

FALL 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!

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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.

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.

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 5-week series that starts September 19 and October 24.

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

- **Thursday, September 14 or Tuesday, October 17, 5:00-6:00 pm**
- **Free; registration required**

Align for Motion for Whole Body Fitness (Studio or Online)

A unique fitness routine based on Aston Kinetics™ principles of natural movement to loosen, stretch, and tone your whole body. These exercises improve posture by releasing areas of held tension to decrease stiffness and discomfort that may be preventing you from moving in ways that you would like. Learn to coordinate your body weight to work with gravity and generate balanced tone throughout your whole body to avoid repetitive strain and reduce wear and tear on your joints. Get more benefit from your workout and increase your fitness as you move through your day. Discover dynamic ways to sit, stand, and move during everyday activities to feel renewed energy and sustained comfort. Wear comfortable clothing. Bring a bath towel and yoga mat.

Instructor: Shirley Lynch, MS, OT, OTR, LMT, Certified Aston Fitness

- **Tuesdays, 9:00-10:00 am begins September 19 and October 24**
- **\$98 for 5-week session**

*Attend a free introductory class on September 14 or October 17.

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

Align for Motion: Relieve Your Natural Posture to Relieve Aching Neck, Back & Shoulders Workshop (Studio)

Postural changes due to repetitive strain, injury, surgery, illness, or life stress contribute to discomfort or pain and prevent you from being active. This introduction to Aston Fitness™ offers a unique approach for reclaiming your natural postural alignment and a new way of moving for increased comfort in everyday activities. Discover effective exercises to release areas of held tension, improve posture, and use your body weight against gravity to generate balanced tone throughout your whole body to avoid repetitive strain and overuse of your joints. Bring a bath towel and bed pillow. Instructor: Shirley Lynch, MS, OT, OTR, LMT, Certified Aston Fitness

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

Align for Motion: Toning the Abdomen & Pelvic Floor for Postural Support Workshop (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 comfortable clothing. Bring a bath towel and yoga mat. Instructor: Shirley Lynch, MS, OT, OTR, LMT

- **Sunday, October 22, 1:00-3:00 pm**
- **\$49**

Align For Motion: Walking for Total Fitness Workshop (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 September 24, 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! Classes taught by certified level 4 Essentrics instructors.

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 September 12, October 17, and November 21 (Severina)**
- **Wednesdays, 12:00-1:00 pm begins September 13, October 18, and November 29 (Wendy)**
- **\$108 for 5-week session**

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 September 12, October 17, and November 21**
- **\$108 for 5-week session**

Dance Fitness: The Nia Technique® (Studio)

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 **September 7 and November 2**
- **\$139 for 7-week session**

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**
6-week session begins **September 11**
7-week session begins **October 30**
- **\$119 for 6-week session**
- **\$139 for 7-week session**
- * **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**
- **October 14**
- **\$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 Wednesday, September 13 and October 25. Instructor: Blair Evanosky, PT, DPT, PCES

- **Wednesday, 5:30-6:00 pm**
- **September 6 or October 18**
- **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: Blair Evanosky, PT, DPT, PCES

- **Wednesdays, 5:30-6:30 pm**
begins **September 13 and October 25**
- **\$155 for 6-week session**
- * **Attend free introductory lecture on September 6 or October 18**

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: Blair Evanosky, PT, DPT, PCES
- **Wednesdays, 6:30-7:30 pm**
begins **September 13 and October 25**
 - **\$155 for 6-week session**

Pilates for Strong Bones & Muscles (Studio or Online)

See Bone Health & Osteoporosis Program on page 9

Practical Posture Workshop (Studio)

Do you know there are activities and exercises you can do a few times each week to really improve your posture? This workshop, part lecture and part demonstration, helps to improve your posture, alignment, and overall well-being using techniques, simple props, and exercises based in 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. This workshop shows how you sit, stand, and move relates to the aches, pains, and injuries you experience. Instructor: Susanne Liebich, Certified Stott Pilates®

- **Saturday, November 4, 10:00 am-12:00 pm**
- **\$47**

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, October 21, 10:00 am-12:00 pm**
- **\$47**

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 September 13, October 25, and December 13
- **\$108 for 6-week session**
- * **Register for either STUDIO class or ONLINE class**

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 August 23 and October 18
- **\$136 for 8-week session**
- * **Register for either STUDIO class or ONLINE class**

NEW Self-Myofascial Release for Pain Relief 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, October 28, 9:30-11:00 am**
- **\$42**

Self-Defense for Teens & Adults

Self-Defense for Teens & Adults (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.

