

SPRING/SUMMER 2023

**STUDIO AND ONLINE
WELLNESS
CLASSES**

**FROM THE STEINBERG
WELLNESS CENTER FOR
MIND AND BODY**

**Including Bone Health &
Osteoporosis Program**

See page 8 for more information.



YOGA AND PILATES

**NUTRITION AND
WEIGHT LOSS**

ESSENTRICS

OSTEOPOROSIS PROGRAM

QIGONG AND TAI CHI

SELF-DEFENSE

MINDFULNESS

PARKINSON'S

SENIOR FITNESS

STRESS MANAGEMENT

NATURAL THERAPIES

BABYSITTING TRAINING

ACUPUNCTURE

**THERAPEUTIC MASSAGE/
PHYSICAL THERAPY**

**PERSONAL TRAINING/
PRIVATE CLASSES**

AND MORE!

INSIDE
THIS
ISSUE

- 3 EXERCISE/MOVEMENT
ALL LEVELS & SENIORS
- 7 EXERCISE/PROGRAMS
FOR SPECIAL
CONDITIONS
- 8 BONE HEALTH &
OSTEOPOROSIS
- 10 YOGA
- 12 KIDS & TEENS
- 12 NATURAL THERAPIES
- 13 NUTRITION AND
WEIGHT LOSS
- 13 PRENATAL/POSTNATAL
- 14 STRESS MANAGEMENT
- 15 PRIVATE INTEGRATIVE
THERAPIES
- 15 PERSONAL TRAINING/
PRIVATE CLASSES

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 877-936-3776 to check if class is being held.

Studio and Online Classes

Some classes are offered both Online and in the Studio. **When registering, please be sure to select either the Online class or the Studio class.**

For example, you would register for either Dance Fitness: The Nia Technique (Online) or Dance Fitness: The Nia Technique (Studio).

Insurance

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

Payment and Refund Policy

- If paying by check, please make it payable to Emerson Health.
- 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 877-936-3776.

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.

Emerson Health is an approved provider of Continuing Nursing Education by ANA-MA, an accredited approver by the American Nurses Credentialing Center's Commission on Accreditation.

FITNESS/MOVEMENT

Free Introductory Fitness Class **Align for Motion for Whole Body Fitness (Online)**

An introduction to the 8-week series that starts March 28.

Instructor: Shirley Lynch, MS, OT, OTR, LMT

- **Tuesday, March 28, 9:00–10:00 am**
- **Free; registration required**

Align for Motion for Whole Body Fitness – Level I (Online)

A unique fitness routine based on Aston Kinetics™ principles of natural movement to loosen, stretch, and tone your whole body. Functional exercises designed to improve your posture by releasing habitual tension that may be preventing you from moving in ways that you would like. Learn to coordinate whole body movement and work with gravity to generate balanced tone for greater benefit during your workout and increased fitness as you move through your day. Instructor: Shirley Lynch, MS, OT, OTR, LMT

- **Tuesdays, 9:00–10:00 am**
begins April 4
- **\$137 for 8-week session**
- * **Attend free introductory lecture on March 21**

NEW Align for Motion for Whole Body Fitness – Level II (Online)

Must have attended Align for Motion for Whole Body Fitness – Level I to participate in Level II. Instructor: Shirley Lynch, MS, OT, OTR, LMT

- **Tuesdays, 9:00-10:00 am**
begins May 30
- **\$86 for 5-week session**

Align for Motion: Toning the Abdomen and Pelvic Floor (Studio)

In this introduction to Aston Fitness™ discover new and effective ways of toning abdominal and pelvic floor muscles for increased postural support. Aston Fitness teaches a sequence of exercises that release areas of held tension, improve postural alignment, and promote balanced muscle tone throughout your whole body. Discover the benefit of toning your core, legs and pelvic floor in optimal alignment using the forces of gravity to work with you. Learn how to bring these postural and movement changes to walking for continued benefit throughout your day. Wear walking shoes and clothing that is comfortable to move in while sitting, lying, and standing. Bring a bath towel and a yoga mat. Instructor: Shirley Lynch, MS, OT, OTR, LMT

- **Sunday, April 23, 1:00-3:00 pm**
- **\$49**

Align For Motion: Walking for Total Fitness (Studio)

When we put our attention to walking it can increase our coordination, balance, muscle tone, and our feeling of vitality and well-being. When walking fits our body, it acts as self-massage for relieving unnecessary held tension. In this 2-hour introduction to Aston Fitness™ discover effective ways to release areas of held tension, improve postural alignment, and promote balanced muscle tone throughout your whole body. Learn to coordinate whole body movement with the forces of gravity to increase your fitness and bring these changes into walking and other everyday activities. The first 90-minutes are taught in the studio, then we go outside to apply the changes and put your new body into action during a walking clinic. Wear walking shoes and clothing comfortable for movement. Bring a bath towel and yoga mat. Instructor: Shirley Lynch, MS, OT, OTR, LMT

- **Sunday May 21, 1:00-3:00 pm**
- **\$49**

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! Studio classes are done in bare feet or sticky socks. Wear comfortable clothing and bring a large towel.

