WINTER 2020

WELLNESS CLASSES
FOR MIND AND BODY

Now offering private integrative treatments including Acupuncture, Massage & Muscular Therapy, Rolfing, Shiatsu, Tui Na and more!

See page 19 for more information.

Steinberg Wellness Center for Mind and Body
at Emerson Hospital

PILATES AND YOGA
NUTRITION AND WEIGHT LOSS
ESSENTRICS
OSTEOFITNESS™
QIGONG AND TAI CHI
SELF-DEFENSE
MINDFULNESS
PARKINSON’S
SENIOR FITNESS
STRESS MANAGEMENT
ASTON® KINETICS
BABYSITTING TRAINING
ONLINE DATING 101
PRIVATE INTEGRATIVE THERAPIES
AND MUCH MORE...
The Steinberg Wellness Center for Mind and Body is home to a wide range of classes and programs designed to keep you and your family healthy. There is something for everyone, whether you’re looking to get fit, reduce stress or gain control of your health naturally.

**Drop-in Classes**

Some classes are ongoing; you can join at any time. Classes that do not allow drop-ins are indicated. Before attending a drop-in session, please call 978-287-3777 to check if class is being held.

**Insurance**

Some insurance plans provide fitness and wellness reimbursement benefits. Contact your insurance provider for more information.

**Discount**

We offer a 10% discount to those 65 or older for some classes (exclusions apply as noted). No discount for one-day programs.

**Payment and Refund Policy**

- Preregistration and payment required 48 hours in advance of the class. If paying by check, please make it payable to Emerson Hospital.
- Because our classes are supported totally by fees, refunds are not given.
- No discount, transfer, refund or credit if student is unable to attend all classes.
- No make-up classes.

**Cancellation Policy**

The Steinberg Wellness Center reserves the right to cancel any program due to low enrollment or inclement weather. You will be notified if a class is cancelled.

**Questions?**

Contact us at EmersonWellness@emersonhosp.org or 978-287-3777.

Patti Salvatore, Director

For complete class descriptions or to register, visit EmersonWellness.org

*Times and dates subject to change. Please check the website for up-to-date schedules and cancellations.*
FITNESS/ MOVEMENT

Aston® Kinetics Fitness for Living

It’s not what you do, but how you do it!

How we use our body and approach our activities shapes our posture and can influence how well our body functions overall. Misaligned body segments are often put on hold and create tightness and discomfort in other areas of our body, preventing us from moving in ways that we want to. Aston Kinetics, a specialized system of exercise and movement education, teaches exercises to release holding patterns of tension, improve postural alignment and build strength and flexibility. Learn a fitness routine that recycles gravity to work with you to create evenly balanced tone throughout your body. Learn how to apply this new way of moving to everyday activities for increased overall fitness as you move through your day. Wear clothing that is comfortable to move in while sitting, lying and standing. Bring a bath towel, bed pillow and yoga mat. Instructor: Shirley Lynch, MS, OT, CLMT, Certified Aston Kinetics practitioner

• Wednesdays, 5:30–6:30 pm
  begins January 22
  $115 for a 7-week session; no drop-ins

NEW To learn more about Aston Kinetics, attend a FREE lecture –

• Wednesday, January 15
  5:30–6:30 pm
  Free; registration required

NEW CardioFitness plus Stretch for Seniors: Movement for Body and Brain

Aerobic exercise increases blood flow to the brain, producing neurons that control memory and thinking, believed to help buffer against the effects of dementia. Class includes a 30-minute low impact aerobic workout, and will start and end with total body flexibility exercises to condition and protect against injury. Instructor: Susanne Liebich, Certified, Nia® Black Belt, STOTT PILATES®

• Thursdays, 9:15–10:15 am
  begins February 6 and March 19
  $99 for a 5-week session

Dance Fitness

Get fit, lose weight, strengthen and condition, de-stress and have fun! Based on Nia® Technique, this fitness class blends different forms of dance, tai chi, taekwondo and yoga to provide a full-body workout that will leave you feeling energized. For all levels. Instructor: Susanne Liebich, Certified Nia Black Belt, STOTT PILATES®

• Thursdays, 4:30–5:30 pm
  begins January 16 and March 5
  $99 for a 6-week session; $19 drop-in

Gentle Pilates with Yoga

This class uses Pilates exercises to engage your core, which helps to support the spine and to strengthen the muscles in your body and stabilize the joints surrounded by those muscles. And by including basic yoga stretches and poses, we focus on stretching and lengthening the muscles to help you achieve better overall flexibility. A great class for beginners or for people who want to move at a slower pace than a regular Pilates or yoga class and learn better body awareness throughout the moves. Space is limited. Bring yoga mat. Instructor: Lori Seymour, SCW Certified Pilates, Yoga, Personal Trainer

• Tuesdays, 5:30–6:30 pm
  begins January 14 and March 3
  $130 for a 6-week session; $24 drop-in

For more info or to register, visit EmersonWellness.org or call 978-287-3777
Essentrics®

Developed by Miranda Esmonde-White, author of Forever Painless and Aging Backwards, and creator of the long-running PBS fitness show, Classical Stretch. A diverse music playlist accompanies each routine creating a fun, positive environment. You’ll leave feeling rebalanced, elongated and strong! Classes are done in bare feet or sticky socks. Wear comfortable clothing; bring yoga mat and large towel. Instructors: Severina Gates, Advanced Certified Level 4 Essentrics, featured on PBS with Miranda Esmonde-White, and Leah Whitehouse, Certified Level I Essentrics.

Essentrics Restore, Release & Rebalance

A full-body exercise program designed to help you slowly build strength, flexibility and mobility, and reawaken the power of your 650 muscles. Designed for those new or returning to exercise, have slightly limited mobility, stiffness and chronic aches and pains. Ideal for athletes looking to stretch, and for all ages and abilities looking for a gentle, slow-tempo class. Involves some floor work.

- Mondays, 10:30–11:30 am begins January 13 and February 24
- Tuesdays, 10:30–11:30 am begins January 14 and February 25
- Thursdays, 12:00–1:00 pm begins January 16 and February 27
- $99 for a 5-week session $22 drop-in

The precise movements of Essentrics motivates a mind-body connection, resulting in a leaner, more flexible body.

— Sarah J., student, Essentrics

Essentrics Stretch & Tone

A unique full-body workout that strengthens and lengthens your muscles simultaneously for a lean, toned and flexible body, resulting in longer, leaner, stronger muscles without using weights. A moderately-paced class, ideal for beginners or non-beginners who are active, healthy and fully mobile.

