



STATERA

JANUARY EVENT SCHEDULE



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 New Year's Day Office is closed!	2	3	4 CranioSacral/Reiki 5:00-7:00 p.m.	5	6
8 Milk Party 9:30-10:30 a.m. No Limb-its 4:00-5:30 p.m. 5-Week Prenatal Yoga Series (1st of 5) 5:30-6:20 p.m.	9	10	11 Dermaplaning 4:30-7:00 p.m. Book Club 5:30-6:30 p.m. Lymphatic Drainage Head/Face 5:00-7:00 p.m.	12	13
15 Prenatal Yoga Series (2nd of 5) 5:30 - 6:20 p.m. Comfort Measures for Birth 7:00-8:00 p.m.	16	17	18 Community Acupuncture 5:00-6:30 p.m. Healthier Me Program Jan. 18 - Feb. 22 5:30-7:00 p.m.	19	20
22 Milk Party 9:30-10:30 a.m. Prenatal Yoga Series (3rd of 5) 5:30 - 6:20 p.m.	23	24	25 Reflexology 4:30-6:30 p.m.	26	27
29 Prenatal Yoga Series (4th of 5) 5:30 - 6:20 p.m.	30	31			

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

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

See back for detailed information





Upcoming Support Opportunities

- Milk Parties:

FREE support group is for moms and breastfeeding babies of all ages, as well as pumping moms and pregnant women.

**2nd Monday in January
from 9:30 - 10:30 a.m**

- Prenatal Yoga:

Practice openness, breath, and surrender - preparing mind, body, and spirit for birth and motherhood.

**5-week series, Mondays, starting January 8 - February 5
5:30 - 6:20 p.m.**

Statera, Lower Level, Wellness Studio \$75

Also offered virtually - details @ lknipper@stateraintegrated.com

Statera Book Club

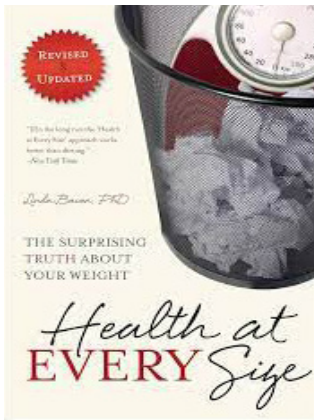
Book for January: *Healthy at Every Size: The Surprising Truth About Your Weight* by Linda Bacon

Join us each month for a time of thoughtful reflection and meaningful discussion on books all themed around mind, body and spirit health and wellness. Books are available at Statera for retail purchase prior to the event. Reading the book in advance is suggested but not required.

Thursday, January 11

5:30 - 6:30 p.m.

Upper level conference room, FREE



"No Limb-its" Gathering in January

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

January 8 from 4:00 - 5:30 p.m.

Location: Statera, Upper Level, Conference Room, FREE

New in January:

A Healthier Me: Foundations of Health and Wellness

This professionally designed program is designed to provide the basic principles and specific actions to set the stage for a long life of health and wellness.

This six-week program is designed for women aged 45+ with all physical ability levels accommodated.

-Educational Classes: Six, 90-minute classes

-Fitness Classes: Weekly class pass to a fitness class of your choosing

-Personal Coaching: Two, 30-minute coaching sessions

January 18 - February 22 (February 29 Snow Date)

Thursday nights from 5:30 - 7:00 p.m.

Investment: \$435

A Healthier Me class size is limited to provide individualized attention, so pre-registration is required.

Thursdays are for Healing

CranioSacral/Reiki

Gentle touch therapy that frees muscular and energetic blocks that restrict cerebral spinal fluid flow. This therapy is ideal for headaches, migraines, depression, anxiety and balancing the central nervous system. No clothing removal required. Wear loose comfortable garments.

Thursday, January 4

5:00-7:00 p.m.

Upper level - \$40 (30-minute session)

Lymphatic Drainage for the Head/Face

Lymphatic drainage delivers oxygen around the skin to improve circulation and help drain excess fluids/toxins via lymph nodes. This can help reduce sinus pressure or puffy eyes, and improve breakouts/complexion. Essential oils can be added by request to help with results.

Thursday, January 11

5:00-7:00 p.m.

Upper level - \$40 (30-minute session)

Dermaplaning

Dermaplaning is a minimally invasive cosmetic procedure for your skin that can reduce the appearance of acne scars or other skin imperfections by exfoliating the top dermal layer and removing vellus hair (peach fuzz) to reveal smoother more radiant skin.

Thursday, January 11

4:30-7:00 p.m.

Upper level - \$40 (30-minute session)

Community Acupuncture

Community acupuncture allows for individualized treatment in a common treatment area.

Thursday, January 18

5:00-6:30 p.m.

Lower level - \$40

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, January 25

5:00-7:00 p.m.

Upper level - \$40

Visit our website at stateraintegrated.com for a FULL list of services and appointment options

January Products of the Month

Orthomolecular: IgG Protect

Benefits: Stimulates the body's natural gut repair mechanisms and helps maintain microbiobal balance

Doterra: On Guard (Oil & Beadlets)

Benefits: Supports healthy immune function

Get these products for 10% off during January!