

NEWSLETTER

OCTOBER 2025 | (563) 207-8932

FITNESS/OOV/PILATES/YOGA/MEDITATION

At Statera we offer a variety of ongoing weekly classes to support your health and wellness. We specialize in small group classes to provide individualized attention to your unique needs and goals. Open to men and women.



Sweet Fall

"The crispy, yet sunny days of fall are somehow the most refreshing smell. Don't these scenes create the perfect fall oasis? There's nothing like the scent of fall. Although we'd love to spend our days baking, playing in the leaves, and taking in the crisp air, most of us have busy lives calling our name. To accompany your busy days, and when you'd much rather be enjoying the fall festivities, set a diffuser in a location where you'll be able to smell the aroma best." -doTERRA

- 4 drops On Guard
- 2 drops Frankincense
- 1 drop Copaiba

For more diffuser blend recipes for fall:
<https://www.doterra.com/US/en/blog/diffuser-blends-for-fall-lovers>



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

Welcome to the TEAM

OUR NEWSET TEAM MEMBERS

Josh Miller, Licensed Massage Therapist
Now offering Therapeutic Custom Massage appointments.

Sarah Mitchell, Board Certified Psychiatric Nurse Practitioner
Complete our Client Request Form to be added to her waitlist for scheduling.

Elizabeth Belyeu, Emmaus Student
Supporting our team behind the scenes.

UPCOMING WORKSHOPS

Prenatal Yoga, 5 weeks, beg. 10/6, 5:30-6:20pm, \$80
with Lacy Knipper, Birth Specialist

No Limb-its Amputee Support Group, 10/13, 4:00-5:30pm, FREE
with Amy McFadden, PT

Your Birth: Beyond the Basics, beg. 10/13, 6:30-8:30pm, \$150
with Lacy Knipper, Birth Specialist

Mind-Body Classes Fall Preview, 11/1, 10:30-12:00, \$25
with Malia Ridgway, Lori Ballew, and Tobey Roling

Visit our website to learn more: www.stateraintegrated.com