

WINTER 2018

As seen
on Chronicle

Wellness Classes

FOR MIND AND BODY

Open House | Saturday, January 27, 2:00–5:00 pm

Join us as we celebrate the opening of our new Center!

CLASSES
FOR ALL
AGES &
STAGES



Steinberg Wellness Center
for Mind and Body
at Emerson Hospital

- 3 EXERCISE/
MOVEMENT
- 8 EXERCISE/
PROGRAMS
FOR SPECIAL
CONDITIONS
- 9 HEALTHY
EATING/
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CHILD CARE
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THERAPIES
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- 13 SELF-HELP/
SUPPORT/
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PERFORMANCE
- 14 STRESS
MANAGEMENT
- 15 WEIGHT LOSS/
NUTRITION

I love this class for its spirit and sense of fun, with an emphasis on balance, rhythm and range of motion to eclectic music.

— Mimi G, student,
Strength, Balance &
Conditioning for Seniors
(Class information on page 6)

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 anytime. Before attending a drop-in session, please call 978-287-3777 to check if class is being held.

Insurance

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

Discount

We offer a 10% discount to those 65 or older for most classes. Some exclusions apply.

Payment and Refund Policy

- Preregistration and payment required 48 hours in advance of the class.
- Because our instructors are supported totally by fees, refunds must be requested in writing seven days prior to class date.
- No discount, transfer, refund or credit if student is unable to attend all classes.
- No make-up classes.

Cancellation Policy

Emerson Hospital 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, Program Director

For complete class descriptions or to register, visit

EmersonWellness.org



EXERCISE/MOVEMENT

NEW Aston Kinetics® Fitness for Living

Aston Kinetics® is a specialized system of exercise and movement education that uniquely engages body awareness to promote strength, flexibility, natural alignment and ease of movement, enabling a balanced use of body to decrease risk of falling and injury, and for improved performance and increased benefit during all life activities. By the end of the series you'll have a 20- to 30-minute home fitness routine that sets you up in your best body for all your daily activities. Involves standing, sitting and floor work. Wear comfortable clothing. Bring bath towel, bed pillow and yoga mat. Space is limited. Instructor: Shirley Lynch, MS, OTRL, CLMT, Certified Aston Kinetics practitioner

- **Tuesdays, 5:00–6:15 pm; begins January 23 or February 20**
- **\$90 for a 4-week session; no drop-ins**

ESSENTRICS

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

Essentrics Gentle

A full-body exercise program designed to help you slowly build strength, flexibility and mobility, and reawaken the power of your 650 muscles.

Designed for those new or returning to exercise, have slightly limited mobility, stiffness and chronic aches and pains. Ideal for athletes looking to stretch, and for all ages and abilities looking for a gentle, slow-tempo class. Involves some floor work.

- **Mondays, 10:30–11:30 am; begins January 8 or March 5**
- **Tuesdays, 10:00–11:00 am; begins January 9, February 13 or March 20**
- **Tuesdays, 5:30–6:30 pm; begins January 16, February 20 or March 27**
- **Thursdays, 12:00–1:00 pm; begins January 4, February 8 or March 15**
- **\$90 for a 5-week session; \$20 drop-in**

Stretch & Tone Essentrics

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

- **Mondays, 11:45 am–12:45 pm; begins January 8 or March 5**
- **Tuesdays, 11:15 am–12:15 pm; begins January 9, February 13 or March 20**
- **Tuesdays, 6:45–7:45 pm; begins January 16, February 20 or March 27**
- **Thursdays, 1:15–2:15 pm; begins January 4, February 8 or March 15**
- **\$90 for a 5-week session; \$20 drop-in**



NEW Dance Fitness & Flow

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

- **Thursdays, 4:30–5:30 pm;**
6-week session begins January 18 or March 1
- **\$90 for a 6-week session;**
\$17 drop-in

