



STATERA

MARCH EVENT SCHEDULE



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1	2
No Limb-its 4:00-5:30 p.m. 4 Beginners Pilates Workshop 5:30-6:30 p.m. Prenatal Yoga Series (3rd of 5) 5:30 - 6:20 p.m. Your Birth: Beyond the Basics (3rd of 3) 6:30-8:30 p.m.	5	6	7	8	9
11	12	13	Dermaplaning 14 4:30-7:00 p.m. Lymphatic Drainage Head/Face 5:00-7:00 p.m. Living Well Series: Gut Health 5:30-7:30 p.m.	15	16
Milk Party 9:30-10:30 a.m. Prenatal Yoga Series (4th of 5) 5:30 - 6:20 p.m.					Baby & Me Yoga 9:15-10:05 a.m.
18	19	20	21	22	23
Prenatal Yoga Series (5th of 5) 5:30 - 6:20 p.m. Comfort Measures for Birth 7:00-8:00 p.m.			Community Acupuncture 5:00-6:30 p.m. Book Club 5:30-6:30 p.m.		
25	26	27	28	29	30
Milk Party 9:30-10:30 a.m.			Reflexology 4:30-6:30 p.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.

**2nd Monday in March
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 February 19 - March 18

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 February 19 - March 4

6:30 - 8:30 p.m.

Statera, Lower Level, Open Studio

\$150 (support person attends free)

Also offered virtually - details @lknipper@stateraintegrated.com

- 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 March 4 - March 18

5:30 - 6:20 p.m.

Statera, Lower Level, Pilates Studio \$65

- 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

- Comfort Measures for Birth:

Build confidence for labor as you and your support person discover the three types of relaxation needed during labor to help you have a more comfortable birth.

March 18 from 7 - 8 p.m.

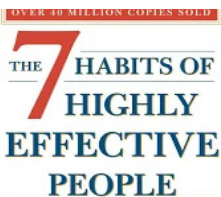
Statera, Lower Level, Open Studio

\$50 (support person attends for free)

Statera Book Club

Book for March: *The 7 Habits of Highly Effective People: 30th Anniversary* by

Stephen R. Covey



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, March 21

5:30 - 6:30 p.m.

Upper level conference room, FREE

Living Well Series: Gut Health

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.

Thursday, March 14 from 5:30 - 7:30 p.m.

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, March 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, March 14

5:00-7:00 p.m.

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

Dermaplaning

Dermaplaning is a minimally invasive cosmetic procedure for your skin that can reduce the appearance of acne scars or other skin imperfections by exfoliating the top dermal layer and removing vellus hair (peach fuzz) to reveal smoother more radiant skin.

Thursday, March 14

4:30-7:00 p.m.

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

Community Acupuncture

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

Thursday, March 21

5:00-6:30 p.m.

Lower level - \$40

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, March 28

5:00-7:00 p.m.

Upper level - \$40

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

March Products of the Month

Orthomolecular: Candicid Forte

Benefits: Promotes microbial balance and helps maintain gastrointestinal comfort, enhances immune function.

Doterra: Meta PWR

Benefits: May support healthy metabolic function and helps curb cravings and promote mindful eating.

Get these products for 10% off during March!