apr 25	2–3pm
MEDICAL LAKE	Saturday, May 9	2–3pm
OTIS ORCHARDS	Saturday, May 16	2–3pm

## Therapeutic Yoga

These practical yoga techniques, taught by instructor Leslie DoQui Sretenovic, help with your everyday life. Open to adults and mature young adults of all fitness levels. It's best to wear comfortable clothes and please bring a yoga mat if you have one.

### Yoga for Beginners

NORTH SPOKANE	Thursday, May 7	6:30–7:30pm
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### Gentle Yoga

NORTH SPOKANE	Thursday, May 14	6:30–7:30pm
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### Yoga for Pain Relief

NORTH SPOKANE	Thursday, Jun 4	6:30–7:30pm
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### Yoga for the Office

NORTH SPOKANE	Thursday, Jun 11	6:30–7:30pm
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## Tai Chi

This gentle exercise routine stretches and strengthens muscles, and calms busy minds. Teachers from the School of Tai Chi Chuan use their unique method to guide you into this ancient practice. Open to adults and mature young adults of all fitness levels. Please wear comfortable clothing and thick socks.

NORTH SPOKANE	Wednesday, Apr 29	6:30–7:45pm
SPOKANE VALLEY	Wednesday, May 6	6:30–7:45pm
MORAN PRAIRIE	Wednesday, May 13	6:30–7:45pm
CHENEY	Wednesday, May 20	6:30–7:45pm
ARGONNE	Wednesday, Jun 3	6:30–7:45pm

## Beginning Meditation

Explore your natural capacity for focused relaxation in this introduction to basic meditation practices. The techniques taught aid you in attending to your body and mind. For maximum comfort please bring pillows or blankets.

ARGONNE	Monday, Apr 13	6:30–7:30pm
NORTH SPOKANE	Sunday, Apr 19	1–2pm
SPOKANE VALLEY	Monday, Apr 27	6:30–7:30pm
DEER PARK	Monday, May 4	6:30–7:30pm
CHENEY	Sunday, May 17,	1–2pm
MORAN PRAIRIE	Monday, Jun 8	6:30–7:30pm

## Online Tools for Health and Fitness

Keep yourself motivated as you work towards a healthier you. Discover health and fitness apps and websites to help you stay on track with your health goals.

NORTH SPOKANE	Thursday, May 21	7pm
SPOKANE VALLEY	Thursday, May 28	7pm

## Digital Resources

For 24-hour online learning opportunities, check out the following resources in the DIGITAL LIBRARY at [www.sclcd.org](http://www.sclcd.org).



### Inner Focus

To read articles about how to improve the health of your mind, body, and spirit, visit ProQuest and Science in Context for the latest research on the mind body connection.

### Get Grounded

Find classes on gardening, cooking, and health in Gale Courses, short instructional videos and articles in our Hobbies and Crafts Reference Center.

### Bite into Health

Check out current popular magazines on a variety of lifestyle topics with Zinio.

# Bite Into Health

## Healthy Home Fermentation

Fermentation is an ancient practice used to preserve fruits and vegetables and also make those foods healthier and more digestible. Fitness and nutrition experts Ben and Jessa Greenfield introduce you to the world of fermentation so you can start preserving at home.

OTIS ORCHARDS	Tuesday, May 12	12–1pm
ARGONNE	Tuesday, May 19	6:30–7:30pm

## Coffee and Chocolate Pairings

*with The Chocolate Apothecary*

Every chocolate and coffee is unique. The region of growth, soil composition, altitude, and processing methods all impart unique qualities to a cup or bar. Taste these differences side by side with our guide from the Chocolate Apothecary.

CHENEY	Saturday, Apr 25	2–3pm
ARGONNE	Saturday, May 2	2–3pm
FAIRFIELD	Saturday, May 16	2–3pm
DEER PARK	Saturday, Jun 13	2–3pm

## Tea Time

Not just a hug in a cup, tea also has many beneficial health properties. Sherri Davey, owner of Heavenly Special Teas, presents information about the health benefits of tea and the differences between types of tea. Sherri also gives a demonstration on properly brewing loose-leaf tea with samples for the audience.

