



How to Make Stress Work for You

New LAY ACADEMY Class

First Presbyterian Church, 16 Leon Sullivan Way, Charleston, WV 25301

Sundays, 1600 – 1730 (4:00 pm – 5:30 pm) in the Church Dining Hall

Eighteen Lectures (from a video series) by **Dr. Kimberlee Bethany Bonura**, will be shared during this course of study. **Dr. Bonura** earned her Ph.D. in Educational Psychology from FSU. She is a triple-certified yoga instructor and holds certifications as a personal trainer, group fitness instructor, kickboxing instructor, Tai Chi and Chigong instructor, senior fitness specialist, weight management instructor, and prenatal and youth fitness specialist.

Each lecture will be followed by a panel presentation by community leaders and class discussions.

Class Schedule:

Fall Series: Sundays, FPC Dining Hall, 1600 – 1730 (4:00 pm -5:30 pm)

- Sunday, 07 October 2018** ----- Lecture #1: “**A New Mindset about Stress**”
Sunday, 14 October 2018 ----- Lecture #2: “**Happiness: A Fickle Queen**”
Sunday, 21 October 2018 ----- Lecture #3: “**Anger: A Tyrannical King**”
Sunday, 28 October 2018 ----- Lecture #4: “**Swimming in an Ocean of Sorrow**”
Sunday, 04 November 2018 ----- Lecture #5: “**Why You Stress: Arousal and Value Judgment**”
Sunday, 11 November 2018 ----- Lecture #6: “**Choose Your Adventure: Choose Your Stress**”
12 November 2018 – 12 January 2019 ----- **Break for Reading Assignments, Advent, and Christmastide**

Winter Series: Sundays, FPC Dining Hall, 1600 – 1730 (4:00 pm - 5:30 pm)

- Sunday, 13 January 2019** ----- Lecture #7: “**Heaven and Hell Can Be Other People**”
Sunday, 20 January 2019 ----- Lecture #8: “**Our Overstressed, Overscheduled Kids**”
Sunday, 27 January 2019 ----- Lecture #9: “**Change Your Mind to Change Your Stress**”
Sunday, 03 February 2019 ----- Lecture #10: “**Emergency Stress Management**”
Sunday, 10 February 2019 ----- Lecture #11: “**Good Stress helps You Handle All Stress**”
Sunday, 17 February 2019 ----- Lecture #12: “**The Stress of Learning and Mastery**”
18 February 2019 – 09 March 2019 ----- **Break for Reading Assignments, Lent, and Eastertide**

Spring Series: Sundays FPC Dining Hall, 1600 – 1730 (4:00 pm - 5:30 pm)

- Sunday, 10 March 2019** ----- Lecture #13: “**Alternative Approaches to Stress**”
Sunday, 17 March 2019 ----- Lecture #14: “**Mindfulness: Heart Healing to Manage Stress**”
Sunday, 24 March 2019 ----- Lecture #15: “**Channeling Stress for a Competitive Edge**”
Sunday, 31 March 2019 ----- Lecture #16: “**Emerging Stress Management Technology**”
Sunday, 07 April 2019 ----- Lecture #17: “**Rest, Recover, Restore Your Resilience**”
Sunday, 14 April 2019 ----- Lecture #18: “**Learning from Your Stress**”

End of this Course of Study.

This course of study is free and open to everyone. Bring a friend or neighbor. For more information, please contact **Dr. Bob Newman** via phone at 1-304-345-0225 or the Church Office via phone at 1-304-343-8961.

KVVP works whenever we all work together!

With the KVVP, aging really becomes a phenomenal journey, not a destination; with the KVVP, no one walks alone.



KVVP e-BLAST

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