



JANUARY EVENT SCHEDULE

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
27	28	29	30	31	Closed 1 
No Limb-its Social and Support Group 3 4:00 - 5:30pm	4	5	Reiki & Sound Healing 6 5:30-7:30pm	7	8
Milk Party 10 9:30-10:30am Your Birth: Beyond the Basics (1 of 3) 6:30-8:30pm	11	12	Mini Organic Facial 13 5:30-7:30pm	14	15
17	18	19	Community Acupuncture 20 5:30-7:30pm	21	22
Milk Party 24 9:30-10:30am Prenatal Yoga 31 5:30-6:30pm Prenatal Breastfeeding 5:30-8:00pm Comfort Measures Workshop 7:00-8:00pm	25	26	Reflexology 27 5:30-7:30pm	28	29

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

No Limb-its Amputee Social and Support Gathering

Join us for free monthly gatherings where individuals living with limb loss can meet others with similar experiences and struggles. Members can ask questions, learn how to adapt to their new normal, support others in their journey with living with limb loss, and enjoy return to life activities.

Monday, January 3rd, 4:00-5:30pm

Upper level - FREE

Milk Parties!

Let's celebrate breastfeeding! This support group is for moms and breastfeeding babies of all ages, as well as pumping moms and pregnant women. Come and share your victories about breast feeding and receive help for your challenges. This is a great way to receive support and offer support to other moms in return!

Mondays, January 10th & 24th, 9:30 -10:30am

Lower level - FREE

Your Birth: Beyond the Basics

There is so much more to birthing than "breathing through contractions." In this class you will learn tips and tricks you won't hear in other birth classes. You will know how to work with your body, not against it, for a more comfortable, efficient birth.

Monday, January 10th, 17th & 24th, 6:30-8:30pm

Lower level - \$125 (includes partner)

Comfort Measures Workshop

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, January 31st 7:00 - 8:00 p.m.

Statera Lower Level, \$50 (includes support person)

*This workshop does NOT replace a childbirth education course.

Prenatal Yoga - 5 Week Series

Release tension and move your body in ways that can ease the common discomforts of pregnancy. Deepen your connection with your body and your baby, developing greater trust in your body, your intuition, and the process of birth. Practice openness, breath, and surrender - preparing mind, body, and spirit for birth and motherhood.

Mondays, January 31st- February 28th, 5:30-6:20 p.m.

Statera Lower Level, \$75*

*Private prenatal sessions are also available! Contact Lacy at: lknipper@stateraintegrated.com to learn more and to schedule.

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 for the class.

Monday, January 31st - 5:30-8:00pm

Statera Upper Level, \$40 (partner attends for free)

Thursdays are for Healing

Special Sound Healing and Reiki Evening

We store life experiences as energy patterns in our energy anatomy. Some of those experiences create blockages interrupting the free flow of energy. Tuning forks and Reiki help by channeling positive energy into your body resulting in stress reduction and relaxation.

Thursday, January 6th, 5:30 - 7:30pm

Upper level - \$35 for 30 minutes

Mini Organic Facial

Holistic, natural facials with a professional holistic esthetician improve the health and beauty of your skin. Facials are beneficial for every skin type.

Thursday, January 13th, 5:30 - 7:30pm

Upper level - \$35 for 30 minutes

Community Acupuncture

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

Thursday, January 20th, 5:30 - 8:00pm

Lower level - \$35

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, January 27th, 5:30 - 7:30pm

Upper level - \$35 for 30 minutes

Jumpstart 2022

CUSTOM WELLNESS PACKAGE

**LIMITED
TIME ONLY
20% OFF**

- Health Coaching
- Personal Training
- 8 fitness classes (excludes EBP)



stateraintegrated.com