

WINTER 2023

**ONLINE AND STUDIO
WELLNESS
CLASSES**

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

Offering Osteoporosis
Wellness Programs

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!

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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.

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 978-287-3777.

Patti Salvatore, Director

Sarah Jones, Health/Wellness Coordinator

James Street, MD, PhD, Medical Advisor, Steinberg Wellness Center for Mind and Body

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 Lecture

Align in Motion for Whole Body Fitness (Online)

Discover how this 8-week series helps to tone your entire body. Instructor: Shirley Lynch, MS, OT, OTR, LMT

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

NEW Align in Motion for Whole Body Fitness (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 January 17
- **\$137 for an 8-week session**

Aston® Fitness – Reclaim Your Natural Posture & Movement: Relieve Aching Neck, Back & Shoulders Workshop (Online)

Postural changes contribute to discomfort or pain and prevent you from being active.

Aston Fitness offers a unique approach for reclaiming your natural alignment and introduces you to a new way of moving for increased comfort in everyday activities. Discover effective ways to release areas of held tension, improve posture, and create balanced tone throughout your whole body. Bring these changes to daily activities such as your fitness workout, lifting, reaching, and working on a computer. Have a bath towel and bed pillow for use during class. Instructor: Shirley Lynch, MS, OT, OTR, LMT

- **Sunday, January 29, 1:00–3:00 pm**
- **\$49**

Free Introductory Lecture

Back School with Dr. Paul Berkeley (Online)

This lecture is an introduction to the 8-week series, Back School with Dr. Paul Berkeley, starting Monday, February 13. Instructor: Dr. Paul Berkeley, PT, DPT, Board-Certified Orthopedic Clinical Specialist

- **Monday, February 6, 6:00–7:00 pm**
- **Free; registration required**

Back School with Dr. Paul Berkeley (Online)

80% of adults will experience back pain in their lifetime, with low back pain being the largest cause of disability in America. Low back pain becomes more common as you get older, worse with prolonged sitting and can not only increase pain, but reduce quality of life. Back pain and sciatica can be remarkably improved with the right exercise, activity, and behavior modifications. Classes take a fitness-forward approach to back pain management and give you the skills to better manage back pain flare ups, or avoid them all together. Instructor: Dr. Paul Berkeley PT, DPT, Board-Certified Orthopedic Clinical Specialist

- **Mondays, 6:00–7:00 pm**
begins February 13
- **\$175 for an 8-week session; no drop-ins**
- * **Attend a free introductory lecture on February 6**

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**
begins January 19 and March 23
- **\$137 for an 8-week session; \$20 drop-in**
- * **Register for either STUDIO class or ONLINE class**

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 (Studio or 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**

ONLINE

- **Tuesdays, 10:30–11:30 am**
begins January 17 (Severina)
- **Wednesdays, 12:00–1:00 pm**
begins February 22 (Wendy)

STUDIO

- **Tuesdays, 10:30–11:30 am**
begins February 21 and March 28 (Severina)
- **\$103 for a 5-week session;**
\$24 drop-in

Essentrics Stretch & Tone (Studio or 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**

ONLINE ONLY

- **Tuesdays, 11:45 am–12:45 pm**
begins January 17

STUDIO ONLY

- **Tuesdays, 11:45 am–12:45 pm**
begins February 21 and March 28
- **\$103 for a 5-week session;**
\$24 drop-in

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

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. (This is a gentler version of Wednesday's Strength, Balance and Flexibility for Seniors class.)* Instructor: Susanne Liebich, Moving to Heal®, Certified Nia® Black Belt, Stott Pilates®

- Mondays, 12:30–1:30 pm
begins January 16 and March 20
- \$137 for an 8-week session; \$20 drop-in
- * Register for either STUDIO class or ONLINE class

NEW Get On The Ball! (Online)

Physical Therapist Valerie Ruccia Eagan leads a virtual course of exercising on different-sized balls for relaxation, flexibility, posture, strength, and enhanced health. This innovative exercise program relieves pain, opens the body, and transforms your health without leaving your home! Balls required for the course: 65 cm ball if over 5'8"; 55 cm ball if under 5'8"; 8" (20 cm) diameter ball; 5" (12 cm) diameter ball; tennis ball. Instructor: Valerie Ruccia Eagan, RPT

