



WINTER 17 SCHEDULE

Spark your passion for learning and fun! Ignite is a series of specialty program offerings for individuals with intellectual and developmental disabilities, powered by Search, Inc. Courses run from January 2017 thru March 2017 in Mount Prospect and Lincoln Square, Chicago.

S C H E D U L E	IGNITE in Mount Prospect			Location: 625 Slawin Court Mount Prospect, IL 60056	
	Course	Dates	Day & Time	Cost	Enrollment
	Active Living: Body & Brain Yoga	1/11/17–3/29/17	Wednesdays 4:00–5:30 pm	\$85	Open now thru Friday, 1/6/17
	IGNITE in Lincoln Square			Location: 4930 Lincoln Avenue Chicago, IL 60625	
	Course	Dates	Day & Time	Cost	Enrollment
	Life Skills: Baking from Scratch	1/10/17–3/28/17	Tuesdays 4:00–5:30 pm	\$85	Open now thru Friday, 1/6/17



ACTIVE LIVING: BODY & BRAIN YOGA

This course will focus on energy circulation, relaxation and stress-relief exercises. Students will learn and practice simple techniques to reduce stress and gain energy. Physical accommodations will be made for the stretching, and no previous yoga experience is required. The course will be run by a Certified Instructor from Body & Brain Yoga and Tai Chi.



LIFE SKILLS: BAKING FROM SCRATCH

This course will engage the students in baking a variety of recipes, from snacks and appetizers to dinners and desserts, all from scratch. The students will follow step-by-step visual instructions, to practice measuring, pouring and mixing ingredients, using kitchen appliances and baking. Dietary and nutritional restrictions will be taken into consideration.

For more information or to enroll contact Maggie Davidson by email mdavidson@search-inc.org, or by phone 847-789-7155 ext. 294. To learn more about Search, Inc. visit: www.search-inc.org