Essentrics Restore, Release & Rebalance (Online)

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. Instructors: Severina Gates, Certified Level 4 Essentrics; Wendy Madden, Certified Level 4 Essentrics

- **Tuesdays, 10:30–11:30 am**
begins March 28, May 9 and June 13
(Severina)
- **Wednesdays, 12:00–1:00 pm**
begins March 29, May 3 and June 7
(Wendy)
- **\$103 for 5-week session;**
\$24 drop-in

Essentrics Stretch & Tone (Online)

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. Instructor: Severina Gates, Certified Level 4 Essentrics

- **Tuesdays, 11:45 am–12:45 pm**
begins March 28, May 9 and June 13
- **\$103 for 5-week session;**
\$24 drop-in

Dance Fitness: The Nia Technique® (Studio or Online)

Get fit, lose weight, strengthen and condition, de-stress and have fun! A powerful fusion of dance, martial arts and mindfulness, Nia is a holistic movement and wellness practice addressing body, mind, and soul. Nia is for everybody, regardless of age, health, or fitness level. Using a system of 52 simple moves, each Nia workout delivers low-impact, full-body conditioning leaving you energized, mentally clear, and physically and emotionally balanced. Instructor: Susanne Liebich, Certified Nia® Black Belt, Stott Pilates®

- **Thursdays, 4:20–5:20 pm**
- 8-week session begins March 23
- 5-week session begins June 1
- 6-week session begins July 13
- \$137 for 8-week session
- \$86 for 5-week session
- \$103 for 6-week session
- \$20 drop-ins

Gentle Movement for Seniors: Sustainable Exercise for Lifelong Fitness (Studio or Online)

A gentler version of the *Strength, Balance & Flexibility for Seniors* class, this class amplifies range of motion while integrating modifications for common age-related mobility issues such as shoulder, knee and hip restrictions, and arthritis. Includes seated mobility stretch, strengthening exercises for limbs and core and standing balance exercises. The slower pace allows older students or those who are just coming back to exercise to feel more energized, less pain, and more confidence in their bodies. *Online classes require pair of small weights or toning balls (1-, 2- or 3lbs), flexband, mini stability ball, and resistance/flexband loops.* Instructor: Susanne Liebich, Moving to Heal®, Certified Nia® Black Belt, Stott Pilates®

- **Mondays, 12:30–1:30 pm**
- 8-week session begins March 20
- 4-week session begins June 5
- 6-week session begins July 10
- \$137 for 8-week session
- \$70 for 4-week session
- \$103 for 6-week session
- \$20 drop-in

* Register for either STUDIO class or ONLINE class

Improved Posture Workshop Exercises & Tips to Standing Tall, Feeling Better & Retraining the Body (Studio)

According to the American Journal of Pain Management posture affects and moderates every physiological function from breathing to hormonal production. Spinal pain, headache, mood, blood pressure, pulse, and lung capacity are all affected by posture. Learn ways to improve your posture – standing, sitting, even sleeping – through photo assessments, stretches and exercises along with tips for improving posture in everyday life. Instructor: Rhonda Hamer, Certified Posture Specialist

- **Saturday, 9:30–11:30 am**
- April 29 and August 5
- \$47

Free Introductory Lecture Pelvic Floor Fundamentals: Core & Pelvic Floor Muscle Strengthening (Online)

This lecture is an introduction to the 6-week series, *Pelvic Floor Fundamentals*, starting Tuesday, April 25, May 7 and June 13.

Instructor: Jessica Hebert, OTR/L, PCES

- **Tuesday, 5:00–5:30 pm**
- April 18 or June 6
- Free; registration required

Pelvic Floor Fundamentals: Core & Pelvic Floor Muscle Strengthening (Studio)

Move beyond kegels and integrate a whole-body approach to pelvic floor exercise. We work on mobility needed to engage the pelvic floor, proper engagement, and strengthening exercises. This class is perfect for anyone experiencing pelvic floor dysfunction such as incontinence, urinary urge/frequency, heaviness, or pain, as well as those returning to exercise in postpartum (at least 6 weeks postpartum and cleared by a medical provider). Instructor: Jessica Hebert, OTR/L, PCES

- **Tuesdays, 5:30–6:30 pm**
- begins April 25 and June 13
- \$155 for 6-week session; no drop-ins
- *Attend free introductory lecture on April 18 or June 6

Pelvic Floor Intermediate: Core & Pelvic Floor Muscle Strengthening (Studio)

Must have attended Pelvic Floor Fundamentals to participate in Pelvic Floor Intermediate. This exercise-based class uses concepts and exercises learned in Pelvic Floor Fundamentals, going through exercises with cueing and breath reminders. Additional exercises are introduced.

Instructor: Jessica Hebert, OTR/L, PCES

- **Tuesdays, 6:30–7:30 pm**
- begins April 25 and June 13
- \$155 for 6-week session; no drop-ins

Pilates for Strong Bones & Muscles (Studio or Online)

See *Bone Health & Osteoporosis Program* on page 9

Qigong

Qigong & Tai Chi for a Healthy Spine Workshop (Studio)

Chinese proverb: “You are as young as your spine.” Learn Tai Chi principles and postures that support a healthy spine. A therapeutic Qigong regimen for a healthy back is also introduced. The gentle flowing movements promote flexibility and strength of the tissues. The connective tissue, or fascia, that envelops the vertebra of the spine is impacted positively with the ancient Chinese exercises of Qigong and Tai Chi. Learn slow gentle nourishing Qigong exercises rooted in Medical/Therapeutic Qigong. Instructor: Pam Vlahakis, Certified Qigong; Certified Tai Chi with Dr. Aihan Kuhn, internationally renowned doctor of natural medicine

- Saturday, June 17, 10:00 am–12:00 pm
- \$42

Qigong/Tai Chi Combination (Studio or Online)

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; Certified Tai Chi with Dr. Aihan Kuhn, internationally renowned doctor of natural medicine

- Wednesdays, 4:15–5:15 pm
begins April 5, May 17 and July 5
- \$108 for 6-week session; \$20 drop-in

Qigong All Levels (Studio or Online)

Qigong 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: Dr. Ming Wu, PhD, Certified Qigong Master

- Wednesdays, 10:30–11:30 am
begins May 3, June 28 and August 23
- \$136 for 8-week session; \$20 drop-in
- * Register for either STUDIO class or ONLINE class

NEW Roll & Stretch Workshop (Studio)

Release tightness and tension in the body and feel oh-so-good after! Stretching regularly can improve mobility and decrease the risk of injury. Class moves at a relaxed pace, taking time to find and target tight areas and work these areas gently. Expect to be on the floor but modifiable for those unable to do so. *Space is limited.* Bring yoga mat. All equipment provided during class. Instructor: Rhonda Hamer, CPT, OFS

- Saturday, March 25, May 6 or July 15, 9:30–11:00 am
- \$39

Self-Defense

Self-Defense for Middle School to Adult (Studio)

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 from the Concord Self-Defense Academy.