Osteofitness™

This evidence-based class targets osteoporosis naturally by building bone through progressive strength training at osteoporotic sites. Learn to improve balance and mobility, prevent falls, reduce pain and correct posture. Learn foods for bone health and experience delicious food plans at the Calcium Café. Program is modeled after Tufts University research and includes joint-friendly moves advised by the Arthritis FoundationSM. Bring mat and 3-pound dumbbells. Instructor: Beverley Ikier, Board Certified Muscular Therapist and Bodyworker, Senior Fitness Specialist

FREE Introductory Lecture:

- **Tuesday, January 9, 1:45–2:45 pm, or**
Wednesday, February 28, 1:45–2:45 pm
- **Registration required**

FREE Orientation:

- **Thursday, January 11, 2:45–3:45 pm, or**
Wednesday, March 7, 1:45–2:45 pm
- **Registration required**

Osteofitness Program

- **Tuesdays, 1:45–2:45 pm and**
Thursdays, 2:45–3:45 pm;
begins January 16 or March 13
- **\$352 for an 8-week, 16-class session***

**Discounts do not apply*



PILATES

Gentle Pilates

This gentle Pilates mat class combines the fundamentals of core engagement and proper posture and alignment to achieve an overall balanced body. Ideal for beginners or people with limitations. Bring yoga mat. Instructor: Lori Seymour, Certified Stott Pilates®/Personal Trainer

- **Thursdays, 11:15 am–12:15 pm;**
begins February 1 or March 15
- **\$120 for a 6-week session;**
\$22 drop-in

Pilates Core Awareness

Based on the classical Stott Pilates® principles of strengthening the core to help you maintain correct body alignment and help support your back. This class moves at a slower pace than most Pilates classes, breaking down the exercises to help increase your body awareness and perform the exercises correctly to get the most benefit. Bring yoga mat. Instructor: Lori Seymour, Certified Stott Pilates®/Personal Trainer

- **Tuesdays, 5:30–6:30 pm;**
begins January 30 or March 13
- **\$120 for a 6-week session;**
\$22 drop-in

Qigong Beginner & Intermediate/Advanced

Qigong integrates gentle physical postures, breathing techniques and focused intentions to reduce stress, build stamina and increase vitality.

Instructor: Ming Wu, PhD

- **Wednesdays, 10:30–11:30 am;**
begins January 3 or February 28
- **\$112 for an 8-week session;**
\$16 drop-in

NEW Qigong for Seniors

The gentle, fluid movements of qigong train the mind to direct the body's energy, or chi, to any part of the body, helping to improve balance and blood pressure, build strength, increase range of motion and flexibility, enhance endurance and reduce stress. Instructor: Carolyn McDonald

- **Thursdays, 1:30–2:30 pm;**
begins February 1 or March 15
- **\$90 for a 6-week session;**
\$17 drop-in

Qigong Basics for Everyday Wellness

Learn the elements of qigong practice and energize your life while reducing stress. Instructor: Michael Leacher, MA

- **Saturdays, 10:00–11:00 am;**
begins January 6
- **\$90 for a 6-week session;**
\$17 drop-in

Self-Defense for Adults, Teens & Children

Learn practical and effective physical and verbal techniques for self-defense in these ongoing Japanese martial arts classes. For returning students, each session builds on the prior one; beginners can start at any session.

- **\$150 for a 10-week session**
- **\$250 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: Len and Johanna Glazer, fourth degree black belts

- **Begins Sunday, January 7**
- **Youth jujitsu (elementary to middle school)**
2:00–3:00 pm
- **High school to adult jujitsu**
3:30–5:00 pm

Seirenkai Karate (middle school to adult)

Instructor: Stephen Lisauskas, fourth degree black belt

- **Begins Thursday, January 11**
7:30–9:00 pm





Strength, Balance & Conditioning for Seniors

Based on Healing Motion for Life™, this class focuses on conditioning the core and balance by learning how to move the body in a healthy way to strengthen, avoid injury and reinforce proper movement principles. By combining a variety of movement forms such as yoga, Pilates, dance stretch, martial arts and breath work, students achieve overall health and wellness and improved mobility. Instructor/Program Creator: Susanne Liebich, Certified, Nia® Black Belt, Stott Pilates

