Yoga Basics
A foundational class designed to give you the fundamentals for establishing a well-rounded and inspirational yoga practice. Designed for beginners and advanced yogis alike, this class is taught in the traditional Hatha yoga style.

CONVENER: Darryl Olive (816-256-4443 or 816-522-9398)
Email: info@kcfitnesslink.com
Website: www.kcfitnesslink.com
CLASS FEE: $18.00
Sec. A: 8 sessions; Mondays, beginning, June 03;
Sec. B: 8 sessions; Wednesdays, beginning, June 05; MEETS: 6:30 PM - 7:30 PM; KC FitnessLink, 510 N 6th St Kansas City, KS 66101; LIMIT: 20

Power Yoga for Runners
A multi-level class that links breath and movement in a flowing style. It helps build strength and flexibility for beginners and advanced students. This class incorporates Sun Salutations in the warm-up and throughout the practice, making it more physically challenging than our Hatha basics class. It specifically focuses on muscles used for running.

CONVENER: Darryl Olive (816-256-4443 or 816-522-9398)
Email: info@kcfitnesslink.com
Website: www.kcfitnesslink.com
CLASS FEE: $18.00
Sec. A: 8 sessions; Saturdays, beginning, June 08; 9:00 AM - 10:00 AM; KC FitnessLink, 510 N 6th St Kansas City, KS 66101; LIMIT: 20

Kick Your Sugar Habit
Do you find you just can’t seem to say “no” when sweets are around? This class will teach you simple steps to kick your sugar habit, once and for all, without resorting to giving up all your favorites. Bring $5 to class for materials.

CONVENER: Shannon Hodge (360-350-7801)
Email: e.shannonhodge@gmail.com
Website: www.shannonhodge.com
CLASS FEE: $9.00
Sec. A: 1 session; Saturday, June 15; 10:00 AM - 12:00 PM; Ruiz Branch Library, 2017 West Pennway St., Kansas City, MO 64108; LIMIT: 15

One Green Smoothie a Day Will Keep the Doctor Away...Forever
Do you have low energy? Can’t lose weight? Do you have problems with indigestion/elimination? Do you crave sweets? Do you want to eat healthy but just can’t find the time? If you have answered yes, to at least one of these questions, this is class is for you! Learn the benefits of greens to your health and an easy way to incorporate fruits and vegetables to your diet. We’ll prepare a very tasty green smoothie that is also good for you!

CONVENER: Sonia Mauburg
Email: sm@kc.com
CLASS FEE: $9.00 + $5.00 material fee = $14.00
Sec. A: 1 session; Monday, June 17; 6:30 PM - 7:30 PM; Royall Hall, 213, 52nd St. Between Rockhill and Holmes, UMKC Campus, KC; LIMIT: 15
#4301 A
Neutralize Stress with Mind-Body Healing

This course explores the fundamentals and practical application of meditative practice. You will learn how meditation enhances health and well-being, different meditation techniques, and how to establish a regular daily meditation practice. The course emphasizes how meditation’s mindfulness techniques and its approach to staying in the present moment have been shown to be powerful coping mechanisms for enhancing mental health. This workshop is for professionals and the general public to learn about using meditation in personal and career related contexts.

CONVENER: Joe Wilner
Website: www.joewilner.com
CLASS FEE: $14.00
Sec. A: 1 session; Saturday, June 15; 12:00 PM - 4:00 PM;
Royall Hall, Rm. 202, 52nd St. between Rockhill and Holmes,
UMKC Campus, KCMO; LIMIT: 12

#4302 A
Alkalize for Health

What is your pH? Are you acid or alkaline? Are you troubled with muscle cramps, arthritis, diabetes, heartburn, osteoporosis or cancer? Can’t seem to lose weight? Your pH is out of balance and you’re too acidic. Learn what foods and supplements will balance the pH. Equally important is the water you drink. Learn about alkalized ionized Kangen water and how it can alkalize your body quickly. Please bring $2 to class for handouts.

CONVENER: Martha Anderson (913-631-3615)
Email: marthaa2@juno.com
Website: www.kangenkeytohealth.com
CLASS FEE: $9.00
Sec. A: 1 session; Saturday, July 13; 2:00 PM - 4:00 PM; 10400 W 52nd Terr., Shawnee, KS; LIMIT: 10

#4303 A
Alzheimer’s 101: A Toolkit for Families

Every 71 seconds, someone is diagnosed with Alzheimer’s—changing their life and that of those around them. Alzheimer’s 101 provides a proven, 4-step model that allows family members to manage the chaos that comes with dementia and to improve the quality of life for themselves and their loved ones with Alzheimer’s. You’ll leave this class with a toolkit of tips and techniques for managing the everyday challenges that arise when someone you love has Alzheimer’s.

