

HEALTHY LIFESTYLES

National Migraine/Headache Awareness Month

No Limb-Its

Join Amy McFadden, PT for FREE monthly gatherings where individuals living with limb loss can meet others with similar experiences and struggles.

Monday, June 9

4:00 PM - 5:30 PM

The 5 Love Languages: The Secret to Love that Lasts

Falling in love is easy. Staying in love-- that's the challenge. In this New York Time's international bestseller, you'll learn discover the secret that has transformed millions of relationships worldwide.

Thursday, June 19

5:00 PM - 6:00 PM

\$35

Community Acupuncture

Share the healing space with others in a relaxed community environment. Each participant will receive a 30- to 45-minute acupuncture treatment while comfortably relaxed on a reclining chair.

Thursday, June 19

5:00 PM - 6:30 PM

\$40

Mind-Body Preview

Join us for a dynamic fitness sampler session designed to introduce you to a variety of wellness options--all in one empowering experience.

Saturday, June 28

10:30 AM - 12:00 PM

\$25



The "Texting Neck" Head Forwarding Position

Julie Haufe, LMT, Reiki Master

You've probably heard the saying that for every inch the neck bends forward over the neutral corrective position, it creates an extra 10 lbs. of weight on your neck muscles. This creates a lot of pressure on those muscles not intended for that purpose. The muscles that elongate become weak and can easily cause injuries, such as tears in the muscle fibers, a lack of rotation and side bending, and joint instability.

Bad posture can also lead to jaw pain. In fact, head forward positions create much more tension on the jaw muscles. Pinched nerves, muscle spasms, stiffness, and knots in muscles around the neck and shoulders due to awkward postures can trigger migraines.

It may be hard for you to tell if your head is hanging forward ahead of your shoulders, but the headaches and neck pain will most certainly let you know! Having someone take a side profile picture of your standing position can be a huge awakening to the poor posture you have endured. A simple test you can try is to sit up straight and see how far you can turn your head left and right, followed by moving your head forward as far as you can and trying to turn left and right. The second time, you will find it harder or limited in the range of motion.


This head positioning could be unconsciously used due to straining to see computers, phones, and other screen devices. In massage therapy, we call it the "Texting Neck." Whatever the reason for getting there, it is time to improve posture, release tension, get rid of headaches, and hopefully maintain it with good spine and muscle care.

Massage therapists are your experts in soft tissue mobilization. But we need your help! We need to know what you are feeling, where and what type of pain, as well as your tolerance to touch, and what range of motion you currently have.

Neck work can be tricky because with limited movement and pain comes a lot of protective guarding, and we don't blame you. The best job I can offer a client is by assisting the client with a soft stimulus to specific muscles to initiate a nervous system response to the target muscle to relax. The stimulus sending body chemicals to relax areas of tension and thus allowing for additional work of deeper fascial stretching, and better mobilization of the spine. My clients often say that the treatment allows them to fully relax and be an active participant in the process, which is comforting to them.

Most clients are also surprised that something so gentle could get rid of the pain within minutes. But, the session isn't over just because the pain went away. As a therapist, there is still much to do, and the massage can be more enjoyable with continued therapeutics...and I'd say the clients don't ever complain about staying for the full session.



	Equipment Based Pilates (EBP) AntiGravity®			Fitness, Yoga & Meditation			Fitness, Yoga, Oov & Healthy Aging Wellness Classes • Drop In: \$16 • 10-Pass: \$150 (\$15ea) • 20-Pass: \$280 (\$14ea) • 30-Pass: \$390 (\$13ea) 30-Day Unlimited: \$99 Equipment Based Pilates(EBP) & AntiGravity® • Drop In: \$28 (\$25.20ea) • 10-Pass: \$252 (\$23.80ea) • 20-Pass: \$476 (\$22.40ea) 30-Day Unlimited: \$169/month Fitness, Yoga, Oov & Healthy Aging Wellness Classes Equipment Based Pilates (EBP) and AntiGravity® \$241.20/month 
MON	8:00-8:50 am	Multi-Level EBP	Malia	9:00-9:50 am	Strength & Balance	Nicole	
	9:00-9:50 am	Level 2 EBP	Malia	10:00-10:50 am	Stretch	Nicole	
	4:30-5:20 pm	Level 1/2 EBP	Malia	12:00-12:50 pm	Power Sculpt	Allie	
	4:30-5:20 pm	Mat/EBP	Shannon				
	6:30-7:20 pm	Level 1 EBP	Shannon				
TUE	7:30-8:20 am	Multi-Level EBP	Sue	9:00-9:50 am	Strength/Yoga	Tobey	
	8:30-9:20 am	Level 2 EBP	Sue	10:00-10:50 am	Yin Yoga	Tobey	
	10:00-10:50 am	Level 1 EBP	Sue	5:30-6:20 pm	Flow Yoga	Tobey	
	11:00-11:50 am	60+ Restorative EBP	Malia				
	4:30-5:20 pm	Multi-Level EBP	Malia				
	5:30-6:20 pm	Antigravity	Malia				
WED	8:00-8:50 am	Pilates Fitness	Malia	9:00-9:50 am	Strength & Balance	Nicole	
	9:00-9:50 am	Pilates Fitness	Malia	10:00-10:50 am	Stretch	Nicole	
	4:00-4:50 pm	Bone Health EBP	Malia				
	5:00-5:50 pm	Pilates Fitness	Malia				
THUR	7:30-8:20 am	Multi-Level EBP	Sue	9:00-9:50 am	Strength Yoga	Tobey	
	8:30-9:20 am	Level 2 EBP	Sue	10:00-10:50 am	Yin Yoga	Tobey	
	10:00-10:50 am	Level 1 EBP	Sue				
	4:30-5:20 pm	Multi-Level EBP	Shannon				
	5:30-6:20 pm	Level 1 EBP	Shannon				
FRI	9:00-9:50 am	Chair EBP	Malia	9:00-9:50 am	Breath, Mindfulness, Meditation	Nicole	
	11:00-11:50 am	60+ Restorative EBP	Malia	10:00-10:50 am	Oov	Malia	
				11:00-11:50 am	TRX	Allie	
				12:00-12:50 pm	Power Sculpt	Allie	
SAT	7:30-8:20 am	Multi-Level EBP	Malia				
	8:30-9:20 am	Active Aging EBP	Malia				
	9:30-10:20 am	Multi-Level EBP	Malia				
	10:30-11:20 am	Multi-Level EBP	Malia				



Welcome to The Team Rylee Sigwarth, PA-C

Rylee Sigwarth is a board-certified physician assistant with a strong academic background and a passion for integrative healthcare. She earned her Bachelor of Science degrees in Nutritional Sciences and Global Resource Systems from Iowa State University, followed by a Master of Science in Physician Assistant Studies from the University of Dubuque. Rylee's commitment to holistic health is further reflected in her training through the Institute for Functional Medicine, where she gained expertise in functional medicine practices. With a focus on health optimization, gut repair, hormone balance, and cardiometabolic care, Rylee integrates a personalized approach to support her patients' well-being and address the root causes of chronic conditions.

~Functional Medicine ~Family Medicine ~Preventative Care ~Integrative Health

Coming up in July- Living Well: Finding Balance

At Statera, we focus on the importance of integrative health, considering each person as a whole: mind, body and spirit. Join us for our "Living Well" series throughout the year, each focused on a different health and wellness topic.

Thursday, July 17 from 5:30 PM - 6:30 PM

\$35