- Wednesdays, 4:00–4:45 pm
begins February 8
- \$100 for a 3-week session

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
- February 11
- \$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, January 17, and March 7. Instructor: Jessica Hebert, OTR/L, PCES

- Tuesday, 5:00–5:30 pm
- January 10 or February 28
- Free; registration required

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

Move beyond kegels and integrate a whole-body approach to pelvic floor exercise. We work on the 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, 5:00–6:00 pm
begins January 17 and March 7
- \$155 for a 6-week session; no drop-ins
- * Attend a free introductory lecture on January 10 or February 28

NEW Pelvic Floor Intermediate: Core & Pelvic Floor Muscle Strengthening (Online)

Must have taken Pelvic Floor Foundations to participate in Pelvic Floor Intermediate. This exercise-based class uses concepts and exercises learned in Pelvic Floor Foundations, going through exercises with cueing and breath reminders. Additional exercises are introduced. Instructor: Jessica Hebert, OTR/L, PCES

- Tuesdays, 6:15–7:15 pm
begins January 17 and March 7
- \$155 for a 6-week session; no drop-ins

Pilates for Strong Bones & Muscles (Studio or Online)

See Osteoporosis Wellness Program on page 9

Practical Posture Workshop (Studio)

This part lecture and part demo class helps to improve your posture, alignment, and overall well-being using techniques, simple props, and exercises based on Pilates, biomechanical principles, and functional fitness. Within a few weeks, you will be standing taller, stronger, and with more confidence. Good posture also reduces falls and back pain. Learn to bring awareness of how you sit, stand or move, and relate those habits to the aches, pains, and injuries your body experiences. Instructor: Susanne Liebich, Certified Stott Pilates®

- Saturday, February 25, 10:00–11:30 am
- \$42

Qigong

NEW 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 by Dr. Aihan Kuhn, internationally renowned doctor of natural medicine

- **Saturday, February 18, 10:00 am–12:00 pm**
- **\$42**

Qigong/Tai Chi Combination (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 by Dr. Aihan Kuhn, internationally renowned doctor of natural medicine

- **Wednesdays, 4:15–5:15 pm**
begins January 4 and February 15
- **\$103 for a 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 January 11 and March 8
- **\$136 for an 8-week session; \$20 drop-in**
- * **Register for either STUDIO class or ONLINE class**

NEW Roll & Stretch (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. Not recommended for people with osteoporosis. Participants should be able to move about on the floor easily. Bring yoga mat. All equipment provided during class. Instructor: Rhonda Hamer, ASFA, NPI-CPS

- **Saturday, March 25, 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 a 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 January 8

Seirenkai Karate

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

- **Thursdays, 7:45–9:15 pm**
begins January 12

Self-Defense for Teens & Adults Workshop (Studio)

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 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, March 8, 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.* (For a gentler class, register for Monday's Gentle Movement for Seniors: Sustainable Exercise for Lifelong Fitness.) Instructor: Susanne Liebich, Certified, Nia® Black Belt, Stott Pilates®

• **Wednesdays, 1:30–2:30 pm**

begins January 18 and March 22

• **\$137 for an 8-week session; \$20 drop-in**

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

Tai Chi

Qigong/Tai Chi Combination (Online)

See Qigong on page 5

NEW 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 January 12 and March 9

• **\$136 for an 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**

begins January 13 and March 10

• **\$136 for an 8-week session; \$20 drop-in**

NEW 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 by Dr. Aihan Kuhn, internationally renowned doctor of natural medicine

• **Saturday, January 14, 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 January 12 and March 9

• **\$136 for an 8-week session; \$20 drop-in**

Tai Chi: The Perfect Exercise (Studio or Online)

Come discover why Tai Chi has been called the perfect exercise and can be practiced for a lifetime. Designed for new and experienced students, learn the fundamental elements, patterns and whole-body movements of Tai Chi. Evidence shows these movements increase blood and chi flow through the entire body, lubricate joints, enhance flexibility and balance, promote calm and relieve stress. Wear loose and comfortable clothing and bring only the intention to improve your health and to leave class relaxed and energized. Instructor: Nonny Levy, LICSW, Certified Tai Chi