CONVENER: Charles Wurth (816-803-2875)
Email: cesprings@aol.com
CLASS FEE: $9.00
Sec. A: 1 session; Monday, June 03; 7:00 PM - 8:30 PM; Central Library, Rm. 312, 14 West 10th St., Kansas City, MO 64105, NE corner of Baltimore & 10th; LIMIT: 12

Affordable Chiropractic Health Care

Family Plan Available

Massage Therapy and Physiotherapy Available

9237 Ward Pkwy., Suite 104
Kansas City, MO 64114
Dr. Richard Kaplan Dr. Dan Wasson
816-363-4455 816-523-4411

Making a Difference

Creative Ways to Leave Your Own Legacy.

This year Communiversity will face some new challenges. We are developing a new online database program that will feature a true shopping cart system for registrants and easy access to class information for our teachers. You can help keep Communiversity vital and our inspiring catalog of classes as part of the Kansas City landscape.

Did you know that UMKC can assist you in targeting your gift to Communiversity?

Our new gift planning website, complete with calculating tools is now available. Please visit: http://advancing.umkc.edu/plannedgiving.

- Check out the multiple “libraries” of planned giving, financial planning and estate planning articles.
- Construct your own possible planned gift.
- Create a chart to compare the features and benefits of different planned gifts.
- See how much your income tax deduction will be for your particular planned gift.
- And, much more...

To learn more about how to leave a legacy call Phil Watson, director of Planned Giving, at 816-235-5776 or watsonp@umkc.edu.

We look forward to thanking all of our donors whose vision and generosity will raise our ability to insure an avenue of “free speech” for future generations.
#4305 A  
**Physiological Way That Christ Works**  
We all have the power within the human body to do away with sickness, trouble and sorrow as stated in the Bible. The following class will explain the holistic, and physiological way that Christ works in and through the physical body using a lost form that roots date back to the days that Christ walked the earth. This course will identify the deficiencies within an individual and give a chart for healing the body of every day illness and building the body’s immune system.  
**CONVENER:** Sean Antwine  
Email: lightofthewhirl@yahoo.com  
**CLASS FEE:** $9.00  
**Sec. A:** 1 session; Thursday, June 06; 6:00 PM - 7:00 PM; Waldo Branch Library, Rm. A, 201 East 75th Street, Kansas City, MO 64114; LIMIT: 30  

#4306 A  
**Herbal Home Remedies**  
Learn what our grandmothers don’t teach us any more. You can use poultices, compresses, soups and salves to facilitate your own healing. We’ll take a walk to identify and harvest herbs to make our own salve and tincture. Hands-on demonstration, samples and handouts included.  
**CONVENER:** Regina Compernolle (816-547-0266)  
Email: sacredeartharts@aol.com  
**CLASS FEE:** $9.00 + $20.00 material fee = $29.00  
**Sec. A:** 1 session; Saturday, June 15; 9:00 AM - 12:00 PM; Dogwood Forest in Kansas City, Kansas, Call or email for details and directions.; LIMIT: 10  

#4307 A  
**Reiki Play Day**  
Experience the energizing, relaxing effects of Reiki and other forms of healing energy. Reiki works on physical, emotional and spiritual levels to open the flow in your life. Techniques will be taught to help you be more sensitive to subtle energy. We will play with a variety of energy techniques including Reiki, bio-force, polarity, chakra balancing and healing with sound. The class is held in our home in beautiful Dogwood Forest.  
**CONVENER:** Regina Compernolle (816-547-0266)  
Email: sacredeartharts@aol.com  
**CLASS FEE:** $9.00  
**Sec. A:** 1 session; Thursday, June 13; 7:00 PM - 10:00 PM; Dogwood Forest in Kansas City, Kansas, Call or email for details and directions.; LIMIT: 10  

#4403 A  
**Boxing Basics**  
Group boxing classes are a tough but exciting way to get in shape. You will learn everything you need to know about the art of boxing: wrapping hands, working the bags, breathing, stance and hitting the mitts. Zach Brunner has over fifteen years of experience in the martial arts, with a background in Muay Thai, Brazilian Jujitsu and western boxing.  
**CONVENER:** Zach Brunner  
Email: brunner.nash@gmail.com  
Website: sweetboxing.weds.com  
**CLASS FEE:** $9.00  
**Sec. A:** 1 session; Sunday, July 07; 10:00 AM - 11:00 AM; Sweet 2 Boxing Club, 2416 South 34th St., KCKS 66106; LIMIT: 10  

#4404 A  
**Brain Training for Healthy Aging**  
Why Brain Training? New developments in the neuro sciences tell us that brain exercise is just as important for healthy aging as physical exercise. Come learn about the science of brain training and how to build a brain fitness program you can do at home!  
**CONVENER:** ManDee Nogle (913-954-7007)  
Email: mandee@brainfitness-tc.com  
Website: www.brainfitness-tc.com  
**CLASS FEE:** $9.00  
**Sec. A:** 1 session, Saturday, August 10; 1:00 PM - 3:00 PM; Community America Credit Union, Conference Room, 6280 W. 135th, Overland Park, KS; LIMIT: 20  

