



APRIL EVENT SCHEDULE

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
28	29	30	31	1	2
No Limb-its Social and Support Group 4 4:00 - 5:30pm	5	6	Reiki Event 7 5:30-7:30pm	8	9
Milk Party 11 9:30-10:30am Comfort Measures 7:00-8:00pm	12	13	Lunch & Learn: Simplify Your Schedule 14 12:10-12:50pm Mini Organic Facial 5:30-7:30pm	15	16
18	19	20	Community Acupuncture 21 5:30-7:30pm	22	Prenatal Breastfeeding 23 9:00am-12:00pm Essential Oils for Mom & Baby 1:00-2:00pm
Milk Party 25 9:30-10:30am Prenatal Yoga 5:30-6:20pm	26	27	Lunch & Learn: Simplify Your Self-Care 28 12:10-12:50pm Reflexology 5:30-7:30pm	29	The Body Clinic Series: Head and Shoulders (1 of 3) 30 10:30-12:00pm

3375 Lake Ridge Drive, Dubuque, IA
Register at stateraintegrated.com
(563) 207-8932

@StateraIntegrated on Facebook and Instagram
Breathe... Inhale Hope. Exhale Healing.

See back for detailed information

No Limb-its Amputee Social and Support Gathering

Join us for free monthly gatherings where individuals living with limb loss can meet others with similar experiences and struggles. Members can ask questions, learn how to adapt to their new normal, support others in their journey with living with limb loss, and enjoy return to life activities.

Monday, April 4th, 4:00-5:30pm

Upper level - FREE

Milk Parties!

Let's celebrate breastfeeding! This support group is for moms and breastfeeding babies of all ages, as well as pumping moms and pregnant women. Come and share your victories about breast feeding and receive help for your challenges.

Mondays, April 11th & 25th, 9:30 -10:30am

Lower level - FREE

Comfort Measures Workshop

Build confidence for labor as you and your support person discover the three types of relaxation needed during labor. Learn and practice specific comfort measures your support person can use to help you have a more comfortable birth.*

Monday, April 11th, 7:00-8:00pm

Lower level - \$50 (includes support person)

**This workshop does NOT replace a childbirth education course.*

Life: Simplified, FREE Virtual Lunch and Learn Series

Join us for our free virtual Spring lunch and learn series!

Simplify Your Schedule - April 14th, 12:10-12:50pm

Simplify Your Self-Care - April 28th, 12:10-12:50pm

Register for link - FREE

Prenatal Breastfeeding Class

This hands-on, interactive class will give you the knowledge you need to feel ready to meet your baby and start the breastfeeding journey. Moms are encouraged to have a support person come along for the class.

Saturday, April 23rd - 9:00-12:00pm

Statera Upper Level, \$40 (partner attends for free)

Essential Oils for Mom and Baby

Would you like to learn more about using essential oils during pregnancy and infancy? This one-hour class will provide information about essential oil use and safety for moms and babies, especially during pregnancy, early infancy, and while breastfeeding. The class includes a make-and-take session of your choice of Colic Blend for babies, Lavender for calming, or Clary Sage for help with milk production.

Saturday, April 23rd, 1:00-2:00pm

Lower level

Class plus 1 oil in roller ball bottle, \$30

Class plus 2 oils in roller ball bottles, \$45

Class plus 3 oils in roller ball bottles, \$60

Prenatal Yoga - 5 Week Series

Release tension and move your body in ways that can ease the common discomforts of pregnancy. Deepen your connection with your body and your baby, developing greater trust in your body, your intuition, and the process of birth. Practice openness, breath, and surrender - preparing mind, body, and spirit for birth and motherhood.

Mondays, April 25th-May 23rd, 5:30-6:20 p.m.

Statera Lower Level, \$75*

Thursdays are for Healing

Special Reiki Evening

We store life experiences as energy patterns in our energy anatomy. Some of those experiences create blockages interrupting the free flow of energy. Tuning forks and Reiki help by channeling positive energy into your body resulting in stress reduction and relaxation.

Thursday, April 7th, 5:30 - 7:30pm

Upper level - \$35 for 30 minutes

Mini Organic Facial

Holistic, natural facials with a professional holistic esthetician improve the health and beauty of your skin. Facials are beneficial for every skin type.

Thursday, April 14th, 5:30 - 7:30pm

Upper level - \$35 for 30 minutes

Community Acupuncture

Community acupuncture allows for individualized treatment through a 30-45 minute treatment in a common treatment area.

Thursday, April 21st, 5:30 - 8:00pm

Lower level - \$35

Reflexology

Reflexology is a holistic, non-invasive therapy based on the theory that every part of your body has corresponding reflex points found on your feet.

Thursday, April 28th, 5:30 - 7:30pm

Upper level - \$35 for 30 minutes

HEALTHY GLOWING SKIN



Our Healthy Glowing Skin Package - offered only in March and April - provides customized sessions and products that promote lifelong skin health.

~ 90-minute Integrative Nutrition Coaching Session

~ 60-minute Organic Facial

~ 60-minute Reflexology Session

ALSO RECEIVE

~10% off Coaching/Esthetics/Reflexology

~10% off Blissoma and Pure Anada products

~ FREE Guasha tool & instructions

~ FREE Organic Color Consultation

The Body Clinic Series

In a world of cell phones, computer screens and sitting at a desk, we've found the majority of our day spent in a hunched over, slumped posture. These misaligned movement patterns can affect joint health, triggering a muscular chain reaction with the end result being sore joints, tight or weak muscles and postural imbalances. Join us for one or more of these interactive sessions to learn how these three disciplines work together to realign your body toward postural symmetry.

Head and Shoulder Movement and Stabilization -

Saturday, April 30, 10:30am-12:00pm

Statera Lower Level, \$25