

HEALTHY LIFESTYLES

Move More 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, April 7

4:00 PM - 5:30 PM

Healthier Me: Foundations of Health & Wellness

Do you want to increase your physical energy, mental clarity, and create greater life balance? This program is professionally 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 ages 40+.

Wednesday's, beginning

April 16 (six-weeks)

5:00 PM - 6:30 PM

\$125

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, April 17

5:00 PM - 6:30 PM

\$40

Living Well

Lower Your Cholesterol... Naturally
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, April 17

5:00 PM - 6:30 PM

\$35



Mindful Movement

Nicole Hutchison, PT, CSCS, Holistic Health and Integrative Nutrition Coach

When I say the word "exercise," what comes up for you? Close your eyes for just a few moments and notice what thoughts and emotions you are experiencing, and what you may be feeling in your body. Take note of all of this without judgement or criticism...just notice. Be curious about why you are having the thoughts, emotions, and body sensations that you are having. If the thoughts, emotions or sensations become too strong or uncomfortable, bring your focus back to your breath or the feeling of your feet on the floor and give yourself a little space from the intensity of what you are feeling. As you slowly open your eyes, write notes for yourself about anything that came up for you.

What beliefs do you hold about what exercise is or is not? What beliefs do you have about yourself and your level of fitness? Take a few moments to jot these things down as well. Where do you think some of these beliefs came from?

I would like to challenge you to reframe your beliefs about exercise. Let's begin by changing our language...rather than "exercise," let's use the term "Mindful Movement." Our bodies are made to move. Regardless of our fitness goals, our bodies need movement for general health and wellness. Creating space in our lives for Mindful Movement allows us to focus on movement as an experience of not just the body but also of the mind. Introducing more movement into our day with the intent to improve our health and wellness mind, body and spirit allows us to be more fully present while we are moving. If thinking about exercise brings up negative thoughts and emotions for you, practice thinking about mindful movement as a gift, as self care.

What types of movement do you enjoy? Gardening? Dancing? Walking? Running? Golfing? Yoga? Tai Chi? There is no "good" or "bad" movement, no "right" or "wrong." General guidelines include 150 minutes of movement per week. Any time you are moving your body it counts, so don't worry about having to follow a specific plan. Easily adding movement to your day can include taking the stairs rather than the elevator, parking a little farther away from the entrance at work for more steps, or even just taking a 3-5 minute stretch break every hour at work. All of these add up throughout your week. For more purposeful movement, consider signing up for a class or calling a friend to go for a walk. Experiment to see what you enjoy.

	Equipment Based Pilates (EBP) AntiGravity®			Fitness, Yoga & Meditation			Fitness, Yoga, Oov & Healthy Aging Wellness Classes <ul style="list-style-type: none"> • Drop In: \$16 • 10-Pass: \$150 (\$15ea) • 20-Pass: \$280 (\$14ea) • 30-Pass: \$390 (\$13ea) 30-Day Unlimited: \$99 Equipment Based Pilates(EBP) & AntiGravity® <ul style="list-style-type: none"> • Drop In: \$28 • 10-Pass: \$252 (\$25.20ea) • 20-Pass: \$476 (\$23.80ea) • 30-Pass: \$672 (\$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	Power Flow Yoga	Kailey	
	9:00-9:50 am	Pilates Fitness	Malia	9:00-9:50 am	Strength & Balance	Nicole	
	4:00-4:50 pm	Bone Health EBP	Malia	10:00-10:50 am	Stretch	Nicole	
	5:00-5:50 pm	Pilates Fitness	Malia	4:00-4:50 pm	Balanced Wellness	Nicole	
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	9:00-9:50 am	jo-yo (every other Saturday)	Kailey	
	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				



Healthier Me: Foundations of Health and Wellness with Nicole Hutchison

Join our six-week small group coaching program designed specifically for women seeking to deepen their understanding of integrative health. We will explore holistic approaches to wellness, empowering you to cultivate a balanced lifestyle.

Beginning April 16, 5:00 PM - 6:30 PM, \$125

A LOOK AHEAD- In the Kitchen: Understanding Macros

We hear a lot about “macros” these days, but let’s talk about what they are and what’s really important about them for YOU.

- What are proteins, fats, and carbs?
- Learn how to read labels
- Intuitive Eating
- Practical Application

May 15, 5:00 PM - 6:00 PM, \$35



Statera would like to extend our heartfelt gratitude to everyone for their unwavering support over the past seven years. We are honored to have the trust of our community and remain committed to providing exceptional care.





this coupon is valid for ✨

ONE FREE CLASS

Choose from Yin Yoga, jo-yo, or
Breath, Mindfulness & Meditation.
expires 5/31/2025

PROMO CODE: BREATHE

FREE