- Mondays, 11:45 am–12:45 pm begins January 13 and February 24
- Tuesdays, 11:45 am–12:45 pm begins January 14 and February 25
- Thursdays, 1:15–2:15 pm begins January 16 and February 27

NEW Saturday Class

- Saturdays, 11:30 am–12:30 pm begins January 25 and February 29
- $99 for a 5-week session; $22 drop-in

Osteofitness™

This evidence-based class targets osteoporosis naturally by building bone through progressive strength training at osteoporotic sites. Learn to improve balance and mobility, prevent falls, reduce pain and correct posture. Program is modeled after Tufts University research and includes joint-friendly moves advised by the Arthritis FoundationSM. Each session includes a lecture on bone nutrition by a registered dietitian, bone density consults, a lecture on the skeletal frame and a “reservation” at the Calcium Café to sample delicious, bone-healthy food. Class meets twice a week. Bring exercise mat, All Pro 5-lb pair leg cuffs and water. Instructor: Beverley Ikier, Board Certified Muscular Therapist and Bodyworker, Senior Fitness Specialist.

FREE Introductory Lecture and Orientation

- Wednesday, 1:45–2:45 pm January 8 or February 26
- Registration required

Osteofitness Program

Choose one of the following:

- Tuesdays, 1:45–2:45 pm and Thursdays, 2:45–3:45 pm begins January 14 and March 10 or
- Mondays and Thursdays 12:00–1:00 pm begins January 13 and March 9 or
- Mondays and Thursdays 4:30–5:30 pm; begins January 13 and March 9
- $352 for an 8-week, 16-class session; not eligible for discounts
Qigong Beginner & Intermediate/Advanced
Qigong (pronounced chee gong) integrates gentle physical postures, breathing techniques and focused intentions to reduce stress, strengthen and stretch the body, build stamina and increase vitality and mental clarity. Instructor: Ming Wu, PhD
• Wednesdays, 10:30–11:30 am begins January 8 and March 11
• $128 for an 8-week session; $18 drop-in

Qigong for Seniors
The gentle, fluid movements of qigong train the mind to direct the body’s energy, or chi, to any part of the body, helping to improve balance and blood pressure, build strength, increase range of motion and flexibility, enhance endurance and reduce stress. Instructor: Carolyn McDonald, Certified Qigong
• Thursdays, 10:45 am–11:45 am begins February 6 and March 26
• $99 for a 6-week session; $19 drop-in

Qigong/Tai Chi Combination
A combination of qigong and tai chi exercises that includes the therapeutic 36 qigong form that works the whole body-mind, basic stances, the 8 form (a primitive tai chi form), tai chi elements, tai chi walking and more. Promote health and healing through breath awareness, mindful concentration, stances and gentle rhythmic movement. This workout helps to improve circulation, hydrate tissues and joints and strengthen tissues and bones. Appropriate for all ages and abilities. Instructor: Pam Vlahakis, Certified Qigong, Tai Chi
• Wednesdays, 4:15–5:15 pm begins January 8 and February 26
• $99 for a 6-week session; $19 drop-in

I wish my doctors had told me I was diagnosed with osteoporosis at 40. I tried various medicines and watched my bone density improve a little and then decline. But since taking the Osteofitness class for over a year, my bone density increased significantly, and I’m much stronger. I wish I knew about this class 20 years ago, but it’s never too late!
— Margo M., student, Osteofitness (Class information on page 4)

Self-Defense
Self-Defense for Adults, Teens & Children
Learn practical and effective physical and verbal techniques for self-defense in these ongoing Japanese martial arts classes. For returning students, each session builds on the prior one; beginners can start at any session. Instructors are from the Concord Self-Defense Academy.
• $160 for a 10–week session
• $270 for both jujitsu and karate (for returning students only) or
• 20% discount for additional family members
Attend one trial class with no commitment; call for details.

Seirenkai Jujitsu
Instructors from The Concord Academy of Self-Defense: Len and Johanna Glazer, 5th Degree Black Belts, Seirenkai Karate and 4th Degree Black Belts, Seirenkai Jujitsu
• Begins Sunday, January 12
• Youth jujitsu (elementary to middle school)
  2:00–3:00 pm
• High school to adult jujitsu
  3:30–5:00 pm

Seirenkai Karate (middle school to adult)
Instructor: Stephen Lisauskas, fifth-degree black belt, Seirenkai Karate and Seirenkai Jujitsu
• Begins Thursday, January 16
  7:30–9:00 pm

Self-Defense Seminar Teen & Adults
Taught by fifth-degree black belt instructors, this unique seminar for teens and adults focuses on hands-on self-defense techniques, strategies and tips for staying safe. The class is appropriate for those who are starting to become more independent, including teens who are walking, biking or driving places on their own. During the seminar, instructors will teach techniques and strategies to keep participants safe and demonstrate ways to escape from common attacks, while helping to build confidence. Instructors: Len and Johanna Glazer of the Concord Self-Defense Academy
• Wednesday, March 18
  7:30–9:30 pm
• $47; not eligible for discounts
NEW Strategies for Returning to Health & Fitness Over 60

When is the best time to plant a tree? Twenty years ago. When is the second-best time to plant a tree? NOW!

Whatever your age or physical condition, NOW is the time to start making small, consistent, persistent changes to create and maintain fitness and health over 60. You will learn how to lower the barriers to entry into new physical activities and create small and consistent changes in nutrition and mindset that will give you exponential improvement in your health and quality of life. Learn effective life-style strategies for improving health and fitness at any age; how to evaluate processed foods, read food labels and decide what to and what not to eat; the fundamentals of healthy nutrition for people over 60; why body fat percentage is a better measure than total weight when setting your weight goal; and what exercise is best for you at your unique age, state of health and circumstances. Create a Personalized Nutrition Plan from Total Well Coach Simple Healthy Eating Template and build your toolbox of strategies and helpful apps, books and podcasts to support your health goals. Instructor: Joyce Strong, RN, BSN, Performance and Functional Nutrition Coach, Weight Loss Expert, Strength & Conditioning Specialist

- Saturday, January 25, 12:00–2:00 pm
- $49; not eligible for discounts

BONUS! All participants can receive a free 30-minute Discovery Call and a free InBody Body Composition Analysis — $125 total value. The Discovery call is an opportunity to identify and get clear on health and wellness goals and identify the top 3 things to help you take action to create a strong, joyous life.

Tai Chi

Tai chi, an ancient Chinese martial art, achieves therapeutic benefits, such as pain relief, and improves balance, posture, breathing, mood, concentration, energy and overall strength.

Beginner (Long Form)
Instructor: Nonny Levy, LICSW, Certified Tai Chi
- Wednesdays, 10:45–11:45 am
  begins January 8 and February 26

Advanced Beginner (Long Form)
Instructor: Nonny Levy, LICSW, Certified Tai Chi
- Wednesdays, 12:00–1:00 pm
  begins January 8 and February 26
- $99 for a 6-week session;
  $19 drop-in

NEW Tai Chi for Seniors

Learn a modified version of the Yang style short form, 18 positions that can be managed by anyone. The philosophy is to enjoy the movements and reach the relaxed point where it becomes a form of meditation. Instructor: Judith Welsh, Certified Tai Chi, Qigong
- Tuesdays, 1:00–2:00 pm
  begins January 21 and March 3
- $99 for a 6-week session;
  $19 drop-in

NEW Private Tai Chi Classes Now Available

Private one-on-one Tai Chi training provides you with the opportunity to work at a slower or more accelerated pace, allowing the instructor to fine-tune the technique, depending on your ability and interest. Personal questions and specific issues can also be addressed. Instructor: Nonny Levy, LICSW, Certified Tai Chi
- For an appointment, call
  978-287-3777.

