Class Directory

Kids Classes

Story Sprouts: Children ages 3-5 invited for arts & crafts, make a snack, & story time. Classes have an organic, environmental, & local twist. ***Cost: complimentary.***

Story Seedlings: Story Seedlings builds on foundations begun in Sprouts with emphasis on listening to a story from books. During each session, activities offered are: storytime for 4 to 8 yr olds, hands-on healthy snack preparation, and arts & crafts. Siblings under 10 are welcome to participate! ***Cost: complimentary.***

Ever'man Cooks! Kids' Kitchen: Join Sherry Brubaker in the kitchen with your kids as they explore the fun & benefits of cooking & eating healthy. Kids get hands-on experience, turning picky eaters into foodies! HALLOWEEN THEMED PLEASE DRESS UP! We will be building your own creepy pasta bowl. ***Cost: complimentary.***

Fitness Classes

Pilates Fusion: Expect a full body workout. Class for all levels: beginner to advanced. Modifications offered to suit your practice. ***Cost: complimentary.***

Funky Flow Yoga: Funky Flow is a creative hour with fun postures and music, combining yin and yang postures. Please wear comfortable clothing. All you need is yourself, a mat (if you have one), and an open mind. ***Cost: complimentary.***

Vinyasa Flow Yoga: Vinyasa flow is a series of postures with the breath. Class for all levels of practice. Please bring a mat. ***Cost: complimentary.***

Cooking Classes

(please sign up in advance for these, register online or in-store):

Baptist Health Care Stroke Cooking Program: Join us for a cooking class with clinical dietitian, Cruz! Learn how to optimize your everyday meals and how nutrition plays a big role in reducing your risk for stroke. We will be cooking Sautéed Shrimp in Garlic Tomato Sauce ***Cost:complimentary.***

Ever'man Cooks! 30-Minute Meals w/ the Backyard Bohemian: Join Recipe Developer Sherry Brubaker & create 30-minute healthy meals the whole family will love. ***Cost: complimentary.***

Ever'man Cooks! Cooking with Honey: Join Becca Fritschle from Little Green Bees cooking recipes with honey. ***Cost: complimentary.***

Ever'man Cooks! Shopping the Co-op: Learn to shop the co-op for value. Cooking demonstration & sampling event using current Co+op Deals, coupons, & recipes. Discover your next favorite Ever'man product! ***Cost:complimentary.***

Ever'man Cooks! Compassionate Cooking: Join the Pensacola Vegan Association & learn how to prepare plant-based meals. ***Cost: complimentary.***

Ever'man Cooks! The Food Interpreter –Natural Fermenting: Learn how to create delicious, nutritious meals and cooking techniques . ***Cost: complimentary.***

Ever'man Cooks! Debby's Kitchen: This class is for the novice cook at any age. It will be educational, fun & offer basic knife & sauce skills to appeal to anyone! ***Cost:complimentary.***

Florida Dept of Health: Harvest healthy habits with lighter versions of your favorite fall recipes, plus get some scary good tips for a healthy Halloween!

Ever'man Cooks! Make Healthy Happen Live Full for Life: Organic and the Label Illusion: Join us and let's discuss how to understand when a food is actually "healthy" by breaking down the most important aspects of reading a label. Spoiler alert, we're not just referring to calories, fat, sugars and sodium content. We'll finish things up with a healthy recipe to get you started on your journey to a stronger and healthier you.

Support Groups

CCFA: The Crohn's and Colitis Foundation of America offers a local support group where patients, family members, and caregivers can connect to others living with these digestive diseases. ***Cost: complimentary.***

Transgender Alliance: Come join fellow members of Pensacola's transgender community. Share stories, support, and find a fellowship amongst fellow transgender individuals. ***Cost: complimentary.***

La Leche League: Helping mothers breastfeed through mother-to-mother support, encouragement, information, & education. Better understand breastfeeding as an important element in the healthy development of baby & mother. ***Cost: complimentary.***

Veteran's Meeting: These monthly meetings focus on veteran services in our community. ***Cost: complimentary.***

Leaps (Love, Encouragement, and Postpartum Support): A self-care support group focused on helping moms connect and engage in activities that promote balance, stress management, and overall wellness. Pre-crawling babies welcome. ***Cost: complimentary.***

Wellness Classes

Third Thursday Meditation: Guided meditation for inner peace, happiness and healing. ***Cost: complimentary.***

Transmission Group World Service Meditation: A very simple, safe, scientific, non-denominational, world service group meditation with over 600 Transmission groups in 40 countries worldwide meeting on a regular basis. ***Cost: complimentary***

Natural Healing/Cancer Study: Group study about all illnesses, with a frequent emphasis on Cancer Prevention & Reversal. Presentations are done with DVDs or by Local Practitioners for the purpose of education. ***Cost: complimentary.***

"**Wow Factor**" are social wellness evenings, combining authentic relating games with resilience and mental fitness exercises. They are a revitalizing, fun few hours ofactive mindfulness activities, designed by a team who provide disaster relief workshops for survivors.

Lifestyle Measure to Reduce Inflamation: We will cover: symptoms and lab markers that indicate inflammation. Foods to avoid and foods to chooseto lower inflammation. Supplements that may help reduce inflammation. Lifestyle measures: sleep, stress and exercise

Mental Illness and the Baker Act: This series provides you with open conversation and expert knowledge for family, friends, and all others concerned with how to help someone in a mental health emergency. You will gain inside knowledge of how Florida's mental health laws work in our community.

Informational Classes:

ECUA Recycling: Jim Roberts, Emerald Coast Utilities Authority (ECUA) public information officer, will create public awareness and provide instruction on recommended environmental strategies. **Cost: complimentary.**

Earth Ethics: Join us as we discuss important environmental and/or social issues that impact us and our communities. ***Cost: complimentary.***

Wisdom of Myth: What are myths, legends, and fables? Mythosophy® means the Wisdom of Myth. Come explore how hidden wisdom can be revealed in the old stories and the words we use. A transformational technique 'Thinking Mythically' will be offered. ***Cost: Complimentary.***

Gardening on the Gulf Coast: Join Ever'man gardener Becca Fritschle each month as we explore a new topic related to gardening on the coast. Topics include kitchen gardening, gardening with kids, heirloom gardening, and encouraging pollinators. ***Cost: Complimentary.***

Community Emergency Response Team (CERT) training class. We will be training a FEMA class, 'You Are the Help Until Help Arrives. : Facilitated by BRACE (Be Ready Alliance Coordinating for Emergencies). ***Cost: complimentary***

Relational Communication Oasis w/ the Espere® Method: Learn to better identify the pitfalls & misunderstandings of intimate, professional &social communication & relational hygiene rules that allow responsible communication in all our relationships & everyday life. ***Cost: complimentary.***

Humanists of West Florida: The Mission of the *Humanists of West Florida is to facilitate the advancement of humanist thought and action in the Pensacola and Gulf Coast area by interconnecting groups of humanists, atheists, agnostics and non-religious. ***Cost: Complimentary.***