



STATERA

SEPTEMBER EVENT SCHEDULE



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
2  Office is closed!	3 Midday Energy Challenge Begins Prenatal Yoga Series (3rd of 5) 5:30 - 6:20 p.m.	4	5 Living Well Series: Stress and Anxiety Management 5:30 - 7:30 p.m.	6	7 Baby & Me Yoga 9:15-10:05 a.m.
9 Milk Party 9:30 - 10:30 a.m. Prenatal Yoga Series (4th of 5) 5:30 - 6:20 p.m. Comfort Measures for Birth 7:00-8:00 p.m.	10	11 Book Club 5:30 - 6:30 p.m.	12 Healthier Me Program Sept. 12 - Oct. 17 5:30-7:00 p.m.	13	14
16 Prenatal Yoga Series (5th of 5) 5:30 - 6:20 p.m.	17	18	19 Community Acupuncture 5:00 - 6:30 p.m.	20	21 
23 Milk Party 9:30 -10:30 a.m. 5-Week Prenatal Yoga Series (1st of 5) 5:30 - 6:20 p.m.	24	25	26	27	28
30 Prenatal Yoga Series (2nd of 5) 5:30 - 6:20 p.m.	1	2	3	4	5

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 and 4th Monday in September 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 September 23 - October 21 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.

September 7 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.

September 9 from 7 - 8 p.m.

Statera, Lower Level, Open Studio

\$50 (support person attends for free)

A Healthier Me: Foundations of Health and Wellness

This professionally designed program is designed to provide the basic principles and specific actions to set the stage for a long life of health and wellness.

This six-week program is designed for women aged 45+ with all physical ability levels accommodated.

September 12 - October 17

Thursday nights from 5:30 - 7:00 p.m.

Investment: \$435

Welcome to the Statera Team!



Taylor Greibe - Eating Disorder Recovery Coach

Taylor has experience working in all levels of treatment including; outpatient, partial hospitalization, inpatient, and residential. She believes in an individualized approach and working with the whole person to understand their goals for recovery.



Amber Horsley, DC, DCBCN - Chiropractor, Certified Acupuncturist

Amber is a licensed chiropractor who has completed a post-doctoral program in nutrition. She assesses structurally, neurologically, and nutritionally to get to the root of the pain, joint dysfunction, hormone imbalance, and chronic infections and digestive complaints.

Visit our website for more information regarding scheduling.

September Products of the Month

Orthomolecular: Traumeric

Benefits: Maintains normal inflammatory balance, boosts joint health, movement, and physical function and also enhances workout recovery time.

Doterra: Eucalyptus

Benefits: Creates a calm atmosphere, contains cleansing properties, and provides a cooling sensation, which may contribute to feelings of open airways

Get these products for 10% off during September!

Thursday Healing Night

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



Thursday, September 19

5:00-6:30 p.m.

Lower level - \$40

Living Well Series: Stress and Anxiety 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.

Thursday, September 5 from 5:30 - 7:30 p.m.

\$45, advanced registration is recommended

Statera Book Club

Book for September: No Bad Parts by Dr. Richard Schwartz



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.

Wednesday, September 11

5:30 - 6:30 p.m.

Statera, Upper Level, Conference Room

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