Qigong/Tai Chi Combination

See Qigong on page 5
Strength, Balance & Flexibility for Seniors
Based on Healing Motion for Life™, this class focuses on conditioning the core and balance by learning how to move the body in a healthy way to strengthen, avoid injury and reinforce proper movement principles. Combines yoga, Pilates, martial arts and breath work to achieve overall health and wellness and improved mobility. Bring yoga mat. Instructor: Susanne Liebich, Certified, Nia®, Black Belt, Stott Pilates®
• Wednesdays, 1:30–2:30 pm begins January 15 and February 26
• $99 for a 5-week session; $22 drop-in

Strength & Conditioning for Seniors
As we age, muscles and bones naturally weaken, but strength is vital to our ability to function. Whether your goal is to climb stairs, walk better or get out of your chair, this class will safely increase your strength, balance and flexibility regardless of your current physical abilities. Instructor: Kristin Wood, PT
• Wednesdays, 2:00–3:00 pm begins January 15 and March 18
• $135 for an 8-week session; $20 drop-in
• Classes held at The Mill Works, Westford

Yoga

Chair Yoga
Many of us find it difficult to get on and off the floor but that doesn’t have to keep you from doing yoga. In fact, almost all yoga poses can be done seated or standing while using a chair. And they can be just as challenging as those on the mat and equally beneficial to body, mind and spirit. This class is intended for anyone with limited mobility, recovering from surgery, or weight challenges. Bring yoga mat. Instructor: Susan Chormann, CYT
• Mondays, 1:15–2:30 pm begins January 20 and March 9
• $99 for a 6-week session; $19 drop-in

Gentle Yoga
(as seen on Chronicle)
For the new student of yoga and for those with a tight body, stiffness, injury or recovery from illness or surgery. Bring yoga mat. Instructor: Laraine Lippincott, CYT, featured on Chronicle
• Fridays, 9:30–10:45 am begins February 7 and March 20
• $99 for a 6-week session; no drop-ins

Gentle Energy Balancing Yoga Workshop
Learn a gentle and simple yoga practice that optimizes energy systems of the body as we activate the seven chakras. Chakras are energy centers that run along the spine, and we will gain a greater understanding of how to optimize these powerhouses physically, emotionally, spiritually and energetically as we explore the basic characteristics and functions of each chakra. The workshop ends with a deep, healing-guided meditation/relaxation that activates our parasympathetic nervous system to reduce stress hormones and induce feelings of calm, clarity and vitality. You must be able to lie on your back and on your stomach (with the support and cushioning of blankets and bolsters, if needed). All props are provided; mats available, if you don’t own one. Please arrive 15 minutes early. Instructor: Laraine Lippincott, CYT, featured on Chronicle
• Saturday, 1:30–4:00 pm January 18, February 8 or March 21
• $47; not eligible for discounts

Hip Mobility Yoga Workshop
There are 22 muscles that cross over the hip joint at different angles and in multiple directions. Besides being uncomfortable, tightness in these muscles can throw off your posture and show up as pain elsewhere in the body. These troubles can be progressive, or reversible, depending on whether you do something about them or not. In this workshop, discover a series of yoga stretches and unique strengthening moves designed to help you “open” your hips by loosening tight muscles and building strength. For all ages and abilities but does involve lying on the floor and some kneeling. Bring yoga mat. Instructor: John Calabria, CYT
• Saturday, February 1 1:00–2:30 pm
• $37; not eligible for discounts
Neck & Shoulder Mobility Yoga Workshop
Do you find yourself hunched over your phone, computer or desk? Do you feel tight, sore, experience limited mobility, headaches or TMJ? Upper body neck and shoulder tension can be so chronic that it starts to feel normal. Learn unique and memorable stretches to relieve neck and shoulder pain and tightness, and immunize yourself from that hunched over posture. We’ll also explore breath work to melt tension and bring about a calm and peaceful heart. You’ll leave with a good sense of that great posture that lives within us all and how to find it through your daily life. For all ages and abilities. Bring yoga mat. Instructor: John Calabria, CYT
- **Saturday, March 28, 1:00–2:30 pm**
- **$37; not eligible for discounts**

NEW Peaceful, Mindful Yoga with John
We’re not that hard-fast-workout yoga, rather, yoga as it once was—unrushed movement through peaceful postures with a steady calming breath. In time, students shed stress, extra pounds, drop medications, strengthen muscle and bones, sleep better, regulate blood pressure, make headaches history and more. More of an experience than a class, people leave with a lasting sense of well-being, unique tools and techniques that can help dissolve stress and keep their focus on what really matters and live in a lighter, more joyful way. Modifications are taught; some do more, some do less, so truly, all are welcome. Instructor: John Calabria, CYT
- **Sundays, 12:00–1:15 pm**
- **begins January 19 and March 1**
- **$99 for a 6-week session;**
- **$19 drop-in**

NEW Restorative Yoga & Massage
Indulge in deep relaxation with this delicious combination of massage and restorative yoga. This special 90-minute class is designed to release tension, turn off the body’s stress response, and restore body, mind and spirit to a peaceful and healthy state. Done mostly lying down, Susan will guide you through a series of simple restorative yoga poses that use blankets, bolsters and soft yoga blocks to allows tight muscles to release and the nervous system to relax. The addition of gentle pressure by massage therapist, Brianne, will further nourish your entire being, leaving you feeling fantastically refreshed, relaxed and well-cared for. Space is limited. Bring a yoga mat. Instructors: Susan Chormann, CYT; Brianne Krupsaw, LMT
- **Tuesday, January 28, February 11 or March 10, 7:00–8:30 pm**
- **$50; not eligible for discounts**

NEW Shake Your Soul® Yoga
This yoga dance is a movement practice designed to relax your nervous system and energize your body—a great cardiovascular workout. You will move to world music as you connect to your own sense of how your body wants to move. A playful, fun and joyful experience! Wear comfortable clothing. Instructor: Molly Delehey, Certified Shake Your Soul
- **Sundays, 10:30–11:30 am**
- **begins February 2**
- **$80 for a 5-week session;**
- **$17 drop-in**

To learn more, attend a FREE class –
- **Sunday, January 19, 10:30–11:30 am**
- **Free; registration required**