• **Thursdays, 10:00–11:00 am**

begins January 12 and February 23

• **\$103 for a 6-week session; \$20 drop-in**

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

Tai Chi Yang Style Long Form – All Levels (Studio)

Designed for students with some prior experience of Qigong or Tai Chi, or practice of a Yang style form. We develop our practice of the Yang style long form with the intention to deepen the flow, balance, strength, and flexibility that learning and practicing a Tai Chi form can bring. Developing your awareness of the elements and sequences of this 108-step form is a relaxing and satisfying exercise, both mentally and physically. Instructor: Nonny Levy, LICSW, Certified Tai Chi

• **Thursdays, 11:15 am–12:15 pm**

begins January 12 and February 23

• **\$103 for a 6-week session; \$20 drop-in**

Exercise/Programs for Special Conditions

Free Introductory Lecture Back School with Dr. Paul Berkeley (Online)

See *Fitness/Movement* on page 3

Back School with Dr. Paul Berkeley (Online)

See *Fitness/Movement* on page 3

NEW Free Introductory Lecture Balance Bingo! with Dr. Naseem Chatiwala Multi-dimensional approach addressing balance in a fun, engaging environment (Studio or Online)

An introduction to the 6-week series, *Balance Bingo! with Dr. Naseem Chaitwala*, starting Wednesday, January 18, and March 8. Discover how targeted exercises help you feel balanced and steady, reducing your fear of falls and empowering you to do more throughout the day. Instructor: Dr. Naseem Chatiwala, PT, DPT, MS, NCS, recipient of American Physical Therapy Association of MA 2021 Outstanding Achievement in Clinical Practice Award

- **Wednesday, 12:00–1:00 pm**
- **January 11 or March 1**
- **Free; registration required**
- * **Register for either STUDIO class or ONLINE class**

NEW Balance Bingo! with Dr. Naseem Chatiwala Multi-dimensional approach addressing balance in a fun, engaging environment (Studio or Online)

Maintaining balance (whether stationary or moving) is a skill that incorporates interaction between many systems of our human body. Because balance is so complex, a multi-dimensional tailored exercise program is needed to address and improve it. When you feel balanced and steady it empowers you to do more throughout the day and reduces your fear of falls. The class includes domains of sensory system, posture, strength, flexibility, coordination, dual task (like walking and talking), vestibular, aerobic capacity, anticipatory, reactive and adaptive forms of balance to fulfill needs of older adults without any neurological deficits and those who may have neurological deficits like Multiple Sclerosis, Stroke, Parkinson's, Concussion/Traumatic Brain Injury and Vestibular Disorders. Participants move at their own pace while slowly trying to progress to challenging exercises. Instructor: Dr. Naseem Chatiwala, PT, DPT, MS, NCS, recipient of American Physical Therapy Association of MA 2021 Outstanding Achievement in Clinical Practice Award

- **Wednesdays, 12:00–1:00 pm**
begins January 18 and March 8
- **\$155 for a 6-week session; no drop-ins**
- * **Attend a free introductory lecture on January 11 or March 1**
- * **Register for either STUDIO class or ONLINE class**

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**
begins January 19 and March 23
- **\$137 for an 8-week session; \$20 drop-in**
- * **Register for either STUDIO class or ONLINE class**

Questions?

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

OSTEOPOROSIS WELLNESS PROGRAM at the

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**, ASFA, NPI-CPS, 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, January 24 and March 28 or Thursday, January 26 and March 30. Discover how this evidence-based program helps improve your bone density, general strength, flexibility and balance naturally through exercise and nutrition. Instructor: Rhonda Hamer, ASFA, NPI-CPS

- **Tuesday, 7:00–8:00 pm**
- **January 17 or March 21**
- **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, as well as 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, ASFA, NPI-CPS

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 January 24 and March 28
- * **Attend a free introductory lecture on January 17 or March 21**

STUDIO or ONLINE

- **Thursdays, 12:30–1:30 pm**
begins January 26 and March 30
- **\$175 for an 8-week session; no drop-ins**
- * **Attend a free introductory lecture on January 17 or March 21**
- * **Register for either STUDIO class or ONLINE class**

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. We 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, as well as preventing bone deterioration, as it safely stresses bone without impact. Instructor: Laraine Lippincott, CYT