- \$165 for 10-week session
 - \$275 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: Johanna and Len Glazer, fifth degree black belts, Seirenkai Karate and Seirenkai Jujitsu

- Sundays, 3:30–5:00 pm
begins April 2

Seirenkai Karate

Instructor: Stephen Lisauskas, fifth degree black belt, Seirenkai Karate and Seirenkai Jujitsu

- Thursdays, 7:45–9:15 pm
begins April 6

NEW Campus Safety Self-Defense Workshop (Studio)

Taught by fifth degree black belt instructors, this unique seminar focuses on hands-on self-defense techniques, strategies, and tips for staying safe with an emphasis on campus safety. The class is appropriate for those who are starting to become more independent, including teens who are transitioning to a new living environment and want to learn more about personal safety. During the seminar, instructors teach techniques and strategies to keep participants safe and demonstrate ways to escape from common attacks, while helping to build confidence. Instructors from the Concord Academy of Self-Defense: Johanna and Len Glazer, fifth degree black belts, Seirenkai Karate and Seirenkai Jujitsu

- Wednesday, August 9, 7:30–9:30 pm
- \$49

Strength, Balance & Flexibility for Seniors (Studio or Online)

A total body workout with a focus on strengthening the core and limbs while amplifying the body's movement through stretch, improving overall balance, posture, muscle tone and mobility. By learning how to move the body in a healthy way, you reduce pain, improve body awareness, avoid injury, and reinforce proper movement principles. Class begins in a chair to freely move every part of the body and then transitions to standing weight bearing exercise to improve bone and muscle strength. Bring yoga mat. *Online classes require pair of small weights or toning balls (1-, 2-, or 3lbs) and flexbands.* Instructor: Susanne Liebich, Certified, Nia® Black Belt, Stott Pilates®

- **Wednesdays, 1:30–2:30 pm**
8-week session begins March 22
5-week session begins May 31
6-week session begins July 12
- **\$137 for 8-week session**
- **\$86 for 5-week session**
- **\$103 for 6-week session**
\$20 drop-in

* Register for either **STUDIO class** or **ONLINE class**

Note: For a gentler class, consider attending *Gentle Movement for Seniors: Sustainable Exercise for Lifelong Fitness* (See page 4)

Tai Chi

Qigong/Tai Chi Combination (Studio & Online)

See *Qigong* on page 5

Qigong & Tai Chi for a Healthy Spine Workshop (Studio)

See *Qigong* on page 5

Tai Chi Beginner – Long Form (Studio)

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. This traditional Yang Style Tai Chi Long Form has 108 movements and provides a wonderful physical workout and thorough stretching of all ligaments and sinews. Instructor: Dr. Ming Wu, PhD, Certified Tai Chi Master

- **Thursdays, 6:30–7:30 pm**
begins May 4, June 29 and August 24
- **\$136 for 8-week session; \$20 drop-in**

Tai Chi Beginner – Short Form (Studio)

This class is the simplified form of Tai Chi, truncated to 24 postures (the long form has 108). Each posture gives the beginner an introduction to the essential elements of Tai Chi while retaining the traditional flavor of the longer hand forms. No experience necessary. Wear socks or soft-soled shoes. Instructor: Vivian Howell, Certified Tai Chi

- **Fridays, 11:00 am–12:00 pm**
8-week session begins May 5
6-week session begins July 7
- **\$136 for 8-week session**
- **\$102 for 6-week session**
\$20 drop-in

NEW Tai Chi for Balance, Strength, Mobility & Mood (Studio)

In this class we deepen our practice of the fundamental elements and whole-body movements of Tai Chi while developing the practice of the Yang Style Long Form. As a moving meditation, Tai Chi improves the physical body while improving mood and feelings of resilience and wellbeing. Students reflect that this class “activates” the body, while also relieving feelings of tension and stress. Growing evidence shows that Tai Chi improves balance, strength, flexibility, and mobility. Called the perfect exercise, it can be practiced for a lifetime. For all levels. Instructor: Nonny Levy, LICSW, Certified Tai Chi Tree of Life Center Tai Chi Teacher Training Program with Dr. Peter Wayne, known for evidence-based Tai Chi research

- **Thursdays, 10:30–11:30 am**
begins April 20, June 1 and July 13
- **\$103 for 6-week session**

Tai Chi Form (Outdoors/Weather Permitting)

Learn basic Tai Chi principles and postures that lay the foundation for learning the Cheng Man-Ching 37 Movement short form, one of the most popular Tai Chi forms in the West. Tai Chi is a mind-body exercise practiced for exercise, self-defense, and health, improving balance, cardio respiratory health, arthritis, and stress management. Appropriate for all ages and abilities. Instructor: Pam Vlahakis, Certified Tai Chi with Dr. Aihan Kuhn, internationally renowned doctor of natural medicine

- **Tuesdays, 1:00–2:00 pm**
begins April 4, May 16 and July 11
- **\$103 for 6-week session**

Tai Chi for Fall Prevention Workshop (Studio)

Learn basic Tai Chi principles and postures that help strengthen the body and improve balance. Tai Chi walking in all directions, forward, backward and to the sides is an excellent balance exercise as you slowly transfer weight from one leg to the other with brief moments of balancing on one leg. Includes a unique Tai Chi form comprised of 8 movements and 5 steps. Tai Chi helps build strength in the core and legs, giving the body structural integrity that helps prevent falls. Tai Chi also helps manage stress, build confidence, and reduce the fear of falling. Instructor: Pam Vlahakis, Certified Tai Chi with Dr. Aihan Kuhn, internationally renowned doctor of natural medicine

- **Saturday, May 20, 10:00 am–12:00 pm**
- **\$42**

Tai Chi Intermediate/Advanced – Long Form (Studio)

Tai Chi strengthens the legs and improves balance. Posture and flexibility in the joints are improved, so you can stand and move with less effort. The slow shifting of weight from leg to leg helps the circulation of blood through the body, improving heart health. The quality of relaxation in Tai Chi, as you move through the sequence of 108 postures, helps to regulate the flow of your internal energy, your qi, through your whole body, nourishing the health of your internal organs. Instructor: Dr. Ming Wu, PhD, Certified Tai Chi Master

- **Thursdays, 5:30–6:30 pm**
begins May 4, June 29 and August 24
- **\$136 for 8-week session; \$20 drop-in**

Questions?