DEER PARK	Wednesday, Apr 22	6:30–7:30pm
NORTH SPOKANE	Monday, May 4	7–8pm
AIRWAY HEIGHTS	Thursday, May 21	6:30–7:30pm
MORAN PRAIRIE	Tuesday, May 26	6:30–7:30pm
OTIS ORCHARDS	Tuesday, Jun 2	6:30–7:30pm

## Online Tools for Home Chefs

The home chef has countless tools available just at their fingertips. Learn about the best websites and apps to help you find new recipes or organize all your old favorites. Also search for recipes suited to particular dietary requirements and explore special tools for analyzing a recipe's nutritional profile.

NORTH SPOKANE	Thursday, Apr 16	7pm
SPOKANE VALLEY	Thursday, Apr 23	7pm

## Online Couponing

Couponing doesn't have to be extreme. Review popular apps, websites, and services designed to help you find savings, compare deals, and organize your coupons.

NORTH SPOKANE	Monday, Jun 8	7pm
SPOKANE VALLEY	Thursday, Jun 25	7pm

## Cooking Locally

With a wealth of regional resources available, cooking locally has become more feasible for the home cook. Joshua Martin, local chef and culinary instructor, talks about his experience with regional foods and farms and gives a cooking demonstration.

NORTH SPOKANE	Wednesday, May 27	7–8pm
SPOKANE VALLEY	Monday, Jun 1	7–8pm
MEDICAL LAKE	Tuesday, Jun 9	6:30–7:30



# Get Grounded

## Organic Vegetable Gardening

*Presented by Master Gardener Marilyn Lloyd*

Get all the basics for your organic vegetable garden in this fast-paced class. From zones to starts, to soil prep and composting, learn all you need to create a sustainable, organic garden today.

OTIS ORCHARDS	Tuesday, Apr 7	6:30–7:30pm
MORAN PRAIRIE	Thursday, Apr 16	1–2pm
MEDICAL LAKE	Tuesday, May 19	6:30–7:30pm

## Therapeutic Horticulture

*Presented by Master Gardener Cathi Lamoreux*

Learn about the therapeutic benefits of a peaceful garden setting, and how you can use plants in your garden to promote wellness of your mind and body.

AIRWAY HEIGHTS	Thursday, Apr 30	6:30–7:30pm
NORTH SPOKANE	Wednesday, May 20	6:30–7:30pm
FAIRFIELD	Saturday, Jun 6	2–3pm

## Exploring Inland Northwest Outdoors

Through words and pictures Craig Goodwin shares his journey and the lessons he's learned from photographing the unique beauty of our region. He also shares practical tips on viewing the Northern Lights, local wildlife, and nearby wonders like Palouse Falls.

NORTH SPOKANE	Wednesday, Jun 3	6:30–7:30pm
ARGONNE	Wednesday, Jun 10	6:30–7:30pm



## Farmers' Markets

During the growing season our county is filled with farmers' markets. Get fresh and local produce, flowers, and crafts. Support local farms, get outside, and visit with neighbors.

### Cheney Farmers' Market

June–September

Tuesdays, 2–7pm

[www.cheneyfarmersmarket.com](http://www.cheneyfarmersmarket.com)

### Deer Park/Clayton Farmers Market

June–September

Sundays, 12–4pm

509.276.9644

### Liberty Lake Farmers Market

May–October

Saturdays, 9am–1pm

[www.lifarmersmarket.com](http://www.lifarmersmarket.com)

### Millwood Farmers Market

May 23–Sept 26

Wednesdays, 3–7pm

[www.millwoodpc.org/millwood-farmers-market/](http://www.millwoodpc.org/millwood-farmers-market/)

### South Perry Farmers' Market

March–May (indoors) & June–October

Thursdays, 3–7pm

November–December (indoors)

Thursdays, 3–6pm

[www.thursdaymarket.org](http://www.thursdaymarket.org)

### Spokane Farmers Market

May–October

Wednesdays & Saturdays, 8am–1pm

[www.spokanefarmersmarket.org](http://www.spokanefarmersmarket.org)

### Emerson–Garfield Farmers' Market

June–October

Fridays, 3–7pm

[emersongarfield.org/wp/?page\\_id=1080](http://emersongarfield.org/wp/?page_id=1080)