NEW Walking Tall Yoga
Do you want to look younger and even grow by as much as two inches? Help reverse the patterns of postural aging while building bones, stretching and strengthening muscles and tendons, and lengthening and strengthening the spine. Simple yet thorough, all exercises are done lying on our backs, stomachs and sides. Bolsters and blankets are used for support, as needed, to modify the postures and make you comfortable. Learn yoga deep breathing and some simple mantras while doing the stretches and postures. The workshop ends with a deep and restorative relaxation. Includes a handout detailing exercises and postures you can practice at home. Instructor: Laraine Lippincott, CYT, featured on Chronicle
- **Saturday, 1:30–4:00 pm**
- **begins January 11, February 15 and March 7**
- **$47; not eligible for discounts**

There is something so simple and heartfelt and healing about your approach to yoga. Every week, I look forward to John’s class... It’s one of the best things I do all week to take care of myself.
— Ellen, student, Peaceful, Mindful Yoga with John
Yoga & Meditation
Improve flexibility and strength while relieving stress and tension. Includes Ayurvedic healing meditation techniques. Not for expectant mothers. Bring yoga mat. Instructor: Pam Vlahakis, CYT
- Wednesdays, 5:30–6:45 pm
  begins January 8 and February 26
- $99 for a 6-week session;
  $19 drop-in

NEW Yoga for Bone Safety Workshop
If you have been diagnosed with low bone density, osteopenia or osteoporosis and would like to know how to adapt poses to keep your body safe and promote bone and joint health, this workshop is for you! Learn to strengthen your upper back to support good posture; open and elongate your spine for healthy spinal discs; discover how to safely perform forward folds and twists; care for your wrists and neck; mobilize, strengthen and protect your hips; and learn techniques you can use in any yoga class or in your home practice. Bring yoga mat. Instructor: Susan Chormann, CYT
- Sunday, 10:00–11:30 am
  January 26 and March 8
- $50; not eligible for discounts

Yoga for Boomers & Seniors
Designed for students 55+; this class offers a well-rounded, safe yoga practice designed to promote optimum physical, mental and emotional health. By modifying postures for each student’s needs and moving at a slow and mindful pace, this class can help improve balance, reverse rounding of the upper back, regain lost height, relieve pain and stiffness, lower blood pressure, strengthen immunity, and enhance overall mental clarity, energy and joy. Bring yoga mat. Instructor: Pam Vlahakis, CYT
- Wednesdays, 5:30–6:45 pm
  begins January 8 and February 26
- $99 for a 6-week session;
  $19 drop-in

NEW Evening Class Added
- Tuesdays, 10:30–11:45 am or
  5:30–6:45 pm
  begins January 14 and March 3
- $99 for a 6-week session;
  $19 drop-in

Yoga for Building Bones
New research shows that in addition to yoga’s many other health benefits, it also improves bone density in the spine, hips and femur. Strengthen your skeleton with seven standing poses, along with postures on all fours, seated and lying down; covers the basics so that your yoga experience is comfortable, beneficial and therapeutic. You will not only build your bones, but you will build strength, flexibility, enhance immunity, calm the mind, and enliven and deepen the breath. No prior yoga experience required. Bring yoga mat. Instructor: Laraine Lippincott, CYT, featured on Chronicle
- Wednesdays, 9:00–10:15 am
  begins February 5 and March 25
- Saturdays, 9:45–11:00 am
  begins February 8
- $99 for a 6-week session;
  no drop-ins

NEW Private Yoga Classes
Looking for a customized program to support your individual health issues, injuries or emotional concerns? Want to know how to modify yoga poses commonly taught in a general yoga class? New to yoga and want to learn the basics before joining class? One-on-one instruction combines appropriate postures, sequences and breathing techniques in an individualized practice for people of all ages and levels. Specialties include cancer recovery, concussion healing, arthritis and osteoporosis. Instructor: Susan Chormann, CYT
- For an appointment, call 978-287-3777.
EXERCISE/PROGRAMS FOR SPECIAL CONDITIONS

Aphasia Conversation Group
An opportunity for those with aphasia to work on communication skills in a fun and supportive group environment. Instructor: Brenda Lovette, MS, CCC-SLP
- Mondays, 10:30–11:30 am January 13, 27, February 10, 24, March 9 and 23
- $100 for 6 sessions
- Classes held at 310 Baker Avenue, Suite 160, Clough Family Center for Rehabilitative and Sports Therapies
- For more information or to register, call 978-287-8246.

Be Strong Cancer Exercise Program
This personalized fitness program is designed for those who are currently or have previously undergone oncology treatment and wish to improve their stamina and strength in an encouraging and guided environment. Instructors: Be Strong Cancer Care Team
- Program held at Clough Family Center for Rehabilitative and Sports Therapies
- Concord: Tuesdays and Thursdays, 12:00–1:00 pm
- Westford: Mondays and Wednesdays, 11:30 am–12:30 pm
- $250 for a 16-class session
- For more information or to register, call 978-287-8200 (Concord); 978-589-6850 (Westford)

Parkinson’s Disease and Movement Disorders Programs

Fitness for Parkinson’s
Includes stretching, core strengthening and balance training customized to the needs and levels of the class. Instructors: Samantha Indigaro, PT, DPT; Elizabeth Chausee, PT, DPT

Intermediate
- Mondays, 3:00–4:00 pm begins January 6 and February 24
- $120 for a 6-week, 6-class session; $25 drop-in; not eligible for discounts

Advanced
- Mondays and Wednesdays 2:30–3:30 pm begins January 6 and February 24
- $240 for a 6-week, 12-class session; $25 drop-in; not eligible for discounts

Parkinson’s Movement: Dance for PD®
Healing Movement to Music for Parkinson’s & Movement-Related Disorders
Based on the acclaimed Dance for PD program, this class uses various dance techniques to improve balance, flexibility, movement range and rhythm. Instructor: Susanne Liebich, Certified Dance for PD
- Thursdays, 10:30–11:40 am begins January 9 and February 27
- $140 for a 7-week session; $22 drop-in

Caregivers are welcome to accompany student for free.
**Movement to Music Enrichment Workshops for Parkinson’s**

*Free workshops to individuals with Parkinson’s and their caregivers, funded by the Dance for Parkinson’s Family Foundation*

**NEW Ballroom Workshop for Parkinson’s**

Are you aware ballroom dancing can improve your focus and open new neuropathways in your brain? Join champion ballroom dancers for a workshop teaching elementary waltz, tango and foxtrot steps to be followed with a demonstration on the art of ballroom. Instructors: Krisztian Timar, Maggie Toth

- **Saturday, February 8**
  1:30–3:30 pm

- **Free; registration required**

**Infant & Child Care**

The following Infant & Child Care classes are held at the main hospital campus. For more information, location and to register, visit EmersonWellness.org.