- **\$170 for 10-week session**
 - **\$285 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 for Teens & Adults

Instructors: Johanna and Len Glazer, fifth degree black belts, Seirenkai Karate and Seirenkai Jujitsu

- **Sundays, 3:30–5:00 pm begins September 10**

Seirenkai Karate for Teens & Adults

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

- **Thursdays, 7:45-9:15 pm begins September 14**

NEW Self-Defense 101: Introduction to Seirenkai Martial Arts for Self-Defense (Studio)

Learn physical and verbal techniques for self-defense and get an introduction to Japanese martial arts. This small-group, 5-week introductory class gives you a chance to develop valuable tools for self-defense while learning about Seirenkai Martial Arts. Upon completion, students are encouraged to register for the regular ongoing weekly class (see above). Instructors: Internationally Certified Black Belt instructors from the Concord Self-Defense Academy.

- **Sundays, 2:00-3:00 pm**
begins September 17
- **\$83 for 5-week session**

Community Self-Defense for Teens & Adults 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: Johanna and Len Glazer, fifth degree black belts, Seirenkai Karate and Seirenkai Jujitsu

- **Wednesday, October 25, 7:30-9:00 pm**
- **\$47**

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**
6-week session begins **September 13**
7-week session begins **November 1**
- **\$119 for 6-week session**
- **\$139 for 7-week session**

* **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 **August 24 and October 19**
- **\$136 for 8-week session**

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 **September 15 and November 10**
- **\$136 for 8-week session**

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 **September 14 and November 2**
- **\$119 for 7-week session**

Tai Chi Form (Outdoors/Weather Permitting or Studio)

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 **September 12, October 24, and December 5**
- **\$108 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, September 30, 10:00 am-12:00 pm**
- **\$47**

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 August 24 and October 19
- **\$136 for 8-week session**

Questions?

Contact us at
EmersonWellness@emersonhosp.org

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**
begins September 7 and November 2
- **\$139 for 7-week session**
- * **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 4-week series, *Bone Up on Bone Health with Targeted Exercise & Nutrition*, starting Tuesday, September 12, October 10, and November 14 or Thursday, September 14, October 12, and November 9. 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

- **Wednesday, 7:00-8:00 pm**
- **September 27 or November 1**
- **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 4-week follow-up program.

ONLINE

- **Tuesdays, 5:15-7:15 pm**
begins **September 12, October 10, and November 14**
- * **Attend free introductory lecture on September 27 or November 1**

STUDIO or ONLINE

- **Thursdays, 12:30-2:30 pm**
begins **September 14, October 12, and November 9**
- **\$175 for 4-week, 2-hour sessions**
- * **Attend free introductory lecture on September 27 or November 1**
- * **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)

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, as well as several easy and effective stretches and movements that can be done throughout your day. Instructor: Laraine Lippincott, CYT

- Saturday, September 2, 1:00-2:30 pm,
- Sunday, September 3, 24, October 8 or November 5, 10:00-11:30 am
- \$42

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

For those who have completed Bone Up on Bone Health, 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

STUDIO or ONLINE

- Thursdays, 2:45-3:45 pm
begins September 14, October 12, and November 9
- \$87.50 for 4-week session

ONLINE

- Mondays, 5:45-6:45 pm begins September 11, October 9, November 6

*Register for either STUDIO class or ONLINE class

NEW Nutrition & Bone Health (Studio)

Bone is made up of living tissue that is constantly changing throughout our lives, a process known as remodeling. Good nutrition and lifestyle play an essential role in maintaining healthy bones. This workshop focuses on nutrition and optimal eating for bone health, and provides recommendations based on evidence-based research. Topics include: Key dietary nutrients and foods that support healthy bones; Current recommendations (RDA) for some of these key nutrients; Assessing one's dietary patterns for these key nutrients; Developing dietary strategies and goals for healthy eating that support bone health; and supplementation. Includes tools and handouts of resources including recipes. Instructor: Pam Vlahakis, RD, MEd

- Saturday, December 2, 10:30 am-12:00 pm
- \$42

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 September 7 and November 2
- \$139 for 7-week session

