



MIND • BODY • SPIRIT

A 501(c)(3) nonprofit owned by the community and reports to a local Board of Managers.



Mt. Carmel
CHRISTMAS
BAZAAR

SATURDAY, NOV. 24 | 10 AM - 3 PM

GARDEN ROOM & ZICCARDI HALL
911 ROBINSON AVE. | TRINIDAD, CO

For more information or to become a vendor, contact Patricia Duran at (719) 845-4875 or pduran@mtcarmelcenter.org



SATURDAY, OCT. 13 | 2-10 P.M.

|||||
911 ROBINSON AVE. TRINIDAD, CO 81082
|||||

FOOD + BEER + LIVE MUSIC + TRAIN RIDES + FALL GAMES + VENDORS



**FOR MORE INFO,
CALL PATRICIA DURAN AT 719-845-4875**



100% OF ALL DONATIONS GO TOWARD RECOVERY EFFORTS

DONATE TO THE

Spring Fire Recovery Efforts

Trinidad Community Foundation (TCF) will match dollar for dollar up to \$13,500.00 to assist with the Spring Fire Recovery Efforts!

Cash and Checks accepted by mail or in the TCF Office:

Open M-F from Noon - 4 p.m.

136 W. Main St. #204 | Trinidad, CO 81082

trinidadcf.org

Make checks payable to TCF with memo to read: "For the Spring Fire Recovery Fund"



Connecting People Who Care With Causes That Matter

The Trinidad Community Foundation's mission is to enhance and develop the quality of life of our community by leading and forming partnerships for health and wellness, education, recreation, and historic preservation projects, and encouraging communication in the community.

For more information, email info@trinidadcf.org or call **719-846-5940**

free

Chronic Pain Self-Management Class

Thursdays, Aug. 23 - Sept. 27
10 a.m. - 1 p.m.

Mt. Carmel Wellness & Community Center
Garden Room
911 Robnson Ave.
Trinidad, CO

Contact Patricia Duran to register:
719-845-4875 | pduran@mtcarmelcenter.org

This 6-week class helps you deal with the challenges of living with chronic pain. Classes are highly participative, where mutual support and success build the participants' confidence in their ability to manage their health and maintain active and fulfilling lives. The Chronic Pain Self-Management Program was developed at Stanford University.

Who should participate? Anyone who is dealing with ongoing pain is encouraged to participate. Participants should be comfortable in a group setting. Friends and family welcome to attend!

TOPICS COVERED

- Techniques to deal with fatigue, frustration, isolation and poor sleep
- Exercise tips for maintaining and improving strength, flexibility and endurance
- Communicating effectively with family, friends and health professionals
- Managing medications, activity and rest levels
- How to evaluate new treatment
- Setting weekly goals
- Nutrition



Tai Chi Class

For Energy and Wellness

Tai Chi is a terrific exercise for everyone -- as long as they choose the best approach. Tai Chi is gentle, and can quickly improve balance, core strength, circulation and flexibility, and at the same time decrease stress levels and increase life vibrancy and joy.

SIX-WEEK CLASS SCHEDULE

Mondays and Wednesdays, Sept. 24 - Oct. 31

Advanced Classes from 9:30-10:30 a.m.

Novice Classes from 10:30-11:30 a.m.

REGISTRATION FEES

\$40.00 Fee

For those 60+ years,
\$40.00 registration fee paid by Mt. Carmel

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