



STATERA

DECEMBER EVENT SCHEDULE



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
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4 No Limb-its 4:00-5:30 p.m. Prenatal Yoga Series (4th of 5) 5:30 - 6:20 p.m.	5	6	7 CranioSacral/Reiki 5:00-7:00 p.m.	8	9 Prenatal Breastfeeding Education Class 9:00 a.m.-noon
11 Milk Party 9:30-10:30 a.m. Prenatal Yoga Series (5th of 5) 5:30 - 6:20 p.m. Comfort Measures for Birth 7:00-8:00 p.m.	12	13	14 Lymphatic Drainage Head/Face 5:00-7:00 p.m.	15	16 Baby & Me Yoga 9:15-10:05 a.m.
18	19	20	21	22	23  Office is closed!
25  Office is closed!	26	27	28	29	30

3375 Lake Ridge Drive
Dubuque, IA
Register at 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 Monday in December
from 9:30 - 10:30 a.m.**

- 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 to the class.

**Saturday, December 9 from 9 a.m. - Noon
Statera, Upper Level, Conference Room
\$50 (support person attends for free)**

- Prenatal Yoga:

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

**5-week series, Mondays, starting November 13 -
December 11**

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.

December 16 from 9:15-10:05 a.m.

Statera, Lower Level, Open Studio \$20

For babies 6 weeks to 12 months

"No Limb-its" Gathering in December

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

December 4 from 4:00 - 5:30 p.m.

**Location: Statera, Upper Level, Conference Room
FREE**

December Products of the Month

Orthomolecular: Reacted Zinc

Benefits: Plays a crucial role in boosting immune function, maintaining healthy tissue growth, eye health, and increasing the antioxidant reserves that protect the body from free radical damage.

Doterra: Frankincense

Benefits: Promotes healthy cellular function when used internally, provides a comforting, uplifting aroma, and can maintain healthy skin when applied topically.

Get these products for 10% off during December!

Thursdays are for Healing

CranioSacral/Reiki

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, December 7

5:00-7:00 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, December 14

5:00-7:00 p.m.

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

Community Acupuncture

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

NO SCHEDULED DATE IN DECEMBER DUE TO HOLIDAY

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.

NO SCHEDULED DATE IN DECEMBER DUE TO THE HOLIDAY

Visit our website at stateraintegrated.com for a FULL list of services and appointment options

**Give the Gift
of Health and Wellness
this Holiday Season!**

**Purchase a \$100 gift card, receive an
additional \$10 for FREE!**