Contact us at
EmersonWellness@emersonhosp.org
or call 877-936-3776.

Exercise/Programs for Special Conditions



Parkinson's Movement: Dance for PD® *Healing Movement to Music for Parkinson's & Movement-Related Disorders (Studio or Online)*

The internationally-acclaimed, research-backed Dance for PD program, offers specialized dance classes to people with Parkinson's and their caregivers. Students experience the joys and benefits of dance while creatively addressing symptom-specific concerns related to balance, cognition, motor skill, depression, and physical confidence. Considered the "gold standard," the program uses dance to empower students to explore movement and music in ways that are refreshing, enjoyable, stimulating, and creative. A recent study in *Brain Sciences* shows that participation in a weekly Dance for PD class effectively slowed both motor and non-motor Parkinson's symptoms over a period of three years. Dance for PD has been featured in The New York Times, NPR, USA Today, NBC, and other major networks. Instructor: Susanne Liebich, first Certified Dance for PD teacher in Massachusetts

- **Thursdays, 10:30–11:30 am**
8-week session begins March 23
5-week session begins June 1
6-week session begins July 13
- **\$137 for 8-week session**
- **\$86 for 5-week session**
- **\$103 for 6-week session**
\$20 drop-in

* Register for either **STUDIO class** or **ONLINE class**

BONE HEALTH & OSTEOPOROSIS PROGRAM at *Empowering you to naturally manage Osteoporosis and Osteopenia*

More than 50 million people have osteoporosis/low bone mass. Osteoporosis leads to a fracture in one in two women, and one in four men. Fractures are a result of weak bones and a loss of muscle mass, strength, balance, and agility. Our program follows evidence-based exercises that help you improve bone density, general strength, flexibility, and balance.

Students learn appropriate exercises and receive body mechanics training as well as diet and nutrition education. All equipment is provided during studio classes. Just bring your exercise mat and be ready to move better and get stronger!

Medical Advisor

James Street, MD, PhD

Instructors

- **Rhonda Hamer, CPT, OFS**, Certified Osteoporosis Fitness Specialist, American Council on Exercise Certified Personal Trainer; Senior Fitness Specialist; Functional Aging Specialist; National Posture Institute Posture Specialist; National Academy of Sports Medicine Certified Nutrition Coach
- **Susanne Liebich**, Certified, Moving to Heal®, Stott Pilates®, Nia® Black Belt, Total Barre®
- **Laraine Lippincott, CYT**, specializing in therapeutic movement for bone health
- **Dr. Katie Wadland, PT, DPT, GCS**

Free Introductory Lecture

Bone Up on Bone Health with Targeted Exercise & Nutrition (Online)

An introduction to the 8-week series, *Bone Up on Bone Health with Targeted Exercise & Nutrition*, starting Tuesday, March 28, June 6 and September 12, or Thursday, March 30, June 8 and September 14. Discover how this evidence-based program helps improve your bone density, general strength, flexibility and balance naturally through exercise and nutrition. Instructor: Rhonda Hamer, CPT, OFS

- **Tuesday, 7:00–8:00 pm**
- **March 21, May 23 or August 22**
- **Free; registration required**

Bone Up on Bone Health with Targeted Exercise & Nutrition (Studio or Online)

Studies from the Harvard Medical School have shown that resistance, weight-bearing, and impact exercises help to build bone density. And while exercise is a critical factor in improving and maintaining bone health, evidence shows that not all exercise is created equal when it comes to building stronger bones. For those with osteoporosis and osteopenia, it's crucial to learn the best ways to move to avoid fractures and injury.

Includes evidence-based exercises that support and replicate daily movements for those with osteoporosis and osteopenia, and discussions on nutrition, posture, and safe movement. Receive the tools and information to improve strength, flexibility, posture, balance, and body awareness. The class is appropriate for those comfortable moving for up to 45 minutes and getting on and off the floor. Bring yoga mat. *Online classes require 2- to 8lb hand weights, adjustable 5lb leg cuffs, tubing with handles, stable chair with no wheels or arms, 9" inflatable ball and exercise mat.* Instructor: Rhonda Hamer, CPT, OFS

Note: Graduates of this program may consider attending *Next Steps: Building Bones after Bone Up on Bone Health*. See page 9 for more information on this 8-week follow-up program.

ONLINE

- **Tuesdays, 5:15–6:15 pm**
begins March 28, June 6 and September 12
- * **Attend free introductory lecture on March 21, May 23 or August 22**

STUDIO or ONLINE

- **Thursdays, 12:30–1:30 pm**
begins March 30, June 8 and September 14
- **\$175 for 8-week session; no drop-ins**
- * **Attend free introductory lecture on March 21, May 23 or August 22**
- * **Register for either STUDIO class or ONLINE class**

the Steinberg Wellness Center for Mind and Body

How to Safely Strengthen Bones with Therapeutic Stretches & Simple Yoga Postures Workshop (Online)

Good alignment is important to maintain the strength and integrity of our bones. New research shows that you can improve bone density significantly in the spine, hips, and femur with simple but effective yoga postures when practiced with correct alignment. Learn the yoga-way of sitting, standing, and bending down to prevent weakening of bones. Learn several easy and effective stretches and movements that can be done throughout the day to counteract the weakening of bones and build bone strength. Finally, we learn a full array of balance postures with several variations so you can strengthen your balancing muscles as you strengthen bones. Learn how yoga is a remedy for both osteoporosis and osteopenia, and preventing bone deterioration, as it safely stresses bone without impact. Instructor:

Laraine Lippincott, CYT

- **Saturday, 1:00–2:30 pm**
- **April 15 and August 12**
- **\$39**

Next Steps: Building Bones after Bone Up on Bone Health (Studio or Online)

For those who have completed *Bone Up on Bone Health* or *Living & Moving with Osteoporosis*, take the next step with this weight bearing, exercise-only class. The principles taught in those classes are implemented each week, using the equipment and techniques taught in the previous class. Class consists of extended warm up/cardio work, strength, stretching, balance, core and resistance exercises, and techniques for de-stressing. Class is also ideal for those who are looking for an exercise-only bone health class. Instructor: Rhonda Hamer, CPT, OFS

ONLINE

- **Tuesdays, 6:30–7:30 pm**
begins March 28

STUDIO or ONLINE

- **Thursdays, 1:45–2:45 pm**
begins March 30 and June 8
- **\$175 for 8-week session; no drop-ins**

*Register for either **STUDIO class** or **ONLINE class**

Pilates for Strong Bones & Muscles (Studio or Online)

Pilates improves posture, balance, and alignment. Better posture results in less back pain and less chance for injury due to falls or imbalances in the body. We add weight bearing exercise to improve muscle tone, and you have the workings of a total body strength class. Exercises alternate between standing and laying or seated on the mat, and are integrated with Stott Pilates® principles to lengthen the torso, enhance cardiovascular system through systemic breath work, strengthen core muscles and improve pelvic floor function. Bring exercise mat. *Online classes require 2 toning balls or hand weights (1- to 3lbs), flexband and 10" stability ball.* Instructor: Susanne Liebich, Certified Stott Pilates

- **Thursdays, 9:15–10:15 am**

8-week session begins March 23

5-week session begins June 1

6-week session begins July 13

- **\$137 for 8-week session**
- **\$86 for 5-week session**
- **\$103 for 6-week session**
- **\$20 drop-in**

*Register for either **STUDIO class** or **ONLINE class**

Free Introductory Lecture

Strong Bones, Strong Life with Dr. Katie Wadland (Online)

An introduction to the 8-week series, *Strong Bones, Strong Life with Dr. Katie Wadland* starting Monday, January 16 and March 20, or Thursday, January 19 and March 23. Discover the tools you need to better understand what you can do to maintain your bone density, slow bone loss, and prevent osteoporosis-related fractures through lifestyle change, by making the best nutritional choices and through the right exercise and activity. Instructor: Dr. Katie Wadland, PT, DPT, Board-Certified Geriatric Clinical Specialist

- **Wednesday, 7:00–8:00 pm**
- **March 15, May 17 or July 26**
- **Free; registration required**

Strong Bones, Strong Life with Dr. Katie Wadland (Online)

With bone density peaking at 35 years old, we all experience progressive bone loss at a rate of about 1%, per year, as we age. With 43% of adults over the age of 65 either osteopenic or osteoporotic, about one third experience an osteoporotic fracture in their lifetimes. However, this progressive weakening of bone can be either accelerated, or decelerated, through our lifestyle choices, by how we eat and by how we choose to move and exercise. This exercise and education series provides an evidenced-based, fitness-forward approach to osteoporosis prevention and management. Classes involve aerobic exercise, functional strength training, balance, and flexibility, and incorporates ground-level exercise so being able to safely get on and off the ground independently is a must. Instructor: Dr. Katie Wadland, PT, DPT, GCS

- **Mondays, 12:30–1:30 pm**
begins March 20, May 22 and July 31
or
- **Thursdays, 9:00–10:00 am**
begins March 23, May 25 and August 3
- **\$175 for 8-week session; no drop-ins**
- ***Attend free introductory lecture on March 15, May 17 or July 26**

Yoga for Building Bones (Online)

New research from Harvard Medical School shows you can improve bone density significantly in the spine, hips, and femur with simple but effective postures when practiced with correct alignment. Includes three variations for each posture while integrating therapeutic breathwork, meditation, balance work and heart openers into the practice. Not only do you strengthen your bones and physical body, but also cultivate a sense of wellbeing by calming the mind, deepening the breath, and engaging in positive affirmations and a powerful meditative practice throughout the class. No yoga experience required. Instructor: Laraine Lippincott, CYT

- **Wednesdays, 10:00–11:15 am**
(with Bonus Breathwork and Meditation at 9:45 am)
begins April 19, May 31, July 12 and August 23
- or
- **Saturdays, 10:00–11:15 am**
(with Bonus Breathwork and Meditation at 9:45 am)
begins April 22, June 3, July 15 and August 26
- **\$108 for 6-week session; no drop-ins**

Questions?

Contact us at
EmersonWellness@emersonhosp.org
or call 877-936-3776.

YOGA

Candlelight Reiki Restorative Yoga & Deep Relaxation Workshop (Studio)

Learn how to give yourself Reiki or renew your practice. Reiki is a natural healing energy treatment that promotes relaxation and reduces stress and anxiety. Karyn guides you in a meditative practice blending Reiki with restorative yoga. While in a series of fully-supported restful yoga poses, you're invited to gently place your own hands over the energy centers on your body to promote deep stillness and inner peace. The aid of blankets, bolsters, and blocks allows tight muscles to release and the nervous system to relax. Held in a beautiful and warm candlelit studio, unplug, unwind, and let go in this deeply immersive restorative experience. Cozy it up by draping a blanket over yourself or bringing your favorite eye bag. Perfect for all levels. No yoga experience required. Bring yoga mat. Instructor: Karyn Force, RN, CKYT, Reiki Master

- **Friday, May 19, 6:30–8:00 pm**
- **Tuesday, July 25, 10:00–11:30 pm**
- **Thursday, August 17, 6:30–8:00 pm**
- **\$42**

NEW Forge Ahead Yoga: Restore & Relax into Healthy Aging Workshop (Online)

