

# NEWSLETTER

FEBRUARY 2026 | (563) 207-8932

## DIABETES: PREVENTION & MANAGEMENT PROGRAM

At Statera, we believe managing diabetes or pre-diabetes is about more than numbers. It's about building confidence, balance, and sustainable habits for long-term health. Our 3-month program is designed to empower you with expert guidance, practical tools, and a supportive community so you can take meaningful control of your well-being. By signing up for this program, you'll also be part of a community that understands your journey, offering encouragement, accountability, and connection every step of the way. (<https://www.stateraintegrated.com/workshops-events>)



### Candy Hearts

*"When winter days feel short and heavy, let bright citrus lift your spirit while warm, comforting notes fill the room with calm and turn low light days into cozy moments."*

~doTERRA

- 3 drops Grapefruit
- 2 drops Lemon
- 2 drops Madagascar Vanilla
- 1 drop Copaiba

*Learn more about creating the perfect doTERRA essential oil blends at home: <https://www.dotorra.com/US/en/blog/essential-oil-blending-guide-home-safety-techniques>*



- Family Practice
- Functional Medicine
- Hormone Replacement Therapy
- Mental Health
- Holistic Nutrition
- Integrative Health Coaching
- Chiropractic
- Physical Therapy
- Dry Needling
- Acupuncture
- Reflexology
- Massage Therapy
- Reiki, Sound Healing
- Esthetics

**“Wellness is not a ‘medical fix’, but a way of living- a lifestyle sensitive and responsive to all the dimensions of the body, mind, and spirit, an approach to life we each design to achieve our highest potential for well-being, now and forever.”**

-Greg Anderson



## OUR NEWSET TEAM MEMBERS

Welcome to Cora Ritchie, Massage Therapist; Shannon Krapfl, Front Desk Receptionist; and Caitlyn Sharkey, Front Desk Receptionist!

### Join Our Team:

- Physical Therapist
- Mental Health Counselor

### Learn more:

<https://www.stateraintegrated.com/join-our-team>

## UPCOMING WORKSHOPS

**No Limb-Its Amputee Social & Support Gatherings**, 2/2, 4:00-5:30 pm, Free, with Amy McFadden, Physical Therapist

**Prenatal Yoga**, 5 weeks begins 2/16, 5:30-6:20 pm, \$80, with Lacy Knipper, Birth Specialist

**Comfort Measures for Birth**, 2/16, 7:00-8:00 pm, \$50, with Lacy Knipper, Birth Specialist

**Community Acupuncture**, 2/19, appointments available 5:00-6:30 pm, \$40, with Ashley Straka, Acupuncturist

**Living Well: One Word for 2026**, 2/19, 5:00-7:00 pm, \$35, with Nicole Hutchison, PT, CSCS, Integrative Health Coach

**Galentine's Day Minis**, 2/21 & 2/28, appointments available, \$160, with Danielle Smethers, Esthetician and Cora Ritchie, Massage Therapist

*Learn more: <https://www.stateraintegrated.com/workshops-events>*

## Equipment Based Pilates (EBP) & Antigravity®

## Fitness, Pilates & Meditation

MON	8:00-8:50am	Multi-level EBP	Malia	8:30-9:20am	Strength & Balance	Nicole
	9:00-9:50am	Level 2 EBP	Malia	9:30-10:20am	Healthy Aging	Nicole
	4:30-5:20pm	Level 1 / 2 EBP	Malia	4:30-5:20pm	Mat Pilates Blend	Shannon
	4:30-5:20pm	Mat Pilates Blend	Shannon			
	5:30-6:20pm	Level 1 EBP	Shannon			
	7:30-8:20am	Multi-level EBP	Sue	9:00-9:50am	Cardio+Strength+Yoga	Tobey
	8:30-9:20am	Level 2 EBP	Sue	10:00-10:50am	Yin Yoga	Tobey
TUES	10:00-10:50am	Level 1 EBP	Sue			
	11:00-11:50am	60+ Restorative EBP	Malia			
WED	4:30-5:20pm	Multi-level EBP	Malia	8:30-9:20am	Strength & Balance	Nicole
	5:30-6:20pm	Antigravity	Malia	9:30-10:20am	Stretch	Nicole
THURS	8:00-8:50am	Pilates Fitness	Malia			
	9:00-9:50am	Pilates Fitness	Malia			
FRI	4:00-4:50pm	Bone Health EBP	Malia			
	5:00-5:50pm	Pilates Fitness	Malia			
SAT	7:30-8:20am	Multi-level EBP	Sue	9:00-9:50am	Cardio+Strength+Yoga	Tobey
	8:30-9:20am	Level 2 EBP	Sue	10:00-10:50am	Yin Yoga	Tobey
	10:00-10:50am	Level 1 EBP	Sue			
	4:30-5:20pm	Multi-level EBP	Shannon			
	5:30-6:20pm	Level 1 EBP	Shannon			
SAT	9:00-9:50am	Chair EBP	Malia	9:00-9:50am	Breath, Mindfulness, Meditation	Nicole
	11:00-11:50am	60+ Restorative EBP	Malia	10:00-10:50am	Oov	Malia
SAT	7:30-8:20am	Multi-level EBP	Malia	7:30-8:20am	Pilates Sculpt	Lori
	8:30-9:20am	Active Aging EBP	Malia			
	9:30-10:20am	Multi-level EBP	Malia			
	10:30-11:20am	Multi-level EBP	Malia			
PRICING	<b>Drop In: \$28</b> <b>10-Pass: \$252 (\$25.20ea)</b> <b>20-Pass: \$476 (\$23.80ea)</b> <b>30-Pass: \$672 (\$22.40ea)</b> <b>30-Day Unlimited: \$169/month</b>			<b>Drop In: \$16</b> <b>10-Pass: \$150 (\$15ea)</b> <b>20-Pass: \$280 (\$14ea)</b> <b>30-Pass: \$390 (\$13ea)</b> <b>30-Day Unlimited: \$99/month</b>		

**Fitness, Yoga, Oov & Healthy Aging Wellness Classes, Equipment-Based Pilates (EBP) & AntiGravity®**  
**All-Class Pass: \$241.20/month**

\*For your safety, a private one-on-one introductory Pilates session is required before signing up for EBP classes.