- **Wednesdays, 1:30–2:30 pm;**
begins January 17, February 21 or March 28
- **\$90 for a 5-week session; \$20 drop-in**

Strength & Conditioning for Seniors

As we age, muscles and bones naturally weaken, but strength is vital to our ability to function. Whether your goal is to climb stairs, walk better or get out of your chair, this class will safely increase your strength, balance and flexibility regardless of your current physical abilities. Instructor: Kristin Wood, PT

- **Wednesdays, 2:00–3:00 pm;**
begins January 10
- **\$120 for an 8-week session;**
\$17 drop-in
- **Classes held at Emerson Hospital Health Center in Westford**

TAI CHI

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

- **\$112 for an 8-week session;**
\$16 drop-in

Beginner (Short Form)

Instructor: Ming Wu, PhD

- **Thursdays, 7:00–8:00 pm;**
begins January 18 or March 15

Beginner (Long Form)

Instructor: Nonny Levy, LICSW

- **Wednesdays, 10:45–11:45 am;**
begins February 14

NEW *Advanced Beginner (Long Form)*

Instructor: Nonny Levy, LICSW

- **Wednesdays, 12:00–1:00 pm;**
begins December 20 or February 14

Intermediate/Advanced

Instructor: Ming Wu, PhD

- **Wednesdays, 9:30–10:30 am;**
begins January 3 or February 28
- **Thursdays, 6:00–7:00 pm;**
begins January 4 or March 1

NEW Tai Chi Basics for Everyday Wellness

Learn a short, extensible form of this ancient practice of “meditation in motion.” Instructor: Michael Leacher, MA

- **Tuesdays, 7:00–8:00 pm;**
begins January 2
- **\$90 for a 6-week session;**
\$17 drop-in

Tai Chi for Rehab

Often described as “the perfect exercise,” this beginner’s class is designed for adults of all ages and physical abilities, including those with arthritis, fibromyalgia, generalized weakness, COPD and cancer. Instructor: Trudy Goldstein, PT, third degree black belt

- **Thursdays, 1:00–2:00 pm;**
begins January 25 or March 15
- **\$90 for a 6-week session; no drop-ins**
- **Classes held at Emerson Hospital Health Center in Westford, Suite 314**

YOGA

Chair Yoga

Many of us find it difficult to get on and off the floor but that doesn't have to keep you from doing yoga. In fact, almost all yoga poses can be done seated or standing while using a chair. And they can be just as challenging as those on the mat and equally beneficial to body, mind and spirit. Ideal for anyone with weight challenges, injury, limited mobility or recovering from surgery. Instructor: Susan Chormann, CYT

- **Mondays, 1:15–2:30 pm;**
begins **December 11** or **February 12**
- **\$90 for a 6-week session;**
\$17 drop-in

Family & Me Yoga (2.5–6)

See *Kids & Teens* on page 11

Gentle Yoga (as seen on *Chronicle*)

For the new student of yoga and for those with a tight body, stiffness, injury or recovery from illness or surgery. Bring yoga mat. Instructor: Laraine Lippincott, CYT, featured on *Chronicle*

- **Fridays, 9:30–10:45 am;**
begins **February 9** or **March 23**
- **Saturdays, 11:30 am–12:45 pm;**
begins **January 13** or **March 3**
- **\$90 for a 6-week session;**
no drop-ins

Prenatal Yoga for a Healthier Pregnancy

See *Pregnancy & Childbirth* on page 12



Restorative Yoga

Restorative Yoga is a deeply relaxing style of yoga practice offering simple yet powerful postures designed to infuse one's entire being with a profound sense of relaxation. It offers many of the benefits of an active practice with very little effort. You are held in gentle "shapes" that emulate more active yoga poses while being supported with bolsters, blankets and blocks. Ideal for people recovering from injury, overworking and illness, though suited for anyone who wants to de-stress, re-energize and find balance. Bring yoga mat. Instructor: Laraine Lippincott, CYT