**Infant Care**

**Infant CPR Anytime®**

Soon to be Grandparents

**Children’s Seirenkai Jujitsu (Grades 1–5)**

*See Self-Defense for Adults, Teens & Children on page 5*

**GirlPower! Be Who You Are™**

*An Empowerment Workshop for Mothers & Daughters 8–12*

Mothers and daughters are invited to learn about each other through activities designed to build confidence, self-advocacy and self-care. Girls and moms will find new ways to connect to each other and find community with other mothers and their daughters. Instructor: Susanne Liebich, Founder, Creative Director; Certified Nia Black Belt, STOTT PILATES®

- **Saturday, February 29**
  1:00–5:00 pm

- **$120 for mother/daughter pair, includes program, supplies, snacks; not eligible for discounts**

**GirlPower! Be Who You Are™**

*An Empowerment Workshop for Girls 11–14*

In its 12th year, GirlPower! Has been guiding girls to find their unique voices through movement, discussion, journaling, art and nature. Activities are designed to build confidence, self-advocacy and self-care. Girls will find ways to connect with new friends and discover more about themselves. Instructor: Susanne Liebich, Founder, Creative Director; Certified Nia® Black Belt, STOTT PILATES®

- **Friday, February 28, 3:30–5:30 pm**

- **$49 includes program, supplies; not eligible for discounts**

**KIDS & TEENS**

**Babysitting Training (10–15)**

One-day class covers everything you need to know to be a great babysitter! A certificate is awarded upon completion. Bring lunch, snack and baby-sized doll or stuffed animal to learn diapering. Instructor: Jeri Ravis, RN

- **Saturday, January 25, February 29, March 28 or April 25**

- **$55; not eligible for discounts**

**Parkinson’s Disease and Movement Disorders Programs**

**BALLROOM WORKSHOP**

Are you aware ballroom dancing can improve your focus and open new neuropathways in your brain? Join champion ballroom dancers for a workshop teaching elementary waltz, tango and foxtrot steps to be followed with a demonstration on the art of ballroom. Instructors: Krisztian Timar, Maggie Toth

- **Saturday, February 8**
  1:30–3:30 pm

- **Free; registration required**

**Violin Performance by Vanderbilt Emeritus Professor Chris Teal & Dance for PD® Workshop**

- **Friday, April 3, 1:30–3:30 pm**

- **Free; registration required**

**For more info or to register, visit EmersonWellness.org or call 978-287-3777**

**Save the Date!**
NATURAL THERAPIES

NEW Acupressure & Cupping
Learn to Reduce Pain & Release Stress at Home
Recent studies reveal acupressure not only improves lower back pain and fatigue, but is long-lasting. Discover how these ancient techniques based on Traditional Chinese Medicine have a positive impact on overall wellness. Learn practical hands-on techniques you can use each day to help you reduce pain and release feelings of anxiety and depression while increasing feelings of relaxation. Easy to learn and self-administer! Wear comfortable clothing. Instructor: Vivien Zhang, Licensed Acupuncturist, Certified Herbalist

• Saturday, March 14
  1:00–2:30 pm
  • $37

BONUS! All participants can receive a free 30-minute Discovery Call and a free InBody Body Composition Analysis — $125 total value. The Discovery call is an opportunity to identify and get clear on health and wellness goals and identify the top 3 things to help you take action to create a strong, joyous life.

The CBD Craze: Facts & Common Misconceptions about CBD Products
The mention of cannabidiol (CBD) oil, which contains CBD extracts from the cannabis plant, is bound to grab your attention and unsolicited advice about the risks and benefits from friends and self-proclaimed experts. This two-hour lecture explores the common CBD oil misconceptions and arms you with the facts to make decisions about whether to use CBD oil, what kind of CBD is best, what dosage you need and a reasonable price to pay. Instructor: Joyce Strong, RN, BSN, Performance and Functional Nutrition Coach, Weight Loss Expert, Strength & Conditioning Specialist

• Saturday, February 1
  12:00–2:00 pm
  • $49; not eligible for discounts

How to Detox in 10 Days
Discover all you need to know to cleanse all systems in your body, remove cravings, strengthen your immune system, sleep better, alleviate joint pain and re-boot for weight loss. No fasting or deprivation required. Includes one on-site meeting, 10-day email/phone support and all the materials you need for a successful detox. Instructor: Linda Leland, Cofounder, And Then She Shines, Certified Holistic Coach

• Thursday, February 13
  6:30–8:00 pm
  • $47; not eligible for discounts

Reiki Training Classes
Discover this hands-on energy therapy used to encourage relaxation, manage pain, provide comfort and promote overall wellness. Learn to give Reiki to yourself, others and pets. Receive Reiki practitioner certification. Five contact hours for nursing for each full day of attendance. Bring lunch for each day. Instructor: Libby Barnett, MSW, Reiki Master

Reiki Level I Training
• Saturday, March 14,
  9:00 am–3:00 pm
  • $145

Reiki Level II Training
• Sunday, March 15, 9:00 am–3:00 pm
  • $160

Reiki Level I & II Training Package
• $285
Reiki classes not eligible for discounts

Tong Ren Therapy
Tong Ren is based on a belief that disease is due to blockages in the body’s natural flow of chi and seeks to remove these blockages, restoring the body’s natural ability to heal itself. By using a small magnetic hammer, learn how to administer Tong Ren therapy to heal the body. Instructor: Ming Wu, PhD

• Thursdays, 4:45–5:45 pm
  begins January 9 or March 12
  • $128 for an 8-week session;
  $18 drop-in

Facial Rejuvenating Acupuncture
The Steinberg Wellness Center is excited to offer facial acupuncture, a natural alternative to Botox. This treatment works from the outside in, providing a beautiful, glowing complexion by encouraging your body to produce more collagen – the layer of skin that makes your complexion appear firm, plump and youthful. Because facial acupuncture helps to bring collagen to your face, it works as a natural anti-aging treatment. Fine needles break the skin’s barrier and triggers the body’s natural healing response. With all the little microtrauma, the body needs to repair with protein, and that protein is collagen. Practitioner: Vivien Zhang, Licensed Acupuncturist, Certified Herbalist

For more information or to make an appointment, call 978-287-3777, or email us at EmersonWellness@emersonhosp.org
The following programs are offered by instructor Joyce Strong, RN, BSN, Performance and Functional Nutrition Coach, Weight Loss Expert, Strength & Conditioning Specialist. All programs include:

- **FREE** 30-minute Discovery Call and a free InBody Body Composition Analysis—a $125 total value. The Discovery call is an opportunity to identify and get clear on health and wellness goals and identify the top 3 things to help you take action to create a strong, joyous life.

- Personalized Nutrition Plan from Total Well Coach Simple Healthy Eating Template.

- Toolbox of strategies and helpful apps, books and podcasts to support your health goals.

**Space is limited; not eligible for discounts**

**NEW Diabetes Prevention Lecture**

This lecture is for those who are prediabetic, have Type 2 diabetes, have a family history of diabetes or are overweight. Learn effective life-style strategies to mitigate your risk for diabetes; how to evaluate processed foods, read food labels and decide what and what not to eat; how carbohydrates, fats and proteins affect your blood sugar differently; how to address the root causes for diabetes and what you can do to prevent or heal from it.

