

**Lynn Tarnoff (MA)** director of UW-Madison Continuing Studies Visual Arts and Living Well programs has degrees in education and healthcare administration. She is an award-winning artist, instructor, gallery co-founder and business entrepreneur. She has worked in education, public health, toy invention and community art development.



**Kristin Vesbach (MS, art therapy, Mount Mary College)** is a professionally trained art psychotherapist and licensed professional counselor with a wealth of experience using the creative process of art making to improve and enhance physical, mental, and emotional health.



**Lisa Webne-Behrman (PhD)** licensed psychologist and mediator, is senior partner with Collaborative Initiative, an organization that provides training, facilitation, mediation and dispute resolution systems design. She is also senior psychologist at UW-Madison Counseling Center focused on mindfully addressing life's challenges.



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UNIVERSITY OF WISCONSIN-MADISON  
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*Living Well*

**Classes in mindfulness, creativity,  
stress-management, and more**

# Living Well

**Live your best life**  
Classes in mindfulness, creativity,  
stress-management, and more

**Continuing Studies**  
UNIVERSITY OF WISCONSIN-MADISON

**OAKWOOD**  
OAKWOOD LUTHERAN  
SENIOR MINISTRIES

## Live Better Today...and Tomorrow

Whether you're facing a life transition, coping with chronic pain, or just struggling with the stress and worries of everyday life, UW-Madison's Living Well classes can help you find the balance you need to live a healthy and happy life.

We offer 16 classes in mindfulness, creativity, and—back by popular demand—mindfulness-based stress reduction. All are affordable, convenient, and taught by qualified instructors in welcoming, supportive atmospheres.

Live your best life with UW-Madison's Living Well.

To learn more and register please visit [continuingstudies.wisc.edu/living-well](http://continuingstudies.wisc.edu/living-well). For questions please contact Lynn Tarnoff at 608-890-1424 or [lynn.tarnoff@wisc.edu](mailto:lynn.tarnoff@wisc.edu).

## About Your Instructors:



**Helen Klebesadel** is an experienced artist, teacher, and mentor. She was formerly an associate professor of art and gender studies at Lawrence University. Her artworks have been exhibited nationally and internationally. She offers watercolor, drawing, creativity, and career development in face-to-face workshops and through distance learning. You can learn more about her work as an artist on her website [klebesadel.com](http://klebesadel.com).



**Elizabeth Lewis (BFA, Emerson College)** is an artist, writer, motivational speaker, and stress management and personal development coach. Her areas of expertise include HeartMath®, forgiveness facilitation, resilience-building, meditation, happiness, chakra healing art, and global body-mind-spirit practices. Learn more at [elizabeth-lewis-coach.com](http://elizabeth-lewis-coach.com)

# Fall 2016

## Creativity: Becoming Your Own Muse

Five weeks; Wed, Sep 14-Oct 12  
10:30am-12:30pm

UW Arboretum Visitors Center, Rm. 2  
1207 Seminole Hwy., Madison, WI  
\$150

Instructor: Helen Klebesadel

No art experience is needed on this journey through arts-based exercises to strengthen your creative voice. Engage in image-making, short writing exercises, and mixed-media collage visioning processes aimed at embracing your authentic voice and expanding your creative thinking. This creativity-coaching-through-art approach gives you an opportunity to listen to your inner knowledge and draw out a larger vision for yourself. Supplies required.

## Creativity: Finding "Flow" and Your Artist's Voice

Five weeks; Wed, Sep 14-Oct 12, 1-3:30pm

UW Arboretum Visitors Center, Rm. 2  
1207 Seminole Hwy., Madison, WI  
\$150

Instructor: Helen Klebesadel

Using water-based media, explore creativity exercises aimed at developing authentic content in your artwork. Learn to be present with the creative process and find flow with less regard to salable art products. This creativity-coaching-through-art approach gives you an opportunity to expand your personal imagery by exploring your inner knowledge and what you care most about. Supplies required.