#4405 A  
**Trauma, Stress, and Brain Health**  
Ever wonder how daily stress can affect your memory, sleep, and thinking skills? Did you know that both big and small traumas can dramatically affect your cognition? Come learn how the brain responds to negative events in our environment and how it can impact brain health throughout the aging process.  
**CONVENER:** ManDee Nogle (913-954-7007)  
Email: mandee@brainfitness-tc.com  
Website: www.brainfitness-tc.com  
**CLASS FEE:** $9.00  
**Sec. A:** 1 session, Saturday, July 13; 1:00 PM - 3:00 PM; Community America Credit Union, Conference Room, 6280 W. 135th, Overland Park, KS; LIMIT: 20  

#4404 B or C  
**Mama Faraci's Fitness**  
A combination of aerobics and stretching with some light weight work with creative music selections. If you can stand for one hour you can do this class, however, if you are in shape I will make you sweat. Bring $9 for room rental to first class for three classes. Optional—set of light weights and a yoga mat. Convener began as Zumba instructor and has developed unique style for overall general fitness.  
**CONVENER:** Debora Faraci (913-937-7074)  
Email: deboracrl@yahoo.com  
Website: www.mamafaraci.weebly.com  
**CLASS FEE:** $15.00  
**Sec. A:** 3 sessions; Saturdays, beginning, June 08;  
**Sec. B:** 3 sessions; Saturdays, beginning, June 23;  
**Sec. C:** 3 sessions; Saturdays, beginning, July 20;  
**MEETS:** 9:15 AM - 10:30 AM; Riverview Baptist Church, 7924 Riverview Avenue, Kansas City, KS 66112, 170 and 78th Street exit, Turn South. Go to Riverview. Turn West. One block West of 78th street; LIMIT: 15  

#4406 A or B  
**Spartacus Boot Camp**  
The Spartacus workout is 10 exercises that collectively work every part of your body, and then placed at a 60-second station, in order to challenge your heart and lungs as well as your muscles. The final product: A high-intensity circuit that’s designed to burn away fat, define your chest, abs, and arms, and send your fitness levels soaring. So you’ll sculpt a lean, athletic-looking body—while getting in the best shape of your life. No experience required.  
**CONVENER:** Darryl Olive (816-256-4443 816-522-9398)  
Email: info@kcfitnesslink.com  
Website: www.kcfitnesslink.com  
**CLASS FEE:** $18.00  
**Sec. A:** 1 session; Saturday, June 08; 6:00 AM - 7:00 AM; Dogwood Forest in Kansas City, Kansas, Call or email for details and directions.; LIMIT: 10  

#4407 A  
**Neuroplasticity, Learning, and Brain Function**  
Discover your brain! This class looks at basic brain structure and function as well as new scientific discoveries around the brain. You will then learn how you can use the science of neuroplasticity to improve your thinking and learning.  
**CONVENER:** ManDee Nogle (913-954-7007)  
Email: mandee@brainfitness-tc.com  
Website: www.brainfitness-tc.com  
**CLASS FEE:** $9.00  
**Sec. A:** 1 session; Saturday, June 15; 1:00 PM - 3:00 PM; Community America Credit Union, Conference Room, 6280 W. 135th, Overland Park, KS; LIMIT: 20  

#4408 A, B or C  
**Start Running or Power-walking for Fitness, Fun and Friends**  
Get into running or power-walking to get fit, make new friends and perhaps shed a pound or two. This is a class for new--walkers/runners, those who gave it up but want to start again, or persons who walk with a vengeance. By the end of the ten weeks, you will be able to complete a 5K. You will be required to join the Kansas City Track Club ($20) at the first meeting, so bring your checkbook or cash. Your membership entitles you to a 10% discount on your running and power-walking needs. Youngsters welcome with parents.  
**CONVENER:** Paul Gorman & Lou Joline (816-679-8165)  
Email: joline@iol.com  
**CLASS FEE:** $18.00  
**Sec. A:** 10 sessions; Mondays, beginning, June 03; 5:45 PM - 7:15 PM; Garry Gibble’s Running Sports, Ward Parkway Shopping Center, 8600 Ward Pkwy, KC; LIMIT: 35  

#4411 A  
**Dual-Modality Approach to Weight Loss**  
Learn how the synergies of a dual-modality approach can impact weight loss results exponentially. A certified health coach and an energy balancing facilitator share information on nutrition, cravings, emotional eating, movement, well-being exercises, coaching and energy balancing practices. Bring $3 to class for materials.  
**CONVENER:** Nancy Ogleby & Nancy Steele (816-806-9405)  
Email: nancy@healthwroksc.com  
**CLASS FEE:** $9.00  
**Sec. A:** 1 session; Tuesday, June 18; 7:00 PM - 8:00 PM; Royall Hall, Rm. 203, 2nd St. Between Rockhill and Holmes, UMKC Campus, KC; LIMIT: 12