Discover how yoga can boost your health, fitness, and peace of mind at any age and in many conditions. New research validates the many benefits of a regular yoga practice, including increased flexibility and range of motion, better balance, reduced joint and back pain, improved sleep, stronger bones, greater resiliency to stress and change, strengthened immunity, and enhanced breathing. No yoga experience required. This workshop is an introduction to the 6-week session that starts Tuesday, April 18. Instructor: Laraine Lippincott, CYT

- **Saturday, April 8, 1:00–2:30 pm**
- **\$39**

NEW Forge Ahead Yoga: Restore & Relax into Healthy Aging (Online)

Boost your health, fitness, and peace of mind at any age and in many conditions with yoga. New research validates the many benefits of a regular yoga practice, including increased flexibility and range of motion, better balance, reduced joint and back pain, improved sleep, stronger bones, greater resiliency to stress and change, strengthened immunity, and enhanced breathing. Class guides you through a gentle and accessible practice suitable for beginners, seniors, and anyone dealing with arthritis, osteoporosis, chronic pain, or recovery from an illness. Includes several variations for every posture and movement while integrating therapeutic breathwork, meditation, and heart openers into the practice. We not only strengthen our bones, muscles, and core, but cultivate a sense of wellbeing by calming the mind, deepening the breath, and engaging in positive affirmations and a powerful meditative practice throughout the class. No yoga experience required. Instructor: Laraine Lippincott, CYT

- **Tuesdays, 10:00–11:15 am**
(with Bonus Breathwork and Meditation at 9:45 am)
begins April 18, May 30, July 11 and August 22
- **\$108 for 6-week session**

Gentle Yoga (Online) (as seen on Chronicle)

This class not only relaxes and calms you, but also rejuvenates and revitalizes your energy. Considered “meditation in motion,” students are led to a place of comfort, ease, and stability with simple yet effective alignment-based postures, rhythmic movement, breathwork, positive affirmations, and a powerful meditative practice. Several variations are offered for each posture so that it’s accessible to all: the new student of yoga, those with a tight body, stiffness, injury or recovering from illness or surgery, and anyone seeking to cultivate a sense of equanimity and well-being. Core strengthening and balance poses are included in every class. No yoga experience required. Instructor: Laraine Lippincott, CYT, featured on Chronicle

- **Fridays, 10:00–11:15 am**
(with Bonus Breathwork and Meditation at 9:45 am)
begins April 21, June 2, July 14 and August 25
- **\$108 for 6-week session; no drop-ins**

Gentle & Restorative Yoga (Studio)

A mix of gentle yoga combined with restorative yoga that allows you to experience a rejuvenating and restful practice. Warm up muscles, build strength, increase bone health, and gain flexibility while focusing on specific stretches that release tight shoulders and neck as well as hips and hamstrings. Our restorative yoga practice aids in nurturing a calm, restful mind, and a deeply relaxed body. Suitable for all, including those new to yoga and experienced practitioners interested in a gentle and meditative yoga practice. Class is mainly floor-based with occasional standing poses. Receive personalized, hands-on adjustments, verbal cues and modifications customized to your body, needs, and level of practice. Bring yoga mat. Instructor: Karyn Force, RN, CKYT, Reiki Master

- **Tuesdays, 9:15–10:15 am**
8-week session begins March 28
5-week session begins May 30
or
- **Thursdays, 6:30–7:30 pm**
8-week session begins March 30
5-week session begins June 1
- **\$149 for 8-week session**
- **\$93 for 5-week session**
no drop-ins

NEW Mixed Yoga Flow (Studio)

Challenge your body and your perspective with a creative mix that switches between a strong yoga flow and more gentle poses. Explore a flow of poses mixed with slower movement and held stretches to ease tension and aid in release. The combination of flow with stillness allows you to build strength while also experiencing the peace of undoing. Designed for those in good physical condition, have some yoga experience, and looking to deepen their practice beyond Gentle and Beginner classes. Classes may include sun salutations, standing, balancing, seated and floor poses. Hands-on and verbal assists provided. Instructor: Karyn Force, RN, CKYT, Reiki Master

- **Tuesdays, 10:30-11:30 am**
begins May 30
- **\$93 for 5-week session; no drop-ins**

Vinyasa Yoga for Health & Fitness (Studio)

A vinyasa yoga class linking breath to movement through a dynamic and energizing series of poses. Classes are designed to increase your stamina, improve cardio-respiratory health, and sports performance. Sun salutations, standing postures, balancing postures, and series of seated and floor poses balance strength and stretching with power and ease. Participants should be in good health and interested in a strong yoga practice to build endurance, strength, and flexibility. Bring yoga mat. Instructor: Karyn Force, RN, CKYT, Reiki Master

- **Tuesdays, 10:30–11:30 am**
begins March 28
- **\$149 for 8-week session; no drop-ins**

NEW Yin, Flow & Functional Movement (Studio)

This class offers a safe and supportive blend of yoga styles to hydrate connective tissue (Yin), build muscular strength (Flow) and enhance key everyday movements (Functional Movement). Susan invites you to tune into the wisdom of our bodies and compassionately care for our physical, mental and spiritual selves. All levels are welcome. Must be able to get on and off the floor. Instructor: Susan Chormann, CYT

- **Mondays, 10:30–11:30 am**
begins April 3
- **\$90 for 5-week session**

Yoga & Meditation (Studio or Online)

This class restores balance and harmony by eliciting the relaxation response and quieting the mind. It creates awareness through gentle postures, mindful movement and breathing exercises. 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**
6-week session begins April 26 and June 7
4-week session begins July 26
- **\$108 for 6-week session**
- **\$72 for 4-week session**
\$20 drop-in

*Register for either **STUDIO** class or **ONLINE** class

Yoga for Building Bones (Online)

See *Bone Health & Osteoporosis Program* on page 10

NEW Yoga for Life Workshop (Studio)