## Mindfulness-Based Stress Reduction

Sat, Sep 17, 9am-4pm

Lowell Center  
610 Langdon St., Madison, WI  
\$125

Instructor: Elizabeth Lewis

The key to maintaining emotional, mental, and physical balance is to respond to stress not with frustration and self-criticism, but with mindful, nonjudgmental awareness of your body and mind. We explore mindfulness-based stress reduction tools and techniques that are designed to alleviate stress and reduce chronic pain. Come learn how to replace stress-promoting habits with mindful ones. Optional supplies: yoga mat or blanket.



## Get Smart: Work Out Your Brain with Art

Sat, Sep 24, 9am-noon

Humanities Bldg., Rm. 6411  
455 N. Park St., Madison, WI  
\$55

Instructor: Kristin Vesbach

Science says that creativity is good for your brain! Exercise your brain while you have fun, enhance your creativity, and expand your perspectives. No artistic talent is needed. Be inspired to bring art into your everyday life as a key element in your wellness routine. Improve your problem-solving skills and make a plan for regular brain workouts. Supplies required.

## Art Journaling for Relaxation and Self-Growth

Six weeks; Tue, Oct 4-Nov 8, 6-8pm

Humanities Bldg., Rm. 6411  
455 N. Park St., Madison, WI  
\$165

Instructor: Kristin Vesbach

Empower yourself through process-oriented art techniques that boost your mood and encourage creative wellness. We use positive, creative journaling prompts that energize and enlighten. Through simple mixed media techniques, you are invited to create an art journal that inspires problem solving, promotes relaxation, and celebrates personal strengths. Supplies required.

## Color My Life: Tools for Managing Mood and Stress

Five weeks; Wed, Oct 5-Nov 2,  
10am-noon

Pyle Center  
702 Langdon St., Madison, WI  
\$145

Instructor: Lynn Tarnoff

What is the power of color? Scientists measure it; marketers exploit it; lyricists wax poetic about it; artists create with it. Allen Klein wrote, "Your attitude is like a box of crayons that color your world." In this six-week course, you'll use crayons and more to find your personal color wheelhouse—and use it to boost energy, sharpen focus, or relax your mind and body. Supplies required.

## Practices for Heart-Centered Living

Sat, Oct 8, 9am-4pm

Lowell Center  
610 Langdon St., Madison, WI  
\$125

Instructor: Elizabeth Lewis

At the center of heart-centered living is compassion for yourself, others, and nature, as well as an appreciation for life as it is in the present moment. Explore easy-to-learn, on-the-go, ancient, and cutting-edge practices. Learn to reduce stress and build resilience, improve mental clarity, enhance your life performance, and foster effective relationships through guided heart meditation, heart-focused breathing, and more.

## Global Body-Mind-Spirit Practices

Sat, Oct 22, 9am-4pm

Pyle Center  
702 Langdon St., Madison, WI  
\$125

Instructor: Elizabeth Lewis

Explore practical, easy-to-learn body-mind-spirit practices from around the world. Learn to balance and strengthen your body's energy flow through a variety of techniques that promote healing, stress relief, and relaxation. Discover guided visualizations, Indonesian finger holds, the Holds, Pal Dan Gum, exercises to balance the chakras, and more. Come experience your body's inner wisdom and the wisdom of the ages.



## Mindfully Coping with Chronic Pain

Tue, Nov 8, 9am-4pm

Pyle Center,  
702 Langdon St., Madison, WI  
\$145

Instructor: Lisa Webne-Behrman

Find an array of strategies for coping with chronic pain that promote living a more meaningful and value-based life. Frequent pain can often limit daily activities, restrict your lifestyle, and contribute to isolation, self-blame, and low mood. We help you navigate the distinct challenges of chronic pain by focusing on the mind-body connection, the biology of stress, and the impact of mindfulness on your daily living.

