





STATERA

JULY EVENT SCHEDULE

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 5-Week Prenatal Yoga Series (1st of 5) 5:30 - 6:20 p.m.	2	3	4  Office is closed!	5	6
8 Milk Party 9:30 - 10:30 a.m. No Limb-its 4:00 - 5:30 p.m. Prenatal Yoga Series (2nd of 5) 5:30 - 6:20 p.m.	9 Vinyasa Flow Series with Kailey Peterson (1st of 5) 5:30 - 6:20 p.m.	10 Vinyasa Flow Series with Kailey Peterson (1st of 5) 6:00 - 6:50 a.m.	11 Beginners Pilates Workshop (1st of 3) 5:30-6:30 p.m. Book Club 5:30 - 6:30 p.m.	12	13
15 Prenatal Yoga Series (3rd of 5) 5:30 - 6:20 p.m. Your Birth: Beyond the Basics (1st of 3) 6:30 - 8:30 p.m.	16 Vinyasa Flow Series with Kailey Peterson (2nd of 5) 5:30 - 6:20 p.m.	17 Vinyasa Flow Series with Kailey Peterson (2nd of 5) 6:00 - 6:50 a.m.	18 Community Acupuncture 5:00 - 6:30 p.m. Beginners Pilates Workshop (2nd of 3) 5:30-6:30 p.m.	19	20  International Self-Compassion Day Baby & Me Yoga 9:15-10:05 a.m.
22 Milk Party 9:30-10:30 a.m. Prenatal Yoga Series (4th of 5) 5:30 - 6:20 p.m. Your Birth: Beyond the Basics (2nd of 3) 6:30 - 8:30 p.m.	23 Vinyasa Flow Series with Kailey Peterson (3rd of 5) 5:30 - 6:20 p.m.	24 Vinyasa Flow Series with Kailey Peterson (3rd of 5) 6:00 - 6:50 a.m.	25 Beginners Pilates Workshop (3rd of 3) 5:30-6:30 p.m.	26	27
29 Prenatal Yoga Series (5th of 5) 5:30 - 6:20 p.m. Your Birth: Beyond the Basics (3rd of 3) 6:30 - 8:30 p.m.	30 Vinyasa Flow Series with Kailey Peterson (4th of 5) 5:30 - 6:20 p.m.	31 Vinyasa Flow Series with Kailey Peterson (4th of 5) 6:00 - 6:50 a.m.			

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.
1st and 3rd Monday in July from 9:30 - 10:30 a.m.

- Prenatal Yoga:
Practice openness, breath, and surrender - preparing mind, body, and spirit for birth and motherhood.
5-week series, Mondays, starting July 1 - July 29
5:30 - 6:20 p.m.
Statera, Lower Level, Wellness Studio \$75
Also offered virtually - details @ lknipper@stateraintegrated.com

- 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 July 15 - July 29
6:30 - 8:30 p.m.
Statera, Lower Level, Open Studio \$150 (support person attends free)
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.
July 20 from 9:15-10:05 a.m.
Statera, Lower Level, Open Studio \$20
For babies 6 weeks to 12 months

- Beginners Pilates Workshop:
Wondering how you can feel stronger, while increasing your posture and balance? We're offering a beginner's class at a discounted rate for you to get introduced to the equipment and start to move and feel confident.
3-week series, Mondays, starting July 11 - July 25
5:30 - 6:20 p.m.
Statera, Lower Level, Pilates Studio \$65



Upcoming:
World Breastfeeding Week
August 1-7

"No Limb-its" Gathering in July
Join Amy McFadden, PT, for free monthly gatherings where individuals living with limb loss can meet others with similar experiences and struggles.
July 8 from 4:00 - 5:30 p.m.
Murphy Park (Pending Weather) OR Statera, Upper Level Conference Room, FREE

We are now booking back-to-school/sport physicals.
Dr. Lawrence Hutchison, M.D.
Emily Roling, ARNP
Macy Gudenkauf, DNP
Call Statera to schedule @ 563-207-8932



July Products of the Month

Orthomolecular: MSM 900

Benefits: Supports connective tissue health including cartilage and collagen production, maintains normal inflammatory balance and exercise recovery, promotes healthy skin and hair

Doterra: Fennel

Benefits: Promotes healthy digestion and metabolic function circulation, with a calming yet invigorating aroma

Get these products for 10% off during July!

Thursday Healing Night

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



Thursday, July 18
5:00-6:30 p.m.
Lower level - \$40

Returning In July!

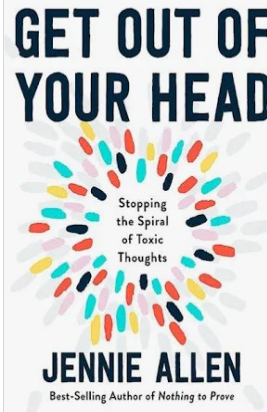
5-WEEK VINYASA FLOW YOGA SERIES W/ KAILEY PETERSON

In this series, you will explore the integration of breath and movement as you flow from one pose to the next. Each class is thoughtfully crafted to help you build strength, flexibility, and balance while cultivating mindfulness and presence on and off the mat. For all levels!

Starting Tuesdays, July 9 from 5:30 - 6:20 p.m.
& Wednesdays, July 10 from 6:00 - 6:50 a.m.
Your Investment: \$75

Statera Book Club

Book for July: **Get Out of Your Head: Stopping the Spiral of Toxic Thoughts** by Jennie Allen



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, July 11
5:30 - 6:30 p.m.
Upper level conference room, FREE