

NEWSLETTER

DECEMBER 2025 | (563) 207-8932

GIFT CARD SPECIAL

Give the gift of wellness to someone you love. Stop in to our upper or lower level, or purchase online. Buy \$100, get \$10 FREE. Available through December 31, 2025.

**Gift cards cannot be used for medical appointments, mental health services, physical therapy, or chiropractic care. Gift cards are good for one year from date of purchase.*



Gingerbread House

"You don't need royal icing or gumdrops to fill your home with the aroma of fresh-baked gingerbread. Surround yourself in the warm, spicy notes of Ginger, Cassia, and Clove Bud essential oils along with hints of sweet Madagascar Vanilla as you diffuse this Gingerbread House diffuser blend." ~doTERRA

- 2 drops Ginger
- 2 drops Cassia
- 1 drop Clove Bud
- 1 drop Madagascar Vanilla

More diffuser blends for the holidays:
<https://www.doterra.com/CA/en/blog/diy-holiday-diffuser-blends>



- Family Practice
- Functional Medicine
- Mental Health
- Holistic Nutrition
- Integrative Health Coaching
- Chiropractic
- Physical Therapy
- Dry Needling
- Acupuncture
- Reflexology
- Massage Therapy
- Reiki, Sound Healing
- Esthetics



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“Every person we’ve worked with at Statera has been knowledgeable, compassionate, and truly invested in our family’s health and well-being. I can’t recommend Statera enough to any growing family — they are simply exceptional!”

Welcome to the TEAM



OUR NEWSET TEAM MEMBERS

Josh Miller, Licensed Massage Therapist
Offering Therapeutic Custom Massage appointments.

Sarah Mitchell, Board Certified Psychiatric Nurse Practitioner
Now accepting new patients.

Lindsey Runde, Supporting our team at our upper level Front Desk.

UPCOMING WORKSHOPS

No Limb-its Amputee Support Group, 12/8, 4:00-5:30pm, FREE with Amy McFadden, Physical Therapist

Community Acupuncture, 12/18, appointments available 5:00-6:30pm with Ashley Straka, Acupuncturist

I Want to Trust You, but I Don't, 12/18, 5:00-6:00pm, FREE with Nicole Hutchison, Integrative Health Coach

Prenatal Yoga, 5 weeks beg. 1/5, 5:30-6:20pm, \$80 with Lacy Knipper, Birth Specialist

Community Acupuncture, 1/15, appointments available 5:00-6:30pm with Ashley Straka, Acupuncturist

Your Birth: Beyond the Basics, 3 weeks beg. 1/19, 6:30-8:30pm, \$150 with Lacy Knipper, Birth Specialist

STATERA December 2025 Fitness

Equipment Based Pilates (EBP) **Antigravity®**

Fitness, Yoga & Meditation

MON

8:00-8:50am Multi-level EBP Malia
 9:00-9:50am Level 2 EBP Malia
 4:30-5:20pm Level 1 / 2 EBP Malia
 4:30-5:20pm Mat Pilates Blend Shannon
 5:30-6:20pm Level 1 EBP Shannon

8:30-9:20am Strength & Balance Nicole
 9:30-10:20am Chair Fit Nicole
 4:30-5:20pm Mat Pilates Blend Shannon

TUES

7:30-8:20am Multi-level EBP Sue
 8:30-9:20am Level 2 EBP Sue
 10:00-10:50am Level 1 EBP Sue
 11:00-11:50am 60+ Restorative EBP Malia
 4:30-5:20pm Multi-level EBP Malia
 5:30-6:20pm Antigravity Malia

9:00-9:50am Cardio+Strength+Yoga Tobey
 10:00-10:50am Yin Yoga Tobey

WED

8:00-8:50am Pilates Fitness Malia
 9:00-9:50am Pilates Fitness Malia
 4:00-4:50pm Bone Health EBP Malia
 5:00-5:50pm Pilates Fitness Malia

8:30-9:20am Strength & Balance Nicole
 9:30-10:20am Stretch Nicole

THURS

7:30-8:20am Multi-level EBP Sue
 8:30-9:20am Level 2 EBP Sue
 10:00-10:50am Level 1 EBP Sue
 4:30-5:20pm Multi-level EBP Shannon
 5:30-6:20pm Level 1 EBP Shannon

9:00-9:50am Cardio+Strength+Yoga Tobey
 10:00-10:50am Yin Yoga Tobey

FRI

9:00-9:50am Chair EBP Malia
 11:00-11:50am 60+ Restorative EBP Malia

9:00-9:50am Breath, Mindfulness, Meditation Nicole
 10:00-10:50am Oov Malia

SAT

7:30-8:20am Multi-level EBP Malia
 8:30-9:20am Active Aging EBP Malia
 9:30-10:20am Multi-level EBP Malia
 10:30-11:20am Multi-level EBP Malia

7:30-8:20am Pilates Sculpt Lori

PRICING

Drop In: \$28
10-Pass: \$252 (\$25.20ea)
20-Pass: \$476 (\$23.80ea)
30-Pass: \$672 (\$22.40ea)
30-Day Unlimited: \$169/month

Drop In: \$16
10-Pass: \$150 (\$15ea)
20-Pass: \$280 (\$14ea)
30-Pass: \$390 (\$13ea)
30-Day Unlimited: \$99/month

Fitness, Yoga, Oov & Healthy Aging Wellness Classes, Equipment-Based Pilates (EBP) & AntiGravity®
All-Class Pass: \$241.20/month