- **Saturday, 1:00–2:30 pm**
- **January 21**
- **\$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, ASFA, NPI-CPS

ONLINE

- **Tuesdays, 6:30–7:30 pm**
begins January 24 and March 28

STUDIO or ONLINE

- **Thursdays, 1:45–2:45 pm**
begins January 26 and March 30
- **\$175 for an 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**
begins January 19 and March 23
- **\$137 for an 8-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**
- **January 11 or March 15**
- **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, 2:30–3:30 pm**
begins January 16 and March 20
or
- **Thursdays, 9:00–10:00 am**
begins January 19 and March 23
- **\$175 for an 8-week session; no drop-ins**
- *Attend a free introductory lecture on **January 11 or March 15**

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 January 25 and March 8
or
- **Saturdays, 10:00–11:15 am**
(with Bonus Breathwork and Meditation at 9:45 am)
begins January 28 and March 11
- **\$103 for a 6-week session; no drop-ins**

Yoga

NEW Candlelight Reiki Restorative Yoga & Deep Relaxation Workshop (Studio)

Learn how to give yourself Reiki or renew your practice. Reiki is 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 will be 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 prior yoga experience required. Bring yoga mat. Instructor: Karyn Force, CKYT, Reiki Master, RN

- **Friday, February 17, 6:30–8:00 pm**
- **\$42**

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 January 27 and March 10
- **\$103 for a 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. We use supportive props for each restorative yoga posture to invite ease, stillness, and release of held tension, providing a beautiful way to integrate some peace into a busy day. 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, CKYT, Reiki Master

- **Tuesdays, 9:15–10:15 am**
begins January 17 and March 21
or
- **Thursdays, 6:30–7:30 pm**
begins January 26 and March 30
- **\$149 for an 8-week session; no drop-ins**

Healthy, Happy Shoulders Workshop (Studio)

What goes on in the shoulders, affects the neck and jaw. The way we hold ourselves create all sorts of imbalances in the structures of the shoulders, neck, and jaw. These often lead to postural changes such as forward head position, rounding of the upper back, lower back discomfort and tension headaches. Discover specific stretches designed to bring relief to tight shoulders while freeing the neck and jaw, increasing range of motion, and improving posture. Includes self-massage using therapy balls, restorative poses for opening the shoulders and upper body, tie stretches, calm yogic breathing with mindfulness, joint mobilization yoga stretches, foam rollers to aid in deep release, and muscle activation and strengthening exercises. Leave class knowing several exercises that you can continue to practice to maintain happy, healthy shoulders! Open to all levels. No experience necessary. Personalized hands-on assists or verbal cues are provided for a customized practice. Bring yoga mat. Instructor: Karyn Force, RN, CKYT, Reiki Master

- **Saturday, February 4, 11:30 am–1:00 pm**
- **\$42**

NEW Healthy Hips and Hamstrings Yoga Workshop (Studio)

This all-levels yoga workshop will help you gain more freedom and flexibility in your hips and hamstrings. Learn yoga stretching and strengthening techniques designed to open hips and release tight hamstrings. Healthy hips and hamstrings are necessary for preventing hip, knee, and lower back issues. When hips are open, there is greater range of movement, better circulation, and more ease in the lower back and throughout the body. For all ages and levels but does require ability to practice lunges, as well as seated, standing, lying, and kneeling poses. Bring yoga mat. Instructor: Karyn Force, RN, CKYT, Reiki Master

- **Saturday, March 4, 11:30 am–1:00 pm**
- **\$42**

NEW New Year Candlelight Restorative Yoga Workshop (Studio)

Give yourself the gift of this special therapeutic yoga workshop designed to release tension, calm your mind, and start your new year with some peace and relaxation. Class guides you through a series of fully-supported restful poses with the aid of blankets, bolsters, and blocks to allow 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 prior yoga experience required. Bring yoga mat. Instructor: Karyn Force, RN, CKYT, Reiki Master

- **Friday, January 20, 6:30–8:00 pm**
- **\$42**

NEW Practicing Science-Backed Yoga: Experience the Life-Changing Benefits of Yoga (Online)