*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, October 2 and December 4, or Thursday, October 5 and December 14. 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
- September 20 or November 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, 9:00-10:00 am
begins October 2 and December 4
or
- Thursdays, 9:00-10:00 am
begins October 5 and December 14
- \$175 for 8-week session

*Attend free introductory lecture on September 20 or November 15

Healthy Bone Building with Yoga Introductory Forum (Online)

An introduction to the 6-week series, *Healthy Bone Building with Yoga*, starting Wednesday, September 6, October 18, and December 6, or Saturday, September 9, October 21, and December 9, or Monday, September 11, October 23, and December 4. Instructor: Laraine Lippincott, CYT

- **Sunday, September 3, 24, November 5, December 3 or Saturday, September 30 or December 2, 1:30-2:30pm**
- **Free: registration required**

Healthy Bone Building with Yoga with optional light weights & flexbands (Studio or 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

Online

- **Wednesdays, 10:00-11:15 am (with Bonus Breathwork and Meditation at 9:45 am) begins September 6, October 18, and December 6**

Online

- **Saturdays, 10:00-11:15 am (with Bonus Breathwork and Meditation at 9:45 am) begins September 9, October 21, and December 9**

Studio or Online

- **Mondays, 12:00-1:15 pm (with Bonus Breathwork and Meditation at 9:45 am) begins September 11, October 23 and December 4**
- **\$108 for 6-week session**

YOGA

NEW All Levels Yoga (Studio)

Rise n' shine with a bi-weekly yoga class that includes a mix of standing, seated and floor poses with a bit of flow. Attention to breath, alignment, and mindfulness. Modifications and variations taught and hands-on assists provided. Class finishes with a restorative relaxation. For all levels. Instructor: Karyn Force, RN, CKYT, Reiki Master

- **Saturdays, 10:00-11:00 am begins September 16**
- **\$75 for 4-biweekly session**

NEW Chair Yoga – Get Fit Where You Sit! (Studio)

This 10-week specialty class is for anyone who has hesitated to try yoga because of the challenge of doing standing poses or getting up and down from the floor. With Chair Yoga, your chair becomes your mat. Just about any pose that can be done standing, sitting, or lying on a mat can be adapted to the chair. Poses are offered with multiple levels of flexibility, allowing students to move safely in their own range of motion. You enjoy all the benefits of yoga including improved strength and balance, focused breath awareness (pranayama), stress reduction, and a sense of well-being. Great for seniors and those struggling with hip, knee, and other types of joint pain. If you can sit on a chair, you can do Chair Yoga! Instructor: Melissa Ackerman, RYT

- **Thursdays, 12:00-12:45 pm begins September 14 and November 16**
- **\$144 for 8-week session**

Gentle Yoga with Breathwork & Meditation (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. Instructor: Laraine Lippincott, CYT, featured on Chronicle

- **Fridays, 10:00-11:15 am (with Bonus Breathwork and Meditation at 9:45 am) begins September 8, October 20, and December 8**
- **\$108 for 6-week session**

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**
begins September 19 and October 31
or
- **Thursdays, 6:30-7:30 pm**
begins September 21 and November 2
- **\$93 for 5-week session**

NEW Healthy Aging with Yoga: Relax, Restore & Rejuvenate (Studio or 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

- **Mondays, 10:00-11:15 am**
(with Bonus Breathwork and Meditation at 9:45 am)
begins September 11, October 23, and December 4
- **\$108 for 6-week session**

Holiday Candlelight Restorative Yoga Workshop (Studio)

Take a break during the holiday busyness and give yourself the gift of deep rest and relaxation. Unplug, unwind, and let go in this deeply immersive restorative yoga experience. Held in a warm, candlelit studio. Release tension and soothe your holiday nerves as you rest in fully-supported poses. Great holiday date for family members and friends. Cozy it up by draping a blanket over yourself or bringing your favorite eye bag. Bring yoga mat. Instructor: Karyn Force, RN, CKYT, Reiki Master

- **Friday, 6:30-8:00 pm**
December 8
- **\$42**

NEW Kundalini Kriya Yoga, Pranayam & Relaxation (Studio)