- **Wednesdays, 6:30–7:45 pm;**
begins **January 17** or **February 28**
- **\$90 for a 6-week session;**
no drop-ins

Yoga & Meditation

Improve flexibility and strength while relieving stress and tension. Includes Ayurvedic healing meditation techniques. Not for expectant mothers. Bring yoga mat. Instructor: Pam Vlahakis, CYT

- **Mondays, 5:30–6:45 pm;**
begins **January 8** or **March 5**
- **\$90 for a 6-week session;**
\$17 drop-in



NEW Yoga for Arthritis

This gentle yoga class helps move your joints through their full range of motion, increasing flexibility and muscle strength, helping reduce joint pain, and lower stress and tension. Simple props like blocks, cushions, chairs and blankets help make the many benefits of yoga accessible to all. Learn exercises that can be done anywhere, on or off the mat. Before starting a yoga regimen, please speak to your rheumatologist or primary care physician. Bring a yoga mat. Instructor: Susan Chormann, CYT

- **Thursdays, 10:30–11:45 am;**
begins January 18 or March 1
- **\$90 for a 6-week session;**
\$17 drop-in

NEW Yoga for Back Pain

Based on Dr. Robert Saper's study at Boston Medical Center, this therapeutic yoga class empowers those with chronic back pain to take control of their own healing journey. Ideal for students new to yoga. Bring yoga mat. Instructor: Charlotte Ott, CYT

- **Mondays, 6:30–7:45 pm;**
begins January 22
- **\$90 for a 6-week session;**
\$17 drop-in

Yoga for Beginners

Build strength, flexibility, improve posture, balance and calm the mind. Suitable for most adults of any age or physical condition and limitations. Bring yoga mat. Instructor: Kim Genest, CYT

- **Saturdays, 8:30–9:45 am;**
begins January 6 or February 17
- **\$90 for a 6-week session;**
\$17 drop-in



EXERCISE/PROGRAMS FOR SPECIAL CONDITIONS

Aphasia Conversation Group

An opportunity for those with aphasia to work on communication skills in a fun and supportive group environment. Instructor: Brenda Lovette, MS, CCC-SLP

- **Mondays, 10:30–11:30 am;**
January 8, January 22, February 5,
February 19, March 5 and March 19
- **\$100 for 6 sessions**
- **Classes held at 310 Baker Avenue,**
Suite 160, Center for Rehabilitative
and Sports Therapies
- **For more information or to register,**
call 978-287-8246.

Be Strong Cancer Exercise Program

- **Concord: Tuesdays and Thursdays,**
12:00–1:00 pm
- **Westford: Mondays and Wednesdays,**
11:30 am–12:30 pm
- **\$250 for 16-class session**
- **For more information or to register,**
call 978-287-8200.

Fitness for Parkinson's

Includes stretching, core strengthening and balance training customized to the needs and levels of the class. Instructors: Courtney Larginho, PT, DPT; Julie Lorden, PT, DPT

- **For more information or to register,**
call 978-287-8200.

Discounts do not apply

NEW Yoga for Building Bones

New research shows that in addition to yoga's many other health benefits, it also improves bone density in the spine, hips and femur. In this class, we will strengthen our skeletons with seven standing poses, along with postures on all fours, seated and lying down. No prior yoga experience necessary, and class covers all the basics so that your yoga experience is comfortable, beneficial and therapeutic. You will not only build your bones, but you will build strength, flexibility, enhance immunity, calm the mind, and enliven and deepen the breath. Instructor: Laraine Lippincott, CYT

- **Wednesdays, 9:30–10:45 am;**
begins **January 17** or **February 28**
- **\$90 for a 6-week session;**
no drop-ins

Yoga for Happy Feet

See *Self-Help/Support/Learning* on page 14

**HEALTHY EATING/
COOKING****Overcoming Sugar Addiction**

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

- **Wednesday, February 7, 6:30–8:00 pm**
- **\$35**

How to Detox in 10 Days

See *Natural Therapies* on page 12

**Rejuvenation Cleanse with
Whole Foods**

See *Natural Therapies* on page 12

Parkinson's Movement**Healing Movement to Music for
Parkinson's & Movement-Related
Disorders**

Based on the acclaimed Dance for PD® program, this class uses various dance techniques to improve balance, flexibility, movement range and rhythm. Instructor: Susanne Liebich, trained in Dance for PD®; Certified, Therapeutic Dance and Movement

- **Thursdays, 10:30–11:40 am;**
7-week session begins January 11 or
March 1
- **\$130 for a 7-week session;**
\$20 drop-in

Caregivers are welcome to accompany student for free.





