



## NOVEMBER EVENT SCHEDULE

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1	2
<b>Flu Shot Clinic</b> 4 <b>8:00-4:30 p.m.</b> <b>5-Week Prenatal Yoga Series (1st of 5)</b> 5:30 - 6:20 p.m. <b>Your Birth: Beyond the Basics (1st of 3)</b> 6:30 - 8:30 p.m.	5	6	7	8	9
<b>Milk Party</b> 11 9:30 - 10:30 a.m. <b>Prenatal Yoga Series (2nd of 5)</b> 5:30 - 6:20 p.m. <b>Your Birth: Beyond the Basics (2nd of 3)</b> 6:30 - 8:30 p.m.	12	13	14	15	16
18 <b>Prenatal Yoga Series (3rd of 5)</b> 5:30 - 6:20 p.m. <b>Your Birth: Beyond the Basics (3rd of 3)</b> 6:30 - 8:30 p.m.	19	20	21	22	23
25 <b>Milk Party</b> 9:30 -10:30 a.m. <b>Prenatal Yoga Series (4th of 5)</b> 5:30 - 6:20 p.m.	26	27	28	29	30
			 <b>Office Closed for Thanksgiving!</b>		

3375 Lake Ridge Drive  
 Dubuque, IA  
 Register at [stateraintegrated.com](http://stateraintegrated.com)  
 (563) 207-8932

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



See back for detailed information



### Upcoming Support Opportunities

- Milk Parties:

FREE support group is for moms and breastfeeding babies of all ages, as well as pumping moms and pregnant women.  
**2nd and 4th Monday in November from 9:30 - 10:30 a.m**

- Your Birth Beyond the Basics:

In this class you will learn tips and tricks to work with your body, not against it for a more efficient, comfortable birth. Feel comfortable, confident, and in control when you give birth!  
**3-week series, Mondays, starting November 4 - November 18 6:30 - 8:30 p.m.**

**Statera, Lower Level, Open Studio \$150 (support person attends free)**

*Also offered virtually - details @lknipper@stateraintegrated.com*

- Prenatal Yoga:

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

**5-week series, Mondays, starting November 4 - December 2 5:30 - 6:20 p.m.**

**Statera, Lower Level, Wellness Studio \$75**

*Also offered virtually - details @lknipper@stateraintegrated.com*

- Baby and Me Yoga:

Learn exercises you can do with your baby for better sleep and digestion, less fussiness, and greater body awareness.

**November 23 from 9:15-10:05 a.m.**

**Statera, Lower Level, Open Studio \$20**

*For babies 6 weeks to 12 months*

### **Flu Shot Clinic**

**November 4th, 8:15 a.m. - 4:30 p.m.**

**Must be an established patient of Dr. Hutchison, Emily Roling, or Macy Gudenkauf.**

**\*See front desk for more information or to get scheduled\***



### **Upcoming in December: Statera Holiday Open House**

Discover unique last-minute gift ideas while enjoying the warm atmosphere of Statera Integrated Health and Wellness. Bring your friends and family for an afternoon of Holiday cheer. Birds Food truck will be joining us to help spread the holiday cheer.

Holiday Deals:

- Gift Card Special - Buy a \$100 gift card and receive an additional \$10 for FREE
- Customized Statera Ornament
- Grab-and-Go Holiday Baskets
- Statera Gift Basket Giveaway valued at over \$100

**Tuesday, December 17, 11:00 a.m. - 1:30 p.m.**

**Statera Lower Level, Open Studio**

### **Thursday Healing Night**

Community acupuncture allows for individualized treatment in a common treatment area.

**Thursday, November 21**

**5:00-6:30 p.m.**



### **November Products of the Month**

#### **Orthomolecular: SBI Protect**

Benefits: Helps maintain microbial balance in the gut, supports GI health and barrier, maintain normal inflammatory balance.

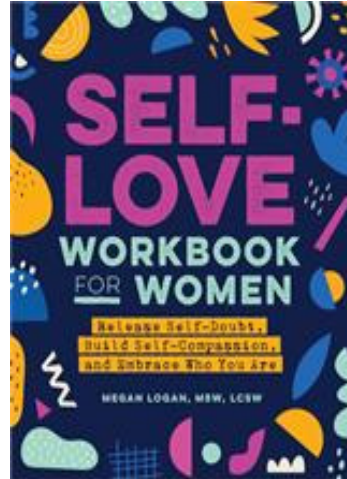
#### **Doterra: Patchouli**

Benefits: Provides a balanced and grounded environment, promotes smooth glowing complexion and reduces wrinkles and blemished when applied topically.

**Get these products for 10% off during November!**

### **Statera Book Club**

**Book for November: Self-Love Workbook for Women**



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, November 14**

**5:30 - 6:30 p.m.**

**Statera, Upper Level, Conference Room**

### **Living Well Series: Blood Sugar Management**

At Statera, living well is viewed as a lifelong journey that does not focus on one number, diagnosis, or test. Living well is a unique experience defined by a series of personal choices. We focus on the importance of integrative health.

Learn more about:

- Defining Blood Glucose
- Identifying symptoms and common causes of high/low blood sugar
- Understanding blood sugar testing and results

**Thursday, November 7 from 5:30 - 7:30 p.m.**

**\$45, advanced registration is recommended**



**Gift Cards Make Great Holiday Gifts!**

**Purchase \$100 and receive \$10 for FREE**

**\*valid Nov. 15 - Dec. 31\***