Kundalini Yoga Kriyas (yoga sets), are self-healing and uplift body, mind, spirit, and soul! In this 10-week session, each class begins with warm-ups and breathing exercises (Pranayam) to build more flexibility into the spine, and then the various yoga sets work on each system of body and mind that is specific to that Kriya. This yoga is for any body and may be done sitting in a chair or on the floor and is open to all levels with personal modifications to meet the needs of a varied class. Kundalini Yoga transforms stress patterns of all kinds – balancing the elements in the body, releasing deep muscle tension, and opening the heart and lungs allowing for deeper and more restorative meditation and relaxation. Kundalini energy enhances vitality on all levels as we open pathways in the energetic body – meridians and chakra system. Regular practice cultivates the space, the incentive, and the energy to flow with your life allowing more optimism, love, and gratitude. Bring yoga mat. Instructor: Jai Kaur Annamaria San Antonio, CYT, LMT

- **Mondays, 6:30-7:45 pm**
begins October 9
- **\$225 for 10-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 September 13,
October 25, and December 13
- **\$108 for 6-week session**

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

Healthy Bone Building with Yoga (Studio or Online)

See *Bone Health & Osteoporosis Program* on page 10

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**
begins **September 25**
- **\$90 for 6-week session**

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**
- **September 23**
- **\$42**



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**
September 23, October 21, November 18 or
December 16
- **\$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 reorganize 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

- **Thursday, 7:00-8:00 pm**
- **September 21, October 19 or November 20**
- **Free; registration required**

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, October 21, 9:00 am-3:00 pm**
- **\$150**

Reiki Level II Training

- **Sunday, October 22, 9:00 am-3:00 pm**
- **\$175**

Reiki Level I & II Training Package

- **Saturday & Sunday, 9:00 am-3:00 pm**
- **\$305**

PRENATAL/POSTNATAL

NEW Pregnancy Massage for Couples Workshop (Studio)

Nurturing, safe touch is as fundamental a need as critical to healthy development as food, water, and air. The skills, techniques, and loving intentions covered in this 2-day workshop are excellent for the childbearing year and cultivate healthy, physical bonding between family members. The infant benefits both from the physical benefits the mother feels due to the biochemical effects of her relaxation response, the energetic expansion resulting from the focused attention of both mother and father, and the bonding that takes place between the three of them. Prenatal/postpartum massage is an investment in your family that pays dividends of health. Instructor: Jai Kaur Annamaria San Antonio, CYT, LMT

- **Sundays, 4:00-6:00 pm**
October 1 and 8 or November 5 and 12
or
- **Saturday, 11:00 am-1:00 pm**
December 2 and 9
\$300 for 2-day session

Visit EmersonWellness.org for more information on following Prenatal/Postnatal classes:

- Birth Center Tour**
- Breastfeeding**
- Infant Care**
- Infant CPR Anytime®**
- Prenatal Childbirth**
- Sibling Preparation**
- Soon to be Grandparents**



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**
- **\$396 for 12-week session**
- **For more information, call Cardiac Rehabilitation at 978-287-3732.**

Freedom from Emotional Eating Free Introductory Lecture (Studio)

An introduction to the 12-week program that starts September 26. Instructor: Linda Roberts, National Board-Certified Health & Wellness Coach, Lifestyle Medicine Coach, Culinary Coach and Emotional Eating Coach

- **Tuesday, 6:30-7:30 pm**
- **September 12 or September 19**
- **Free, registration required**

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 cycles of emotional eating. After 12 weeks, walk away with clarity, confidence, and personalized formulas for a winning mindset, habits, and routines to help you end this vicious cycle and master your emotional eating habits. Discover what is holding you back and how to get out of your own way. Includes weekly Zoom check-ins. *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-12:30 pm**
or **6:30-8:30 pm**
begins September 26 and January 9
- **\$475 for 12-week session**

Nutrition & Bone Health Workshop (Studio)

See *Bone Health & Osteoporosis* on Page 9

STRESS MANAGEMENT

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

See *Natural Therapies* on page 12

MBSR: Mindfulness-Based Stress Reduction Free Introductory Lecture (Online)

A brief but comprehensive overview of what mindfulness is and the benefits of the 8-class Mindfulness-Based Stress Reduction program that starts Monday, September 18. Instructor: Cheryl Lucas, MEd, Mindfulness-Based Stress Reduction Qualified Teacher

- Monday, September 11, 9:00-10:30 am
- Free; registration required

Mindfulness-Based Stress Reduction Program (Online)

Are you looking to decrease your stress and to develop a healthier lifestyle? People take MBSR for a variety of reasons: anxiety, pain, serious illness, or simply to feel better. Learn to soften into pain, meet fear rather than push it away, and to discover what is possible now rather than fixate on the past or future. Kindness and compassion are central to the process. Change begins with awareness and acceptance. Are you open to new learning? Through training in mindfulness meditation and movement you use your inner resources for learning, growing, and healing. Mindfulness practices are easily applied to daily life gradually helping us gain the tools to experience a greater sense of satisfaction and peace.