The last 10 years has seen an explosion in research studies that confirm and demystify what the ancient yogis discovered: Yoga works! In this workshop, we explore, with scientific explanations, several practices that have proven benefits, such as building bones, lowering blood pressure, growing new grey matter, decreasing inflammation and stiffness in the joints, deactivating the fear center in the brain, regulating the sleep-wake cycle, improving memory and problem-solving, alleviating low back pain, activating a healing state, and so much more. The workshop includes physical postures and movements, three important breathing practices and three easy and transformative meditation practices. Both young and old can receive the benefits. Many of the students who have been following these teachings are in their seventies and eighties, and claim the practices make them feel 20 years younger. Instructor: Laraine Lippincott, CYT

- **Saturday, 12:00–1:30 pm**
- **March 4**
- **\$39**

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 January 17 and March 21**
- **\$149 for an 8-week session; no drop-ins**

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**
- **begins January 25 or March 8**
- **\$103 for a 6-week session; \$20 drop-in**

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

NEW Yoga for Beginners Workshop (Online)

Whether you're just exploring or re-starting a yoga journey, this workshop introduces you to the basic postures and principles of yoga in a safe and gentle way. Learn diaphragmatic breathing, principles of good alignment, the "Goldilocks" sensation of stretching, and a simple meditation practice. Discover how yoga can build strength of body and bones, improve posture, manage stress, focus your mind, help with balance, improve the quality of sleep, slow aging, build resilience, and enliven your soul. The workshop ends with a guided deep relaxation to restore and rejuvenate body and spirit. Instructor: Laraine Lippincott, CYT

- **Tuesday, 10:00–11:30 am**
- **January 17**
- **\$39**

NEW Yoga for Beginners (Online)

It's never too late to start or rekindle a yoga practice. Even a gentle practice can free your joints, access your inner calm, build core strength, and awaken your healing powers. The instructor focuses on safe and proper alignment, offering several variations to help you find sensation but never pain in each posture and movement. Recent studies show yoga significantly improves bone strength, increases memory and focus, helps with balance, improves the quality of sleep, and slows aging. All classes end with a guided savasana to restore and rejuvenate the spirit. Instructor: Laraine Lippincott, CYT

- **Tuesdays, 10:00–11:15 am**
- **(with Bonus Breathwork and Meditation at 9:45 am)**
- **begins January 24 and March 7**
- **\$103 for a 6-week session; no drop-ins**

Yoga for Building Bones (Online)

See *Osteoporosis Wellness Program* on page 10

NEW Yoga for Life Workshop (Studio)

People often say “I just can’t seem to do Yoga on my own.” During the pandemic, John 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, 12:00–1:30 pm**
- **January 28**
- **\$39**

Yoga Nidra for Stress Management (Online)

Discover how Yoga Nidra practice 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**
begins February 6
- **\$90 for a 6-week session**

Yoga Stretching & Strengthening for Happy Hips (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**
- **February 25**
- **\$39**

Questions?

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

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**
January 28, February 11, or March 25
- **\$65**

NATURAL THERAPIES**NEW Heart Health (Online)**

We all know stress affects our heart but what about daily life events, what you think, your emotions, and your beliefs? Do you know some emotions are heart depleting and some renewing? Or that your heart has its own personal vibrational frequency? Learn the true meaning of heartbreak. Create a heart healthy practice using simple power-of-the-mind techniques. What’s love got to do with it? A lot, actually! This workshop teaches the importance of understanding the power of your own heart and its healing vibrations. Instructor: Fran Spayne, MA, Holistic Therapist and Mind/Body Wellness Coach

- **Tuesday, February 14, 10:30–11:30 am**
- **\$39**

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, March 25, 9:00 am–3:00 pm**
- **\$150**

Reiki Level II Training

- **Sunday, March 26, 9:00 am–3:00 pm**
- **\$175**

Reiki Level I & II Training Package

- **\$305**

NEW Tong Ren Therapy (Studio)

Tong Ren is based on a belief that disease is related to interruptions, or blockages, in the body’s natural flow of chi, neural bioelectricity, blood, or hormones, and seeks to remove these blockages. During class, the practitioner administers tong ren therapy to restore your body’s natural ability to heal itself, even when illnesses are chronic, debilitating, or otherwise untreatable. Practitioner: Telma Milioli, Certified Tong Ren, LMT

