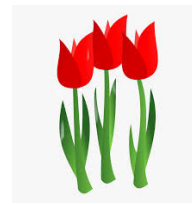


STATERA

APRIL EVENT SCHEDULE



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 No Limb-its 4:00-5:30 p.m. 5-Week Prenatal Yoga Series (1st of 5) 5:30-6:20 p.m.	2	3	4 Meditation for Beginners 5:30-6:30 p.m.	5	6
8 Milk Party 9:30-10:30 a.m. Prenatal Yoga Series (2nd of 5) 5:30 - 6:20 p.m.	9	10	11 Dermaplaning 4:30-7:00 p.m. Book Club 5:30-6:30 p.m.	12	13 Prenatal Breastfeeding Education Class 9:00 a.m.-noon Baby & Me Yoga 9:15-10:05 a.m.
15 Prenatal Yoga Series (3rd of 5) 5:30 - 6:20 p.m.	16	17	18 Community Acupuncture 5:00-6:30 p.m.	19	20 Growth and New Beginnings: Mind, Body, and Spirit 1:00-3:30
22 Milk Party 9:30-10:30 a.m. Prenatal Yoga Series (4th of 5) 5:30 - 6:20 p.m.	23	24  Administrative Professional Day	25 Reflexology 4:30-6:30 p.m.	26	27
29 Prenatal Yoga Series (5th of 5) 5:30 - 6:20 p.m.	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 April
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 April 1 - April 29

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.

April 13 from 9:15-10:05 a.m.

Statera, Lower Level, Open Studio \$20

For babies 6 weeks to 12 months

- 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, April 13 from 9 a.m. - Noon

Statera, Upper Level, Conference Room

\$50 (support person attends for free)

"No Limb-its" Gathering in April

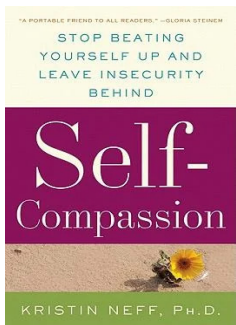
Join Amy McFadden, PT, for free monthly gatherings where individuals living with limb loss can meet others with similar experiences and struggles.

April 1 from 4:00 - 5:30 p.m.

Statera, Upper Level, Conference Room, FREE

Statera Book Club

Book for April: *Self Compassion: The Proven Power of Being Kind to Yourself* by Dr. Kristen Neff



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, April 11

5:30 - 6:30 p.m.

Upper level conference room, FREE

UPCOMING IN MAY!

Living Well Series: Hormone 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, May 2 from 5:30 - 7:30 p.m.

\$45, advanced registration is recommended

Thursdays are for Healing

Meditation for Beginners

Learn the basics of what meditation is (and what it isn't!), the different types of meditation, and learn ways to practice meditation in your daily life. Benefits include improved sleep and reduced stress and anxiety.

Thursday, April 4

5:30-6:30 p.m.

Lower Level - Wellness Studio, \$40

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, April 11

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, April 18

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, April 22

5:00-7:00 p.m.

Upper level - \$40

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

April Products of the Month

Orthomolecular: Reacted Calcium

Benefits: Increases skeletal strength and promotes healthy bone density.

Doterra: Clary Sage

Benefits: Promotes healthy looking hair and scalp and can calm and soothe the skin.

Get these products for 10% off during April!

Growth and New Beginnings: Mind, Body, and Spirit

Join us for this interactive retreat for your mind, your body, and, your spirit. You will receive guidance on how to make space in your life for what is most meaningful to you, how to develop habits that support who and what you want to be.

April 20 from 1:00 - 3:30 p.m.

Statera, Lower Level, Open Studio

\$45