- Saturdays, 10:30 am–12:00 pm
- $49; not eligible for discounts

**NEW Diabetes Prevention Clinic: Four-Week Group Intensive**

This workshop is for those who need additional ongoing support to get on track. Learn effective life-style strategies for mitigating your risk for diabetes, why body fat percentage is a better measure than total weight when setting your weight goal, how carbohydrates, fats and protein affect your blood sugar differently; how to evaluate processed foods, read food labels and decide what and what not to eat, how exercise impacts diabetes and how to address the root causes for diabetes and what you can do to prevent or heal from it.

- Saturday, February 15
  12:00–2:00 pm
- $197 for a 4-week session; not eligible for discounts

**NEW Keto Curious? What’s Ketosis and is a Ketogenic Diet Right for Me?**

Ketosis is a natural process in which the body converts stored fat to fuel for your brain and body. There are many possible therapeutic applications for adapting a ketogenic diet including weight loss, type 2 diabetes, metabolic syndrome and other inflammatory and neurological conditions. Some say a ketogenic diet can even help with longevity! A state of ketosis can be achieved in many ways and this class helps you sort through the noise. Understanding the basic biology of ketosis will give you the foundational knowledge and tools you need to help you decide if keto is right for you. Learn how to personalize your keto plan to fit with your lifestyle and to meet your specific health goals, how carbohydrates, fats and proteins affect your metabolism in different ways, how body fat percentage is a better measure than total weight when setting your weight goals and more.

- Saturday, February 22
  12:30–2:30 pm
- $49; not eligible for discounts

**NEW Healing After Concussion with Nutrition**

Make Your Brain More Resilient Through Nutrition and Supplementation

Healing from concussion can be a long journey made easier through supporting reduction of the initial inflammatory response in the brain and body through food and natural supplements. When it comes to nutrition and supplementation one size does not fit all, even more important when you have suffered a concussion. As an initial step to support the work you must do with your concussion practitioners, we want to “put out the fire” in your brain and gut, that is, reduce inflammation to optimize the healing process. Learn effective life-style strategies for reducing symptoms of concussion; how to maintain optimal health and fitness to enhance your body’s resilience and capacity to heal; how to address the root causes for inflammation and what you can do to prevent or heal from it; how specific nutritional supplementation can help accelerate healing, and more.

- Saturday, February 15
  12:00–2:00 pm
- $49; not eligible for discounts

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- Saturday, February 15
  12:00–2:00 pm
- $49; not eligible for discounts
NEW Preventing & Healing Autoimmune Disease Through Nutrition
Discover effective life-style strategies for mitigating your risk for and symptoms of autoimmune disease. Learn why body fat percentage is a better measure than total weight when setting your weight goal; how to evaluate processed foods; read food labels and decide what to and what not to eat; how to address the root causes for autoimmune disease and what you can do to prevent or heal from it; and how sleep and stress powerfully impacts autoimmune disease.

- Saturday, February 22
  2:30–4:30 pm
- $49; not eligible for discounts

NEW Weight Loss Series: How to Fix a Broken Metabolism
With so many different diets and exercise regimens in the media it’s hard to know what direction to take to lose weight. In this four-week weight-loss series discover how to unlock the mystery to transform your body and fix your metabolism. Learn effective life-style strategies for sustaining your ideal weight, why body fat percentage is a better measure than total weight when setting your weight-loss goal; how to evaluate processed foods, read food labels and decide what to and what not to eat; how exercise impacts weight loss and weight gain; how intermittent fasting and time-restricted feeding, when done properly, can boost your metabolism and extend your life; how to understand and evaluate different types of diets including keto, paleo, low carb, OMAD, carnivore, carb cycling, packaged plans and more. For ages 15 and up. Space is limited.

- Saturdays, 10:30 am–12:00 pm
  begins January 25
- $197 for a 4-week session; not eligible for discounts

NEW Conscious Eating 21-Day Challenge
Do you have digestive issues that limit you from eating some of the foods you love? Discover how to enjoy delicious foods and not feel restricted while boosting your health. Learn how cooking gluten free, lactose free and limiting sugar is healthy and delicious. Sample yummy organic and non-GMO dishes including Veggie Curry, Shoyu Sauce, Artichoke Tahini Dip and even dessert! Take home easy recipes with variations and share resources. The class meets once in person and then three times on a group phone line for accountability and tips. This is not a cleanse or diet, although you may feel better and lose weight, depending on your goals and intentions. Join us and become more conscious about your food choices. Instructor: Clare Harlow, MSW, Career and Life Coaching

- Friday, February 21
  10:30 am–12:00 pm
- $59; not eligible for discounts

Exercise & Weight Loss Prevention Program for those at Risk for Heart Disease or Type 2 Diabetes

- Wednesdays, 5:00–7:00 pm
  begins January 22
- $400 for a 12-week session
- For more information, call Cardiac Rehabilitation at 978-287-3732.

NEW Functional Medicine Solution to Weight Loss
Losing weight and maintaining the weight loss can be a major challenge. For decades, we’ve been led to believe that weight loss is as simple as calories in - calories out, and all we need is more willpower. We’re much more complex than simple math! Weight loss, especially permanent weight loss, has to take...
into account the multiple factors that lead to weight gain, including hormones, nutrients, food quality, stress, toxicity, sleep, self-care, mindset, preferences and habits. The list may seem long, but the solution is pretty simple. Functional Medicine, a methodology developed by physicians that focuses on the interconnectedness of the systems in the body to address the root causes of health challenges, provides effective solutions for increasing metabolism and losing weight naturally and permanently — and getting healthier in the process. After the workshop, you’ll receive a recipe eBook, audio and video that will ensure success in your weight loss efforts. Instructors: Lisa Mair, MS, Food Science and Nutrition, Certified Holistic Health Coach; Charlotte Ott, Certified Holistic Health Coach, Functional Medicine Coach and Natural Food Chef

• Wednesday, January 29
  6:30–8:30 pm
• $60; not eligible for discounts

Overcoming Sugar Addiction
Do you constantly crave sweets and have low energy? Discover how sugar is negatively affecting your health and how to gain control of your cravings without depriving yourself. Instructor: Linda Leland, Cofounder, And Then She Shines, Certified Holistic Coach

• Thursday, February 27
  6:30–8:00 pm
• $37; not eligible for discounts

PREGNANCY & CHILDBIRTH
NOTE: The following prenatal childbirth classes are held at the main hospital campus. For more information, location and to register, visit EmersonWellness.org.