## Winter 2016/ Spring 2017

### Alter Your Life, Alter Your Books: A Celebration of Change

Six weeks; Tue, Jan 24-Feb 28, 6-8pm

Humanities Bldg., Rm. 6411  
455 N. Park St., Madison, WI  
\$165

Instructor: Kristin Vesbach

Facing a job change, a new stage of life, or a change in a relationship? Your story is still being written. Celebrate your change as you move forward, build problem-solving skills, honor change, slow down, and play. Cut, paste, doodle, journal, and dream as you capture the story you are living by re-creating your very own book of art. Supplies required.

## Color My World: Tools for Reducing Communication Stress

Five weeks; Mon, Feb 22-Mar 22

10am-noon  
Pyle Center  
702 Langdon St., Madison, WI  
\$145

Instructor: Lynn Tarnoff

The colors you wear and the colorful words you use say a lot about you. Explore techniques for sharing your personal color wheelhouse with family, friends, and colleagues. Increase your empathy for others by understanding their color culture, including preconceptions, preferences, motivators, and more. Gain confidence and reduce stress when you use color and colorful words in your daily communication. Supplies required.



## Spring to Life: Boost Your Mood with Floral Painting

Sat, Mar 4, 9am-1pm

Humanities Bldg., Rm. 6411  
455 N. Park St., Madison, WI  
\$65

Instructor: Kristin Vesbach

Bring spring into your life and spirit by painting florals. Leave your artistic worries at the door as you play with color in this relaxing and inspiring workshop. Create an abstract, mixed-media painting that will expand your love for color, help you reconnect with nature, and showcase your inner strengths on canvas. Brighten your mood as you gaze at your creation. Supplies required.

## Tools for Building Resiliency

Sat, Mar 11, 9am-4pm

Pyle Center  
702 Langdon St., Madison, WI  
\$125

Instructor: Elizabeth Lewis

The latest scientific research in the field of optimal functioning and performance characterizes resilience as the capacity to prepare for, recover from, and adapt in the face of stress, challenge, and adversity. Mindfulness tools, the hows of happiness, and global body-mind-spirit and heart-centered living practices can all help build your resilience capacity. Come explore which resilience-building tools are right for you in this sampler-style workshop.

## Meaningfully Navigating Transition

Tue, Mar 14, 9am-3pm

Pyle Center  
702 Langdon St., Madison, WI  
\$125

Instructor: Lisa Webne-Behrman

Our lives are characterized by continuous transition, whether making a major move, changing jobs, or experiencing changes in relationships. This workshop focuses on intentionally finding personal meaning and building capacity to understand and cope with transition, toward re-imagining the new beginning. Increase present moment awareness, psychological flexibility, and navigate barriers while developing a values-based plan for the new beginning.

## Mindfulness-Based Stress Reduction

Sat, Mar 25, 9am-4pm

Lowell Center  
610 Langdon St., Madison, WI  
\$125

Instructor: Elizabeth Lewis

The key to maintaining emotional, mental, and physical balance is responding to stress not with frustration and self-criticism, but with mindful, nonjudgmental awareness of body and mind. This day-long workshop explores mindfulness-based stress reduction tools and techniques taught world-wide, designed to alleviate stress and reduce chronic pain. Come learn how to replace stress-promoting habits with mindful ones. Optional supplies: yoga mat or blanket.

## Exploring the Chakras Through Sound, Movement, and Meditation

Sat, Apr 29, 9am-4pm

Pyle Center  
702 Langdon St., Madison, WI  
\$125

Instructor: Elizabeth Lewis

Indian yogic tradition defines the chakras as the embodiment of psychic energy on the physical plane. When our chakras are balanced, we experience a sense of vitality and well-being. Unbalanced chakras can leave us feeling uncomfortable with ourselves and the world around us. Come experience a variety of fun, easy practices that can gently but effectively balance and strengthen your body's seven main energy centers.

To learn more and register please visit  
[continuingstudies.wisc.edu/living-well](http://continuingstudies.wisc.edu/living-well).

Questions? Contact Lynn Tarnoff at 608-890-1424 or  
[lynn.tarnoff@wisc.edu](mailto:lynn.tarnoff@wisc.edu)