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**Treating One's Mind and Body Well at the
International Friendship Club (IFC)**

**By
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Vallarta's International Friendship Club (IFC), located above the HSBC bank one block north of the new bridge over Insurgentes, offers exciting programs to stimulate the mind and enhance wellness. Proceeds from these programs support upwards of 20 charitable organizations in the Vallarta area.

Get Moving. No-Impact NIA Movement, a new IFC offering, is a holistic, gentle, non-impact fitness practice addressing each aspect of one's life – body, mind and soul. NIA combines dance, martial arts and mindfulness in movement. The class is offered Sundays at noon, outdoors on the IFC clubhouse terrace, located at Calle Libertad #13, Puerto Vallarta (corner of Libertad and Miramar in the Romantic Zone). For more information, or for a demo video, contact Deborah Darr at DebDarr@me.com. \$100 pesos (or more) donation accepted at the door. Also, yoga classes are offered throughout the week. Check the IFC website calendar for details.

Medical Insurance in Vallarta. Local healthcare resource, Pam Thompson, will take questions and discuss details of health care insurance in Puerto Vallarta at the IFC clubhouse on Wednesday, February 1. Pam has many years of experience working with medical professionals, hospitals and insurance issues in the region. \$100 pesos IFC members / \$150 pesos non-members.

Guest Lecture: Homeless in America. Retired Professor Jerry Kroth drills down on the causes, conditions and solutions to the unprecedented levels of homelessness in the United States. Thursday, January 26, 7-9:00 PM at the IFC clubhouse. \$100 pesos IFC members / \$150 pesos non-members.

Movie Night. Quality films, cash bar and complimentary popcorn are offered at the IFC clubhouse Monday evenings. A fun time for socializing begins at 6:00 PM, followed by a first-rate movie at 7:00. \$50 pesos. January 23, see *Angels Share* (narrowly avoiding jail, a new dad and his mates seek a way out of their hopeless lives after a visit to a whisky distillery). January 30, *Dreams* (by Akira Kurosawa). February 6, *Rocketman* (a musical fantasy about Elton John's breakthrough years). February 13, *Farewell Amor* (a shared love of dance between immigrant spouses reunited after 17 years). Movie listings are found in the moving ticker tape on the home page of the IFC website.

Villa/Home Tours. Get to know Vallarta better through one of IFC's most popular and highly rated (Trip Advisor) programs, Villa/Home Tours, each Tuesday and Wednesday,

10:30-1:00 PM. Join IFC's entertaining docents to tour by air-conditioned bus three or four homes, ranging from small traditional style casas to multi-million dollar beachfront condos and villas, in Vallarta. \$800/pesos per ticket. Proceeds support IFC's Cleft Palate Surgery Program and other charitable programs. Advance ticket purchase online registration and good mobility are required. No walk-ins. Be sure to check in outside the Sea Monkey on the Malecon in the Romantic Zone by 10:00 AM.

For more information about these and many other rewarding events, and about IFC's charitable work, check out the IFC website: ifcvallarta.org