



JUNE EVENT SCHEDULE

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 CranioSacral 4:30-7:00 p.m.	2	3 Grandview Gallop: Visit the Statera table! 7:00-11:00 a.m.
5 Milk Party 9:30-10:30 a.m.	6	7	8 Lymphatic Drainage Head/Face 5:30-8:00 p.m.	9	10
12 No Limb-its (at Murphy Park) 4:00-5:30 p.m. Comfort Measures for Birth 7:00-8:00 p.m.	13	14	15 Community Acupuncture 5:00-7:00 p.m.	16	17 Baby & Me Yoga 9:15-10:05 a.m.
19 Milk Party 9:30-10:30 a.m.	20	21 Happy 1st day of summer! 	22 Reflexology 4:30-7:00 p.m. Book Club 5:30-6:30 p.m.	23	24
26 5-Week Prenatal Yoga Series (1st of 5) 5:30-6:20 p.m.	27	28	29	30	

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

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

See back for detailed information



Upcoming Support Opportunities for Parents-to-Be and New Parents

- Milk Parties:

FREE support group is for moms and breastfeeding babies of all ages, as well

as pumping moms and pregnant women.

1st & 3rd Mondays in June at 9:30 a.m.

- Prenatal Yoga:

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

5-week series, Mondays, starting June 26 - 5:30-6:20 p.m.

Statera Lower Level, Wellness Studio \$75

Also offered virtually - details at lknipper@stateraintegrated.com

- Comfort Measures for Birth:

Build confidence for labor as you and your support person discover the three types of relaxation needed during labor.

Learn and practice specific comfort measures your support person can use to help you have a more comfortable birth.

Monday, June 12 - 7:00-8:00 p.m.

Statera Lower Level, Open Studio \$50 (partner included)

- Baby & Me Yoga:

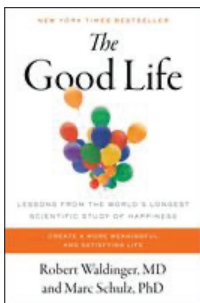
Share the gift of yoga with your little one, and learn exercises you can do with your baby for better sleep and digestion, less fussiness, and greater body awareness.

Saturday, June 17, 9:15-10:05 a.m. \$20

“No Limb-its” Gathering in June

The next No Limb-its group meeting will be held at Murphy Park (1700 S. Grandview Ave) on Monday, June 12, from 4:00-5:30 p.m.

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



Statera Book Club

Book for June:

The Good Life: Lessons from the World's Longest Scientific Study of Happiness

by Robert Waldinger, MD, and Marc Schulz, PhD

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, June 22

5:30 - 6:30 p.m.

Upper level conference room, free



Join us at the **Grandview Gallop!**

Statera will be at the Grandview Gallop in Dubuque on Saturday, June 3. Visit our table for

a free sample of doTERRA Deep Blue Rub, and enter our drawing for a FREE Running Analysis with Statera's Tricia Serres, physical therapist and personal trainer!

Grandview Gallop details: grandviewgallop.com.

1-mile junior gallop: 7:30 a.m.; 4-mile run/walk: 8 a.m.

Thursdays are for Healing

CranioSacral

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, June 1

4:30-7:00 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, June 8

5:30-8:00 p.m.

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

Community Acupuncture

Community acupuncture allows for individualized treatment through a 30-45 minute treatment in a common treatment area.

Thursday, June 15

5:00-7:00 p.m.

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

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, June 22

4:30-7:00 p.m.

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