People often say “I just can’t seem to do yoga on my own.” John has taught many how to weave some yoga into their day. We explore this together, and create some sequences tailored to what each of us need. You can do yoga on your daily walk, weave some postures into your morning routine, or create a nighttime ritual that prepares you for restful sleep. Bring a yoga mat along with your questions and a notepad and leave with some great ideas for motivation, creating good habits, and specific adaptations for your body and lifestyle. Instructor: John Calabria, CYT

- **Saturday, 10:30 am–12:00 pm**
- **May 13 or August 19**
- **\$39**

Yoga Nidra for Stress Management (Online)

Discover how Yoga Nidra can help calm the anxiety and stress in your life, manage chronic pain, energize and nourish you, and relax your nervous system, allowing rest, recovery, and better sleep. Easy and accessible, there is no wrong way to do it! You just lie down, close your eyes, and listen to the instructor’s soothing voice as she guides you on a relaxing journey. Instructor: Clare Harlow, Divine Sleep® Yoga Nidra Graduate and Guide

- **Mondays, 7:30–8:15 pm**
- **6-week session begins April 17**
- **\$90 for 6-week session**
- **\$17 for class on June 19, July 17 or August 14**

Yoga Stretching & Strengthening for Happy Hips Workshop (Online)

Hips are not only the most powerful muscle group in the body but also the most complex. Anyone who sits for long periods of time, but also cyclists, rowers, and runners, can suffer from tight hips, hamstrings (backs of thighs), IT band (outer thigh), and adductors (inner thigh). Tightness in these areas can cause weakness in other muscles, such as the glutes, which can strain the outer hip and create imbalances in the spine, lower back, and pelvis. Discover simple yoga stretches and postures to ease tight hips and awaken the hip stabilizers, building greater strength, mobility and flexibility in the hip joint, and balance throughout the body. Involves lying, sitting, and standing. If you have hip bursitis, a labral tear or other hip injuries, consult with your physician first. Instructor: Laraine Lippincott, CYT

- **Saturday, 1:00–2:30 pm**
- **May 6**
- **\$39**

NEW Without Leaving Your Seat! Chair Yoga for Mobility, Balance, Posture, & Stress Workshop (Online)

Did you know that you can take your all your joints through the full range of motion while sitting in a chair? And strengthen your powerhouse, the glutes, as well as your core? And release and strengthen your hip stabilizers for greater mobility and stability in both hips and spine? And lengthen your hamstrings, release tightness and tension in your neck and shoulders, correct forward head posture, and move your spine in seven different directions to tone your nervous system? This is not your “grandmother’s yoga.” We strengthen balancing muscles using the chair in some standing movements and postures, guiding you through a gentle and accessible practice suitable for beginners, seniors, and anyone dealing with arthritis, osteoporosis, chronic pain, or recovery from an illness. Instructor: Laraine Lippincott, CYT

- **Saturday, June 3, 1:00–2:30 pm**
- **\$39**

**KIDS & TEENS****Babysitting Training for Ages 10–15 (Studio)**

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, 9:00 am–1:00 pm**
- **April 22, May 13, June 24, July 29 or August 12**
- **\$65**

NATURAL THERAPIES**An Evening of Zero Balancing®: Reclaiming Your Essential Self (Online)**

Would you like to feel more connected to yourself and others and have a positive outlook in life? Come learn about Zero Balancing, a body-mind manual therapy that uses gentle touch to help re-organize your body’s internal structure and energy to resolve unconsciously-held tension patterns for relief of bodily discomfort and emotional distress. Discover ways that Zero Balancing allows a freer flow of energy in your body for increased calm, clarity, and vitality, and how it helps regulate your inner state of being for physical, mental, and emotional balance. Includes experiential exercises to support your understanding of the art and science of Zero Balancing. Presenter: Shirley Lynch, MS, OT, LMT

- **Thursdays, 7:00–8:00 pm**
- **March 23, April 13, May 18 or June 15**
- **\$10**

Reiki Training Classes (Online)

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; \$10 fee for each class for CEUs for social workers and massage therapists. Instructor: Libby Barnett, MSW, Reiki Master, the longest practicing Reiki Master Practitioner and Teacher on the East Coast

Reiki Level I Training

- Saturday, June 10, 9:00 am–3:00 pm
- \$150

Reiki Level II Training

- Sunday, June 11, 9:00 am–3:00 pm
- \$175

Reiki Level I & II Training Package

- \$305

The Mind-Body Influence: Discover Your Body's Innate Ability for Self-Repair Workshop (Studio)

Whether you want to augment your medical treatment or improve your body's innate ability to repair itself, learn 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. Leave feeling empowered to take control of your own health and wellness. The instructor speaks about her own personal journey from illness to wellness. Instructor: Fran Spayne MA, Holistic Therapist and Mind-Body Wellness Expert

- Friday, May 19, 10:00 am–12:00 pm
- \$45

**NUTRITION & WEIGHT LOSS**

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

- Wednesdays, 5:00–7:00 pm
- \$399 for 12-week session
- For more information, call Cardiac Rehabilitation at 978-287-3732.

Freedom from Emotional Eating (Studio)

Do you reach for food when you feel stressed, frustrated, or angry? For comfort when you are sad, lonely, or bored? Or for a momentary escape when in pain or discomfort? Is food a reward or like an old-friend, always there for you? If you are among the nearly 70% of Americans classified as overweight or obese and/or struggle with emotional eating, this program teaches you practical tools and strategies to help you cope, take control, restore your health, and break free from vicious cycles of emotional eating. Discover what is holding you back and how to get out of your own way. *Space is limited.* Instructor: Linda Roberts, National Board-Certified Health & Wellness Coach, Lifestyle Medicine Coach, Culinary Coach and Emotional Eating Coach

- Tuesdays, 10:30 am–12:15 pm
or 6:30–8:15 pm
begins April 4 and June 6
- \$265 for 8-week session

PRENATAL/POSTNATAL

Breastfeeding
Infant Care
Infant CPR
Prenatal Childbirth
Sibling Preparation

For more information visit EmersonWellness.org.