- **Fridays, 6:00–7:00 pm**
begins January 13, February 10, and March 10
- **\$68 for a 4-week session**

NUTRITION & WEIGHT LOSS

Healthy Habits: Lifestyle Change through Nutrition & Exercise (Studio)

Creating healthy exercise and nutrition habits improves your health and aids in long-term weight management. Learn how to make lasting changes, strategies for change, receive help with goal setting, and practical tips to make regular exercise and healthy eating a reality. Plan to both move and have great discussions. Includes handouts, worksheets, and recipes. Wear comfortable clothing. Instructor: Rhonda Hamer, National Academy of Sports Medicine Certified Nutrition Coach; American Council on Exercise Certified Personal Trainer; Senior Fitness Specialist

- **Saturday, January 28, 9:30–11:30 am**
- **\$47**

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

- **Wednesdays, 5:00–7:00 pm**
- **\$399 for a 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–12:00 pm or 6:30–8:00 pm begins January 24**
- **\$250 for an 8-week session**

PREGNANCY & CHILDBIRTH/INFANT & CHILD CARE

- Breastfeeding**
- Infant Care**
- Infant CPR**
- Prenatal Childbirth**
- Sibling Preparation**

For more information visit EmersonWellness.org.

SELF-HELP/SUPPORT/LEARNING

Free Introductory Lecture 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 our 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**
- **February 9 or March 23**
- **Free; registration required**

NEW Life Design Private Sessions (Online)

The Life Design process helps you move into dynamic action with purpose and clarity in any area of your life that you feel stuck or unfulfilled. Your coach expertly guides you in this process that can help make what you envision a reality. Choose from: **Career, Finances, Health & Wellness, Physical Environments, or Relationships/Family, Friends & Fun**. Instructor: Valerie Ruccia Eagan, Certified Life Design Coach

- **\$175 for three 1-hour private sessions**

Preparing for Your Knee or Hip Replacement (Online)

This free online class provides the information you need to prepare for knee or hip replacement surgery. Enrollment is limited to patients who are having joint replacement surgery at Emerson Health.

- **For class schedule and to register, visit EmersonWellness.org**

NEW Vision Board Instructions – Power of Intention Setting (Online)

Start the new year with a vision/dream board that helps you manifest your heart's desires. According to many studies, the act of visualizing what you want helps to improve motivation, concentration, and coordination. Creating a vision board helps you figure out what is really important so you can consciously change your mindset, live your dream life, and attract what you love. Instructor: Fran Spayne, MA, Holistic Therapist and Mind/Body Wellness Coach

- **Wednesday, January 25, 6:30–8:00 pm**
- **\$39**

STRESS MANAGEMENT

Free Introductory Lecture

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

See SELF-HELP/SUPPORT/LEARNING on page 13

Meditation Practice (Studio)

Become aware of the stillness and inner peace within. We practice seated meditation for two 20-minute sessions with a 10-minute walking meditation between, and ending with a short dharma reading. Bring a cushion or use one of our chairs. No experience necessary. Instructor: Vivian Howell, LMT, Zen Practitioner

- **Fridays, 10:00–10:55 am**
begins January 13 and March 10
- **\$136 for an 8-week session;**
\$20 drop-in

Yoga Nidra for Stress Management (Online)

See Yoga on page 12

Yoga & Meditation (Studio or Online)

see Yoga on page 11

Questions?

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

NEW Mind Body Healing: Mindfulness for Better Living (Online)

Looking for ways to improve your overall well-being? By implementing strategies to tap into your inner strength, learn to leverage the connection between mind and body to deepen your self-awareness in everyday life. Based on the acclaimed Mindfulness-Based Stress Reduction program, discover how to transform conditioned reactions and habits into helpful responses. The practice of mindfulness has an extremely healing effect on all human aspects – physical, emotional, mental, and spiritual. Leave each session with ways to immediately bring this practice into your daily life. Because each session has a unique topic and presentation, choose to take one or all sessions. Instructor: Cheryl Lucas, MEd, Mindfulness-Based Stress Reduction Qualified Teacher

Being Present

This class helps you recognize the mind-body connection as it relates to fear, anxiety, and pain. Learn how to manage chronic health problems, general anxiety and other issues that may affect everyday life. Learn to identify your reactions to stress and how to address them more effectively by implementing strategies to tap into your inner strength. You will be empowered to leverage the connection between mind and body to enhance your well-being.