INFANT & CHILD CARE

Basics of Infant Feeding

This unique class provides valuable information on typical feeding development, including motor development that supports feeding. Class covers types of foods and when to introduce them, how to offer new food, baby-led weaning, red flags for feeding disorders, recipe suggestions and more. Instructors: Marahu Falcon George, MA, CCC-SLP; Abigail Brayton-Chung, MS, OTR/L

- Friday, January 19 or March 30,
10:30 am–12:30 pm
- \$30 per person/\$50 couple

Infant Massage & Motor Development

Massage improves engagement, bonding, weight gain and sleep, and decreases colic pain. Covers techniques you can do easily with your infant at home. For babies 4 weeks and older, full-term infants, children born prematurely, or babies with history of medical complications. Bring pillow and blanket for your baby. Instructor: Mary Evans, PT, DPT, MS

- Thursdays or Saturdays,
10:00–11:00 am
- \$20 per class (includes up to two caregivers and one child); each additional child \$10

Level I: (covers legs, abdomen and baby's chest)

- January 6, February 1 or March 3

Level II: (covers arms, face and baby's back)

- January 20, February 15 or March 17

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

Infant Care

Infant CPR Anytime®

Soon to be Grandparents



KIDS & TEENS

Babysitting Training (10–15)

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

- Saturday, 9:00 am–1:00 pm;
January 20, February 24 or March 24
- \$50

Children's Seirenkai Jujitsu (Grades 1–5)

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



NEW Discover Your Inner Superhero Mindfulness Workshop (7–10)

This introductory series explores mindfulness as a superhero to help your child discover their inner superhero. Class activities include mindful movement, breathing exercises, meditation and games. Your child will learn mindful strategies to relax their mind and bodies, relieve and manage stress, improve self-regulation and develop healthy habits. Instructor: Ivy Child International

- Sunday, March 25, 11:00 am–1:00 pm
- \$60 for one child or \$100 for two (sibling or friend)

Family & Me Yoga (2.5–6)

A fun, unique class where a variety of ages are welcome. Learn fun poses, play games and relax. Experience a family workout while giving the gift of fitness to your child. Instructor: Julia Walderzak of H2K Happy Healthy Kids Fitness Studio

- **Sundays, 9:30–10:15 am;**
begins January 21 or March 18
- **\$138 for a 6-week session;**
includes parents and one child;
each additional child \$60;
\$25 drop-in

GirlPower! Be Who You Are™

An Empowerment Workshop for Girls 8–12

Spend a winter afternoon exploring Pilates, yoga, taekwondo and Dance. Prepare a vision board with theme of “Inspirational Women”, make healthy winter snacks, and make connections with other girls. Empower yourself with confidence and smart choices! Instructor: Susanne Liebich, Founder/Creative Director; Certified Nia Black Belt, Stott Pilates

- **Sunday, February 25, 1:00–5:00 pm**
- **\$80 or \$75 each for 2 family members**

NEW Intro to the Power of Mindfulness Workshop (11–14)

Discover the power of mindfulness in boosting performance. As your children’s lives become more demanding, mindfulness is an effective tool to help them cope and succeed. By being calmer, more relaxed and “in the zone,” your child can enhance their productivity, focus and creativity in school, the arts, athletics, relationships and daily life. Covers mindful movement, breathing and mindful listening exercises, meditation and other mindful activities to help your child relieve stress, strengthen muscles, improve self-regulation, identify positive thinking patterns and strengthen relationships. Instructor: Ivy Child International