STRESS MANAGEMENT

An Evening of Zero Balancing®: Reclaiming Your Essential Self (Online)

See Natural Therapies on page 12

Mindfulness-Based Stress Reduction (MBSR) Program (Online)

A highly effective eight-week program developed by Jon Kabat-Zinn, PhD. The practice of mindfulness is a way to explore and cultivate your inner resources for coping, growing, and healing. Learn how to reduce physical and psychological stress while building resilience, balance, and wellbeing. Forty years of scientific research consistently demonstrates that training in MBSR helps participants respond more effectively to stress, pain, and illness. Develop your own practice of living life in the present moment and discover how to transform your reactions and habits into healthy responses. Instructor: Cheryl Lucas, MEd, Mindfulness-Based Stress Reduction Qualified Teacher

- Fridays, 9:00–11:30 am
- 8-week session begins April 14
Plus all day Sunday, May 21, 9:00 am–4:00 pm
- \$490 plus required course materials

Candlelight Reiki Restorative & Deep Relaxation Workshop (Studio)

See Yoga on page 10

Gentle & Restorative Yoga (Studio)

See Yoga on page 11

Yoga & Meditation (Studio or Online)

See Yoga on page 11

Yoga Nidra for Stress Management (Online)

See Yoga on page 12



Questions?

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 or call 877-936-3776.

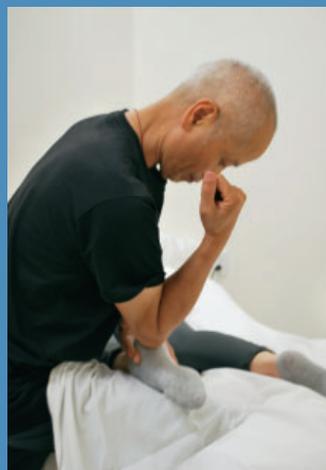
Private Integrative Therapies

The Steinberg Wellness Center offers 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.

Integrative therapies include:

- Acupuncture
- Craniosacral therapy
- Facial Rejuvenating Acupuncture
- Feldenkrais Method
- Massage Therapy
- Myofascial Release
- Physical Therapy
- Reflexology
- Reiki Healing
- Trigger Point Therapy
- Zero Balancing®

To schedule an appointment call 978-287-3777 or email emersonwellness@emersonhosp.org.



Personal Training/ Private Classes

Whether it's staying fit, losing weight, reducing stress, or designing your life framework, our certified and experienced coaches, trainers and instructors offer a personalized approach to get you started and stay on track to meet your goals. Private sessions include:

- Assisted Stretching
- Aston® Kinetics
- Life Design
- Nutrition Coaching
- Personal Training
- Posture Assessments
- Tai Chi
- Yoga

To schedule a session call 978-287-3777 or email emersonwellness@emersonhosp.org.



CLASSES
FOR ALL
AGES &
STAGES

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.



133 Old Road to Nine Acre Corner
Concord, MA 01742

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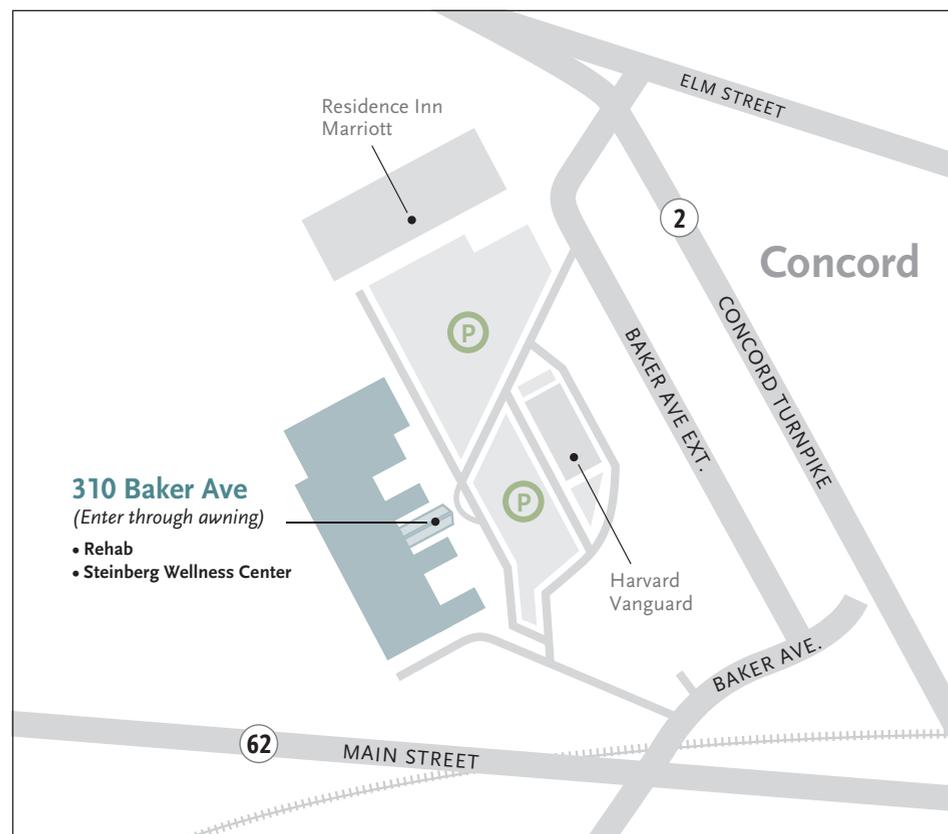
SPRING/SUMMER 2023

STUDIO AND ONLINE WELLNESS CLASSES

FROM THE STEINBERG WELLNESS CENTER FOR MIND & BODY

Including Bone Health & Osteoporosis Program

See page 8 for more information.



Steinberg Wellness Center
for Mind and Body

310 Baker Ave, Concord, MA 01742
877-936-3776 | EmersonWellness.org

