




# STATERA



## OCTOBER EVENT SCHEDULE

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1	2	3	4	5
7 <b>No Limb-its</b> 4:00 - 5:30 p.m.	8	9 10 <b>National Primary Care Week</b> October 6th - 12th		11	12 <b>Prenatal Breastfeeding Education Class</b> 9:00 a.m. - noon
14 <b>Milk Party</b> 9:30 - 10:30 a.m.	15	16 <b>Book Club</b> 5:30 - 6:30 p.m.	17	18	19 <b>Baby &amp; Me Yoga</b> 9:15-10:05 a.m.
21	22	23 24 <b>National Massage Therapy Week</b> October 20th - 26th		25	26
28 <b>Milk Party</b> 9:30 -10:30 a.m.	29	30	31 		

3375 Lake Ridge Drive  
Dubuque, IA  
Register at [stateraintegrated.com](http://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 and 4th Monday in October from 9:30 - 10:30 a.m**

- 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 to the class.  
**Saturday, October 12 from 9 a.m. - Noon**  
**Statera, Upper Level, Conference Room**  
**\$65 (support person attends for free)**

- Baby and Me Yoga:  
Learn exercises you can do with your baby for better sleep and digestion, less fussiness, and greater body awareness.  
**October 19 from 9:15-10:05 a.m.**  
**Statera, Lower Level, Open Studio \$20**  
*For babies 6 weeks to 12 months*

**“No Limb-its” Gathering in October**  
Join Amy McFadden, PT, for free monthly gatherings where individuals living with limb loss can meet others with similar experiences and struggles.  
**October 7 from 4:00 - 5:30 p.m.**  
**Statera, Upper Level Conference Room, FREE**

**Chair 101 with Shannon Hummel**  
The chair is a simple seat with a spring-loaded pedal that can enhance your workouts by supporting or adding resistance. All of the usual Pilates benefits apply when working out with the Chair including increased strength, focusing on core strength, flexibility, and balance.  
**Thursdays, October 10, 17, 24**  
**Statera Lower Level, Open Studio from 5:30-6:30 p.m.**  
**\$65**

### Welcome to the Statera Team!



**Taylor Greibe - Eating Disorder Recovery Coach**  
Taylor has experience working in all levels of treatment including; outpatient, partial hospitalization, inpatient, and residential. She believes in an individualized approach and working with the whole person to understand their goals for recovery.



**Amber Horsley, DC, DCBCN - Chiropractor, Certified Acupuncturist**  
Amber is a licensed chiropractor who has completed a post-doctoral program in nutrition. She assesses structurally, neurologically, and nutritionally to get to the root of the pain, joint dysfunction, hormone imbalance, and chronic infections and digestive complaints.

Visit our website for more information regarding scheduling.

### October Products of the Month

**Orthomolecular: Paracid Forte**  
Benefits: Supports healthy microbial balance in the GI tract and supports healthy immune function.

**Doterra: Motivate Touch**  
Benefits: Provides a fresh, clean aroma that complements goal setting and positive affirmation practice while refreshing and nourishing the skin.

**Get these products for 10% off during October!**

**Thursday Healing Night**  
Community acupuncture allows for individualized treatment in a common treatment area.



**Thursday, October 17**  
**5:00-6:30 p.m.**

**Upcoming: Flu Shot Clinic**  
**November 4th, 8:15 a.m. - 4:30 p.m.**

See front desk for more information regarding scheduling

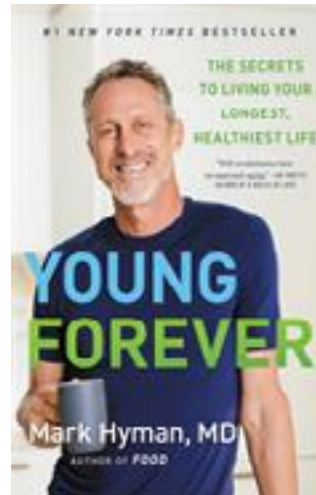


**COMING IN NOVEMBER! Living Well Series: Blood Sugar Management**

At Statera, living well is viewed as a lifelong journey that does not focus on one number, diagnosis, or test. Living well is a unique experience defined by a series of personal choices. We focus on the importance of integrative health.

**Thursday, November 7 from 5:30 - 7:30 p.m.**  
**\$45, advanced registration is recommended**

**Statera Book Club**  
**Book for October: Young Forever by Mark Hyman, MD**



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.

**Wednesday, October 16**  
**5:30 - 6:30 p.m.**  
**Statera, Upper Level, Conference Room**

### October Days of Recognition

Join us in celebrating our providers in the month of October with giveaways, discounts & more!

- National Primary Care Week Oct. 6-12
- National Massage Therapy Week Oct. 20-26
- National Chiropractic Month
- National Physical Therapy Month
- 10/6: National Coaches Day
- 10/10: World Mental Health Day
- 10/15: National Esthetician Day
- 10/24: National Acupuncture Day