- **Friday, January 20, 10:30 am–12:00 pm**
- **\$43**

Stress Reactivity

The choices we make and the actions we take have an impact on our lives and beyond. All change begins at the individual level. Are you interested in aligning your responses with well-being? Being mindful is about showing up with intention and curiosity. Let the journey begin with present moment awareness – learn to be consciously present in what you are doing while managing your internal responses.

- **Friday, February 17, 10:30 am–12:00 pm**
- **\$43**

Habit Change

Emotional agility is learning to be aware of emotions in a balanced, clear way so we can respond appropriately. It is with emotional agility that we can interrupt habits of reactivity as well as cravings and urges. We don't have to be overcome by cravings, rather we can step out of old patterns into new ways of responding. Understanding habitual patterns allows for flexibility in our choices.

- **Friday, March 17, 10:30 am–12:00 pm**
- **\$43**

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
- Lymphatic Drainage
- Massage Therapy
- Myofascial Release
- Physical Therapy
- Quantum Healing
- Reflexology
- Reiki Healing
- Trigger Point Therapy
- Tui Na
- Zero Balancing®



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
- Nutrition Coaching
- Personal Training
- Posture Assessments
- Tai Chi
- Yoga



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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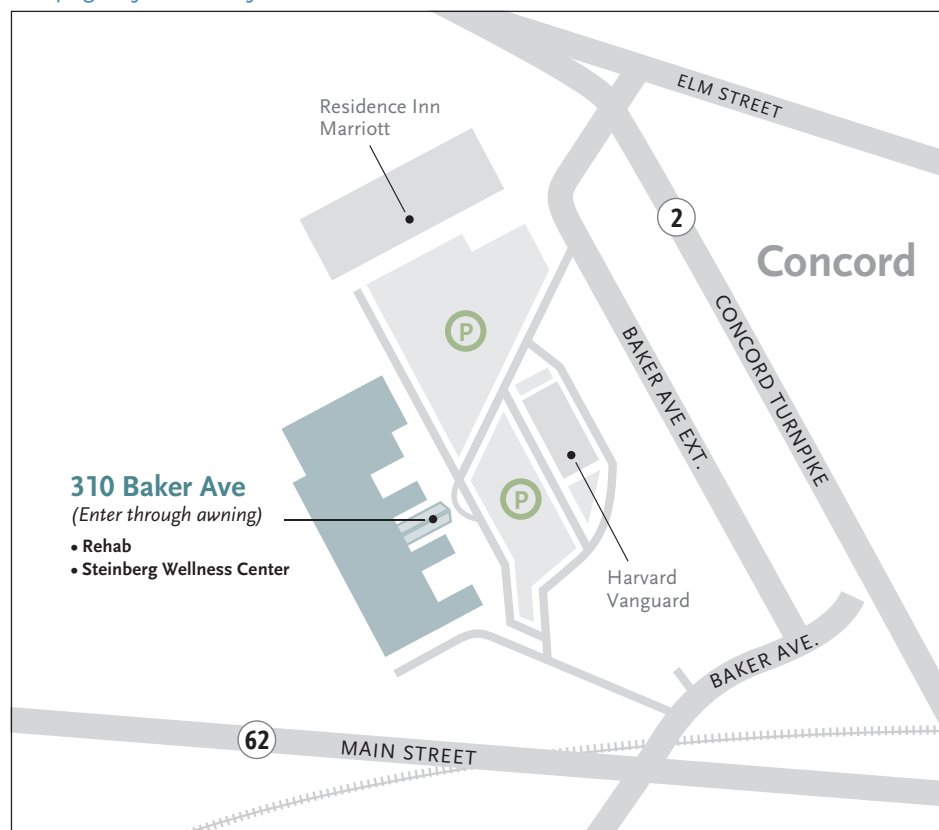
WINTER 2023

ONLINE AND STUDIO WELLNESS CLASSES

FROM THE STEINBERG WELLNESS CENTER FOR MIND & BODY

Offering Osteoporosis Wellness Programs

See page 9 for more information.



Steinberg Wellness Center for Mind and Body

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