Considerable scientific evidence demonstrates the effectiveness of mindfulness in reducing chronic pain conditions, modulating anxiety, and depression, increasing the ability to respond rather than to react, and increasing resilience in challenging moments. The 8-week class is designed to be a complement to whatever medical treatments you may be receiving. Instructor: Cheryl Lucas, MEd, Mindfulness-Based Stress Reduction Qualified Teacher

- Mondays, 9:00-10:30 am
- 8-week session begins September 18
Plus all day Sunday, November 4, 9:00 am-3:30 pm
- \$525 plus required course materials

Questions?

Contact us at
EmersonWellness@emersonhosp.org



Gentle & Restorative Yoga (Studio)

See *Yoga* on page 11

Gentle Yoga with Breathwork & Meditation (Online)

See *Yoga* on page 10

Holiday Candlelight Restorative Yoga Workshop (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

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:

- Acupressure
- Acupuncture
- Cupping
- Craniosacral therapy
- Facial Rejuvenating Acupuncture
- Feldenkrais Method
- Lymphatic Drainage
- Massage Therapy
- Myofascial Release
- Physical Therapy
- Pregnancy & Postpartum Massage
- Reflexology
- Reiki Healing
- Trigger Point Therapy
- Swedish Massage
- 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
- Nutrition Coaching
- Personal Training
- Posture Assessments
- Tai Chi
- Yoga

To schedule a session 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 Health.

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

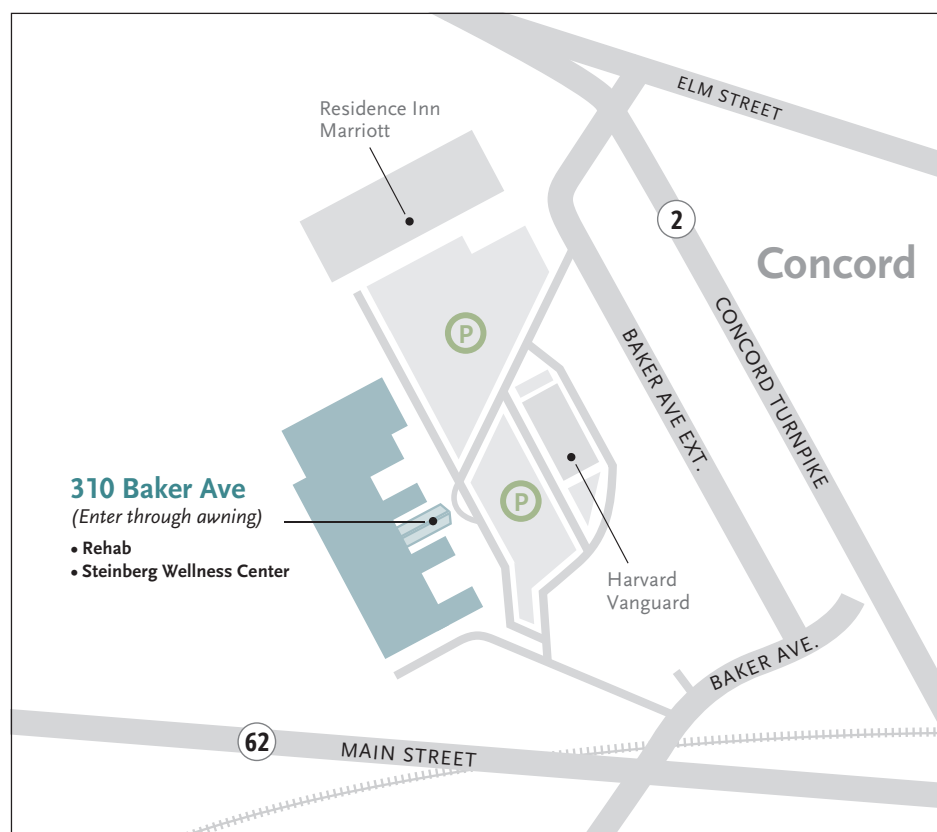
FALL 2023

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

Email: EmersonWellness@emersonhosp.org

Website: EmersonWellness.org