- **Sunday, March 25, 2:00–4:00 pm**
- **\$60 for one child or \$100 for two (sibling or friend)**

Mother & Daughter Kickboxing (7–13)

Experience one hour of fitness fun with your daughter! Learn punches, kicks and self-defense. Includes non-contact sparring, team-building exercises and boxing drills. Wear comfortable clothing. Instructor: Julia Walderzak of H2K Happy Healthy Kids Fitness Studio

- **Sundays, 10:30–11:30 am;**
begins January 21 or March 18
- **\$138 for a 6-week session**
includes mom and daughter;
each additional child \$60;
\$25 drop-in

NEW My Little & Me Mindfulness Workshop (up to 4 years old)

This session offers a warm and supportive environment to develop a more mindful relationship and connection with your little one(s). Parents/guardians will engage with their infants and toddlers through gentle mindful movement, deep breathing exercises, relaxation techniques and mindful games. Learn strategies to help develop a more mindful bond, relieve stress, increase strength, improve emotional well-being and establish long-term exercise habits as a family. Instructor: Ivy Child International

- **Sunday, March 25, 9:00–10:00 am**
- **\$40 (includes parents/guardians and one child)**

Pre/Teen Kickboxing (12–16)

This class welcomes all fitness levels from the experienced athlete to those starting their workout journey. Includes circuit training, core exercises, partner drills, boxing choreography and bag work to increase strength, confidence, flexibility and mind/body awareness. Instructor: Julia Walderzak of H2K Happy Healthy Kids Fitness Studio

- **Wednesdays, 5:15–6:15 pm;**
begins January 17 or March 7
- **\$120 for a 6-week session;**
\$22 drop-in



NATURAL THERAPIES

How to Detox in 10 Days

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

- Wednesday, February 21, 6:30–8:00 pm
- \$45

Reiki Training Classes

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

Reiki Level I Training

- Saturday, March 10, 9:00 am–3:00 pm
- \$145

Reiki Level II Training

- Sunday, March 11, 9:00 am–3:00 pm
- \$160

Rejuvenation Cleanse with Whole Foods

In this powerful 21-day holistic cleansing program, plus bonus week to get you in the best mindset, you will reset your metabolism, taste buds, and free your body of toxins that detract from your well-being. Change your entire way of eating in four weeks, eliminate chronic conditions, feel energetic, improve clarity of mind, lose weight and sleep better. Based on whole, real foods—no starvation. Instructors: Lisa Mair, MS, Nutritionist, Certified Health Coach; Charlotte Ott, Natural Food Chef, Certified Health Coach

- Thursdays, 6:30–7:30 pm; begins January 18
- \$195 for a 4-week session

Tong Ren Therapy

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

- Thursdays, 5:00–6:00 pm; begins January 4 or March 1
- \$112 for an 8-week session; \$16 drop-in



PREGNANCY & CHILDBIRTH

Prenatal Yoga for a Healthier Pregnancy

Prepares you for delivery and postpartum recuperation. Bring yoga mat and signed permission form from OB/midwife. Instructor: Michele O'Toole, RN, CYT

- Mondays, 7:00–8:15 pm; begins December 11, February 12 or April 2
- \$90 for a 6-week session; \$17 drop-in

The classes listed below are held at the main hospital campus. For more information, location and to register, visit EmersonWellness.org.

Breastfeeding

HypnoBirthing® — The Mongan Method

Prenatal Childbirth

Sibling Preparation for Children 2½–3½ and 4–6

Tour



SELF-HELP/ SUPPORT/LEARNING

Freedom From Smoking®

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

- **Mondays, 6:00–7:30 pm;**
begins January 15
- **\$100 for 8 sessions**
- **Held at the main hospital campus,**
Lovejoy Conference Room

NEW Heart Health Workshop

We all know stress affects our heart but what does that really mean? And what do your daily life events, your thoughts, your emotions and your beliefs have to do with your heart's health? Is heart-ache or heartbreak really real? Create a heart healthy practice using simple yet powerful Power-of-the-Mind techniques. Instructor: Fran Spayne, MA Holistic Therapist/Mind-Body Wellness Coach