Breastfeeding
Prenatal Childbirth
Sibling Preparation for Children 2½–3½ and 4–6 Tour

SELF-HELP/SUPPORT/LEARNING

Aston® Kinetics: Toning the Abdomen & Pelvic Floor Workshop
In this 2-hour workshop, learn new and effective ways of toning abdominal and pelvic floor muscles for increased postural support. Aston Kinetics, a specialized system of exercise and movement education, teaches exercises that release held muscle tension, improve postural alignment and build strength and flexibility. The Aston fitness sequence develops core support in a more neutral alignment, avoiding the “toning in” or reinforcement of poor postural and movement habits. Learn to recycle gravity to work with you to create balanced muscle tone in your legs, abdomen and pelvic floor, and learn to bring these changes to walking for continued benefit throughout your day. Wear comfortable clothing. Bring a bath towel, bed pillow and yoga mat. Instructor: Shirley Lynch, MS, OT, CLMT, Certified Aston Kinetics practitioner

• Sunday, February 2, 1:00–3:00 pm
• $49; not eligible for discounts

NEW Couples Massage
Learn how to give a great massage!
Massage feels good. It helps us relax, decompress, manage pain. It can help build a stronger bond, as massage increases levels of oxytocin, the love hormone. Come for a fantastic, fun night in a G-rated group environment. Use professional techniques that are easy on your hands. Practice massage on the back, neck, shoulders and face. Get personalized attention to ensure you are getting each stroke right. We will work on chairs and the floor.

For more info or to register, visit EmersonWellness.org or call 978-287-3777
Bring a yoga or other mat (two if you have them, for more cushion), a sheet, lightweight blanket, shorts and a loose-fitting t-shirt. Massage lotion will be provided. For ages 18 and older. Instructor: Brianne Krupsaw, CYT

- Friday, 7:00–9:00 pm;
- January 31 or March 13
- $150/couple; not eligible for discounts
- Must attend as a pair. While it’s often couples who attend, friends and family members are always welcome to participate.

If interested in hosting a private couples massage event at the Wellness Center, please call 978-287-3777

Freedom From Smoking®
Learn about medicines that can help you stop smoking, lifestyle changes that make quitting easier, managing stress, avoiding weight gain and how to stay smoke free for good.
Instructor: Claire Rindenello, RRT

- Mondays, 6:00–7:30 pm
- begins March 9
- $100 for 8 sessions
- Held at the main hospital campus, Lovejoy Conference Room

Gentle Yoga Energy Balancing Workshop
See Yoga on page 7

Hip Mobility Yoga Workshop
See Yoga on page 7

Neely Steinberg has been coaching women for more than 8 years on how to be the CEO and enTREPreneur of their love lives. Neely has worked with hundreds of women of all backgrounds and from all over the world. She has been featured in countless media outlets, given seminars for Match.com and hosted fashion shows for Neiman Marcus and Macy’s. She is married to the love of her life (whom she met on Match) and has two children.

Online Dating 101
Healthy, happy relationships are a huge part of personal wellness, and in today’s world, 35% of all relationships begin online. While it’s an incredible opportunity, many singles hesitate to try online dating and many have tried for years without positive results. Whether you’re new to it or have been struggling, the #1 mistake singles make when going online is posting a boring, ineffective profile. Using Match.com as a template, this 2-hour workshop helps you create an amazing, thoughtful and eye-catching profile. By the end of the workshop, you’ll have the tools and knowledge to jumpstart your new online dating journey! All participants will get access to the instructor’s online dating profile questionnaire to help facilitate profile creation. Participants are encouraged to write their profile two weeks following the class and email it to the instructor for brief feedback.
Instructor: Neely Steinberg, EdM, dating coach, image consultant and founder of The Love TREP®.

- Saturday, February 8, 1:00–2:30 pm
  or
- Saturday, March 7, 1:00–2:30 pm
- $75; not eligible for discounts

Preparing for Your Total Hip Replacement
This free class provides information to prepare for surgery, cope with hospitalization and plan for rehabilitation services after you leave the hospital. Class is held at the hospital.

- Wednesdays, 1:00–3:00 pm
  January 8, February 5, March 4 and April 1
- Held at the main hospital campus, Cheney A/B Conference Room
- Free; registration required

Preparing for Your Total Knee Replacement
This free class provides information to prepare for surgery, cope with hospitalization and plan for rehabilitation services after you leave the hospital. Class is held at the hospital.

- Wednesdays, 9:00–11:00 am
  January 8, February 5, March 4 and April 1
- Held at the main hospital campus, Cheney A/B Conference Room
- Free; registration required
NEW Restorative Yoga & Massage
See Self-Help/Support/Learning on page 8

NEW Speaking from the Body
Discover how to become more confident when speaking in public and in your personal life. Learn to project your ideas with expressiveness and commitment with movement, breath, improvisation and theatre games as tools to free up fear, feel self-assured and experience the embodiment of words. Explore the power of story and how we are hard-wired to tell it. You will also practice presenting your written work, or work from another source, in a safe environment. Join us for some “serious play” in this three-hour workshop to connect with yourself through voice and movement.
Instructor: Sarah Ford Terrey
- Saturday, March 21
  10:00 am–1:00 pm
- $49; not eligible for discounts

The Mind-Body Influence
Discover your Body’s Innate Ability for Self-Repair
Whether you want to augment your medical treatment or improve your body’s innate ability to repair itself, you will learn how to create wellness (or how illness could be created) with simple self-healing mechanisms we all possess. Scientific research has established the connection between your thoughts, feelings, beliefs and environment to your health. In this workshop, learn simple, everyday mind-body techniques and explore environmental improvements you can make to promote wellness. You will leave feeling empowered to take control of your own health and wellness. The instructor will be speaking about her own personal journey from illness to wellness.

Instructor: Fran Spayne MA, Holistic Therapist and Mind-Body Wellness Expert
- Thursday, February 20
  10:00 am–12:30 pm
- $37; not eligible for discounts

Ultimate Hand Workshop
This 4-week workshop provides an understanding of arthritis, addresses the frustration of chronic pain, offers techniques to reduce pain and improve function, and provides a home-care routine for your hands to improve the quality of your life. Space is limited. Instructor: Beverley Ikier, Board Certified Muscular Therapist and Bodyworker, Senior Fitness Specialist
- Wednesdays, 5:00–6:00 pm begins January 22, February 19 or March 18
- $240 for a 4-week session; not eligible for discounts

NEW Walking Tall Yoga Workshop
See Yoga on page 8

NEW Yoga for Bone Safety Workshop
See Yoga on page 9

SPORTS PERFORMANCE

Comprehensive Baseline Concussion Testing
Baseline testing is recommended for anyone who frequently participates in activities where there is a risk of concussion.
- $75 per athlete
- For more information or to schedule an appointment, call 978-287-8200.

Injury Prevention Assessments
The following assessments conducted by physical therapy staff are designed to prevent injury and minimize risk.
- Dance
- Running
- Total Athlete
- $100 per 1-hour assessment
- Held at Emerson Hospital Health Center or at The Mill Works, Westford
- For more information or to schedule an appointment, call 978-589-6850.