- **Thursday, February 15,**
10:00 am–12:00 pm
- **\$30**

Keys to Independence

Driving assessment program for adults

- **For more information or to schedule an appointment, call 978-287-8244.**

NEW Mind-Body Connection & Your Health

We have all heard that the mind and body are connected but most of us continue to treat each separately. Did you know that every thought you think has an impact on your wellness and can contribute to illness? What does that specifically mean to your health? By using simple Power-of-the-Mind techniques, boost your immune system, complement medical treatments and promote wellness. Fran Spayne, MA Holistic Therapist/Mind-Body Wellness Coach

- **Thursday, March 15,**
10:00 am–12:00 pm
- **\$30**

Preparing for Hip Replacement

This free class provides information to prepare for surgery, cope with hospitalization and plan for rehabilitation services after you leave the hospital.

- **Wednesdays, 1:00–3:00 pm;**
January 24, February 21 or March 21
- **Held at the main hospital campus,**
Cheney A Conference Room
- **Free; registration required**





Preparing for Knee Replacement

This free class provides information to prepare for surgery, cope with hospitalization and plan for rehabilitation services after you leave the hospital.

- **Wednesdays, 9:00–11:00 am;**
January 24, February 21 or March 21
- **Held at the main hospital campus, Cheney A Conference Room**
- **Free; registration required**



Yoga for Happy Feet

Learn how to correct, prevent, and minimize bunions, hammer toes and flat feet, strengthen toes, arches and ankles and improve balance. Bring yoga mat. Instructor: Susan Chormann, CYT

- **Sunday, March 18, 12:00–1:30 pm**
- **\$35**



SPORTS PERFORMANCE

Comprehensive Baseline Concussion Testing

Baseline testing is recommended for anyone who frequently participates in activities where there is a risk of concussion.

- **\$75 per athlete**
- **For more information or to schedule an appointment, call 978-287-8200.**



STRESS MANAGEMENT

Deepening Your Mindfulness Practice & More

Designed for students who have attended the Mindfulness-Based Stress Reduction program

While the outline of the program is similar, we will look deeper into gratitude and forgiveness and explore different types of meditation, sound and movement. It also provides an opportunity to reboot your practice and dive deeper into meditation and understand how fear blinds us from seeing the true reality of life. Includes new CDs. Instructor: Patricia Howard, MBSR facilitator

- **Sundays or Tuesdays, 11:15 am–1:15 pm;**
begins January 21 or January 23
- **\$300 for 6-week session, plus CDs**

Mindfulness-Based Stress Reduction (MBSR)

A highly-effective eight-week program developed by Jon Kabat-Zinn. Learn how to develop your own practice of centering, grounding and living life in the present moment, and discover how to transform your fear-based reactions and habits into responses. The practice of mindfulness has an extremely healing effect on all human aspects—physical, emotional, mental and spiritual. Bring yoga mat. Instructor: Patricia Howard, MBSR facilitator

FREE Introductory Lecture:

- **Sunday, January 14, or Tuesday, January 16, 11:15 am–12:30 pm**
- **Registration required**

Program:

- **Sundays or Tuesdays, 9:00–11:00 am;**
begins January 21 or January 23
Plus all day Saturday, February 24, 10:00 am–4:00 pm
- **\$540 for an 8-week session plus \$45 for required course materials/CD set**

Mindfulness Meditation

Mindfulness is the practice of bringing awareness to our experience in the present moment. We drop into a deeper consciousness, where we access wisdom, insight and innate healing ability. Ideal for those who are new to mindfulness, experienced practitioners and graduates of the 8-week Mindfulness-Based Stress Reduction program. Bring yoga mat. Instructor: Patricia Howard

- **Sunday, January 14, or Tuesday, January 16, 9:00–11:00 am**
- **\$25**

Stress Management and Resiliency Training (SMART)

Developed by the Benson-Henry Institute for Mind Body Medicine at Massachusetts General Hospital, the SMART program helps participants achieve greater quality of life and an enhanced sense of well-being. The program teaches self-care practices that help buffer daily stress, making participants less emotionally and physically vulnerable to it. Because many of the physical symptoms we experience are exacerbated by stress, using adaptive strategies to buffer that stress can reduce those symptoms. Prior to the start of the program each student has a one-on-one appointment with Dr. McLain to establish personal goals, followed by an 8-week course, learning how to shift thought patterns to increase resiliency and engage in a variety of meditation techniques to elicit the relaxation response. The importance of healthy eating, restorative sleep, physical activity and social connectedness will also be covered. Materials included. Instructor: Amanda McLain, MD

- **Wednesdays, 6:30–8:30 pm; begins February 7**
- **\$425 for an 8-week session**



WEIGHT LOSS/ NUTRITION

Advanced Weight Loss Series: How to Fix a Broken Metabolism

With all the different diets and exercise regimens out there, it's hard to know what path to take to lose weight. Finding the answer to successful weight loss starts with understanding that the strategy "move more and eat less" may not work for you. In this four-week series, discover how to unlock the mystery to transforming your body and fixing your metabolism. Includes 28-page nutrition plan with sample menus, daily checklists, grocery lists and recipes, take-home strength workouts and fat-burning cardio templates. Provides all the tools you need to transform your body and maintain it. For ages 15 and up. Instructor: Julian Cardoos, Body Transformation Expert, Holistic Lifestyle Coach

- **Tuesdays, 7:00–8:30 pm; begins January 30**
- **\$197 for a 4-week session**

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

- **Wednesdays, 5:00–7:00 pm; begins January 10**
- **\$400 for a 12-week session**
- **For more information, call Cardiac Rehab at 978-287-3732.**

How to Detox in 10 Days

See Natural Therapies on page 12

Rejuvenation Cleanse with Whole Foods

See Natural Therapies on page 12

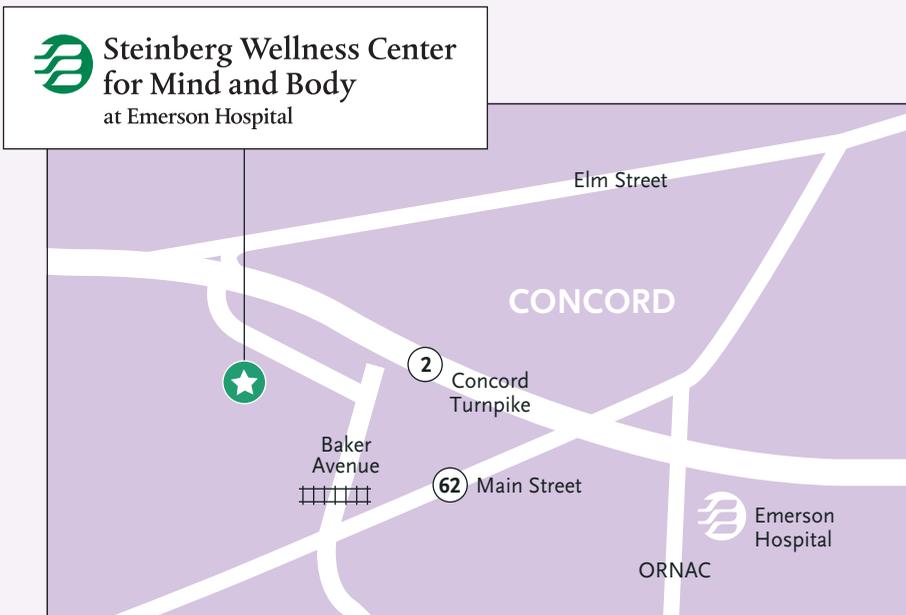
CLASSES
FOR ALL
AGES &
STAGES

WINTER 2018

Wellness Classes

FOR MIND AND BODY

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



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 in the first building to the right of Welch's.

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.

EmersonWellness.org