My daughter and I continue to take Yoga for Healthy Aging. We both would love to take the class more often as we feel so good when we leave. Having a better understanding of the yoga practice has helped me deal with the stresses of life and tune into my own well-being.

—Cindy P., student, Yoga for Healthy Aging
(Class information on page 9)
STRESS MANAGEMENT

Day of Mindfulness
In this day-long retreat, we will avail of the practice of mindfulness to help us find the habitual ways we go into stress reactions, understand why we do this and then transform these habits into more life-affirming patterns. Wear comfortable clothes; bring yoga mat, lunch and a journal. Instructor: Patricia Howard, MBSR facilitator
• Saturday, January 18
  9:00 am–3:00 pm
• $130; not eligible for discounts

Deepening Your Mindfulness Practice & More
In this program you will cultivate a daily meditation practice, gain a deeper understanding of where your stress reactions come from and be given many tools to assist in transforming them. You will experience your chakra system (energy centers in the body), understand why they get blocked and explore opening each chakra through sound and movement. Later in the program we will experience the power of Forgiveness and receive Group Healings. Whether you have meditated before or want to start, this program will empower you and get you into a daily routine of meditation practice. Wear comfortable clothes and bring yoga mat. Instructor: Patricia Howard, MBSR facilitator
• Sundays, 11:15 am–1:15 pm
  begins January 12
• $450 for a 9-week session, plus CDs; not eligible for discounts

Mindfulness-Based Stress Reduction (MBSR)
A highly-effective eight-week program developed by Jon Kabat-Zinn. Learn how to develop your own practice of centering, grounding and living life in the present moment, and discover how to transform your fear-based reactions and habits into responses. The practice of mindfulness has an extremely healing effect on all human aspects—physical, emotional, mental and spiritual. Wear comfortable clothes and bring yoga mat. Instructor: Patricia Howard, MBSR facilitator
FREE Introductory Lecture:
• Sunday, January 12, 9:00–10:30 am
  or
• Tuesday, January 14, 9:00–10:30 am
• Free; registration required
Program:
• Sundays, 9:00–11:00 am
  begins January 19
  or
• Tuesdays, 9:00–11:00 am
  begins January 21
  Plus all day Saturday March 7, 9:00 am–3:00 pm
• $540 for an 8-week session plus
  $45 for required course materials/CD set; not eligible for discounts

Stress Management and Resiliency Training (SMART)
Developed by the Benson-Henry Institute for Mind Body Medicine at Massachusetts General Hospital, the SMART program helps participants achieve greater quality of life and an enhanced sense of well-being. The program teaches self-care practices that help buffer daily stress, making participants less emotionally and physically vulnerable to it. Because many of the physical symptoms we experience are exacerbated by stress, using adaptive strategies to buffer that stress can reduce those symptoms. Prior to the start of the program each student has a one-on-one appointment with the instructor to establish personal goals, followed by an 8-week course, learning how to shift thought patterns to increase resiliency and engage in a variety of meditation techniques to elicit the relaxation response. The importance of healthy eating, restorative sleep, physical activity and social connectedness will also be covered. Space is limited. Instructors: Amanda McLain, MD, Certified SMART
• Thursdays, 9:30–11:30 am
  begins January 30
• $450 for an 8-week session, includes materials; not eligible for discounts

To learn more about the SMART program, attend a FREE informational lecture on Thursday, January 16, 10:30–11:30 am.

I’m now able to confront workplace challenges with greater insight. I bring a more objective perspective to the issues I face and attribute this to no longer being habitually drawn into counterproductive streams of emotion and thought. As a result, the people and problems I encounter are now addressed with a deeper wisdom and understanding.
— Paul V., student, Mindfulness-Based Stress Reduction
The Gathering —
A Transformational Group

Is it your time to take a deeper dive into self-understanding and authentic expression? Join a group of women on a path of self-discovery. Practicing many different tools and models (meditation, movement, sound, sharing and wisdom teachings), discover how to transform self-limiting belief systems and habit energies to live a more authentic, spontaneous life — fueled by your inner wisdom and creativity, leaving behind roles that have been defined by social conditioning and childhood experiences. Wear comfortable clothes and bring yoga mat. Instructor: Patricia Howard, MBSR facilitator

• Tuesdays, 11:15 am–1:15 pm
  begins January 14
• $500 for 10 sessions; not eligible for discounts

Yoga & Meditation
See Yoga on page 9

Private Integrative Therapies
at the Steinberg Wellness Center for Mind and Body

Now offering innovative integrative therapies to assist in pain management, soothe away tension and promote overall health maintenance. Every treatment is customized by our specialized team of licensed, certified and experienced practitioners for your specific needs for maximum benefits.

For more information or to schedule an appointment, call 978-287-3777.

Integrative Therapies
• Acupuncture
• Aston® Kinetics
• Cosmetic acupuncture
• Lymphatic drainage
• Massage therapy
• Muscular therapy
• Reflexology
• Reiki
• Rolfing
• Shiatsu
• Tui Na

Our Team
Beverley Ikier
Board Certified Muscular Therapist and Bodyworker, Personal Trainer

Vivian Howell
Licensed Massage Therapist

Brianne Krupsaw
Licensed Massage Therapist

Shirley Lynch, MS, OT, CLMT
Aston® Kinetics

Telma Milioli
Licensed Massage Therapist

Garret Whitney
Certified Advanced Rolfer

Ming Wu, PhD
Doctor of Traditional Chinese Medicine

Vivien Zhang
Licensed Acupuncturist, Certified Herbalist

 Massage for Workplace Stress

Workplace stress is very real and can adversely affect your health. Massage reduces stress, is proven to improve one’s well-being, can help you feel calmer, energized and more focused. It reduces pain and makes you feel happier. The better you feel the better you perform, on and off the job. Stop putting your self-care on hold. Even regular massage (monthly or more) for as little as 30 minutes makes a difference. Call 978-287-3777 to schedule your massage today!
WINTER 2020

WELLNESS CLASSES
FOR MIND AND BODY

Now offering private integrative treatments including Acupuncture, Massage & Muscular Therapy, Rolfing, Shiatsu, Tui Na and more!

See page 19 for more information.

Unless otherwise noted, classes are held at the Steinberg Wellness Center for Mind and Body, 310 Baker Ave., Concord.

The Steinberg Wellness Center for Mind and Body is located about one mile from Emerson Hospital.

From Route 2, look for signs to Baker Avenue Extension and then for the Concord Meadows Corporate Center, located at 300–310 Baker Avenue, which is on the right. Drive through the parking lot; the Wellness Center is located near the Residence Inn.

The entrance is under the sign “Emerson Health Center.” Walk under the awning and upon entering the double door, stay to the right.

Parking is free.

Steinberg Wellness Center for Mind and Body
at Emerson Hospital
978-287-3777 | EmersonWellness.org