

SPRING/SUMMER 2019

As seen
on Chronicle

Wellness Classes

FOR MIND AND BODY

Private Treatments Now Available!

See page 19 for more information.

CLASSES
FOR ALL
AGES &
STAGES



Steinberg Wellness Center
for Mind and Body
at Emerson Hospital

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Classes are held at 310 Baker Ave, unless otherwise noted.

Emerson Hospital is an approved provider of Continuing Nursing Education by ANA-MA, an accredited approver by the American Nurses Credentialing Center's Commission on Accreditation.

The Steinberg Wellness Center for Mind and Body is home to a wide range of classes and programs designed to keep you and your family healthy. There is something for everyone, whether you're looking to get fit, reduce stress or gain control of your health *naturally*.

Drop-in Classes

Some classes are ongoing; you can join at anytime. Classes that do not allow drop-ins are indicated. Before attending a drop-in session, please call 978-287-3777 to check if class is being held.

Insurance

Some insurance plans provide fitness and wellness reimbursement benefits. Contact your insurance provider for more information.

Discount

We offer a 10% discount to those 65 or older for some classes (exclusions apply as indicated). No discount for one-day programs.

Payment and Refund Policy

- Preregistration and payment required 48 hours in advance of the class. If paying by check, please make it payable to Emerson Hospital.
- Because our classes are supported totally by fees, refunds are not given.
- In case of a medical withdrawal, a refund will be given minus a 25% administration fee after the center receives a doctor's note.
- No discount, transfer, refund or credit if student is unable to attend all classes.
- No make-up classes.

Cancellation Policy

Emerson Hospital reserves the right to cancel any program due to low enrollment or inclement weather. You will be notified if a class is cancelled.

Questions?

Contact us at EmersonWellness@emersonhosp.org or 978-287-3777. Patti Salvatore, Director

For complete class descriptions or to register, visit

EmersonWellness.org

Times and dates subject to change. Please check the website for up-to-date schedules and cancellations.



FITNESS/ MOVEMENT

NEW Chair Pilates: Stronger Core for Seniors

Pilates in a chair is designed to strengthen abdominal and lower back muscles, improving posture and decreasing back pain. Through mind-body awareness and breathwork, exercises improve balance and reduce injury. A standing section using ballet barre strengthens and refines small and large muscle groups and reinforces proper alignment principles. Props are used for challenge and modification. Bring yoga mat. Instructor: Susanne Liebich, Certified Stott Pilates®, Nia Black Belt

- **Thursdays, 9:00–10:00 am;**
begins April 4 or May 9
- **\$108 for a 5-week session;**
\$24 drop-in

Dance Fitness

Get fit, lose weight, strengthen and condition, de-stress and have fun! Based on Nia® Technique, this fitness class blends different forms of dance, tai chi,

taekwondo and yoga to provide a full-body workout that will leave you feeling energized. For all levels. Instructor: Susanne Liebich, Certified Nia Black Belt, Stott Pilates®

- **Thursdays, 4:30–5:30 pm**
- **6-week session begins April 4 or May 16**
- **4-week session begins July 11**
- **\$99 for a 6-week session;**
\$66 for a 4-week session;
\$19 drop-in

NEW Gentle Barre

A ballet-inspired class that integrates elements of Pilates, dance, yoga, cardio and strength training. Enhances posture, strengthens core, defines and sculpts muscles for a more graceful physique. This class is designed for the beginner barre student. Instructor: Susanne Liebich, founder Dancing Wellness™, Certified Total Barre™, Stott Pilates®

- **Mondays, 11:30 am–12:30 pm;**
begins April 8 or May 13
- **\$108 for a 5-week session;**
\$24 drop-in





ESSENTRICS

As seen on PBS Developed by Miranda Esmonde-White, author of *Forever Painless and Aging Backwards*, and creator of the long-running PBS fitness show, *Classical Stretch*. A diverse music playlist accompanies each routine creating a fun, positive environment. You'll leave feeling rebalanced, elongated and strong! Classes are done in bare feet or sticky socks. Wear comfortable clothing; bring yoga mat and large towel. Instructors: Severina Gates and Lauren Mayhew, Advanced Certified Level 4 Essentrics, both featured on PBS with Miranda Esmonde-White

Essentrics Restore, Release & Rebalance

A full-body exercise program designed to help you slowly build strength, flexibility and mobility, and reawaken the power of your 650 muscles. Designed for those new or returning to exercise, have slightly limited mobility, stiffness and chronic aches and pains. Ideal for athletes looking to stretch, and for all ages and abilities looking for a gentle, slow-tempo class. Involves some floor work.

- Mondays, 10:30–11:30 am; begins April 8, May 13 or July 15
- Tuesdays, 10:00–11:00 am; begins April 30, June 11 or July 23
- Tuesdays, 5:30–6:30 pm; begins April 30, June 4 or July 30
- Thursdays, 12:00–1:00 pm; begins March 28, May 2, June 6 or August 1
- \$99 for a 5-week session; \$22 drop-in

Essentrics Stretch & Tone

A unique full-body workout that strengthens and lengthens your muscles simultaneously for a lean, toned and flexible body, resulting in longer, leaner, stronger muscles without using weights. A moderately-paced class, ideal for beginners or non-beginners who are active, healthy and fully mobile.

- Mondays, 11:45 am–12:45 pm; begins April 8, May 13 or July 15
- Tuesdays, 11:15 am–12:15 pm; begins April 30, June 11 or July 23
- Tuesdays, 6:45–7:45 pm; begins April 30, June 4 or July 30
- Thursdays, 1:15–2:15 pm; begins March 28, May 2, June 6 or August 1
- \$99 for a 5-week session; \$22 drop-in

I've always wanted to do yoga, but with age and a knee replacement diagnosis, I had pretty much given up the idea. When I heard about the Chair Yoga class, I decided to drop-in, and to my surprise I loved it. That was about four months ago, and I look forward to every class. Best class I ever took. I'm in it for the long haul.

— Gevena C., student, Chair Yoga

(Class information on page 8)

Osteofitness™

This evidence-based class targets osteoporosis naturally by building bone through progressive strength training at osteoporotic sites. Learn to improve balance and mobility, prevent falls, reduce pain and correct posture. Learn foods for bone health and experience delicious food plans at the Calcium Café. Program is modeled after Tufts University research and includes joint-friendly moves advised by the Arthritis FoundationSM. **Class meets twice a week.** Bring exercise mat, 5-pound pair All Pro leg cuffs and water. Instructor: Beverley Ikier, Board Certified Muscular Therapist and Bodyworker, Senior Fitness Specialist

FREE Introductory Lecture and Orientation

- **Wednesday, May 1 or June 26, 1:45–2:45 pm**
- **Registration required**

Osteofitness Program All classes meet twice a week

- **Tuesdays, 1:45–2:45 pm and Thursdays, 2:45–3:45 pm; begins May 7 or July 9**

or

- **Mondays and Thursdays, 12:00–1:00 pm**

or

- **Mondays and Thursdays, 4:30–5:30 pm; begins May 6 or July 8**

- **\$352 for an 8-week, 16-class session; not eligible for discounts**

QIGONG

Qigong Beginner & Intermediate/Advanced

Qigong integrates gentle physical postures, breathing techniques and focused intentions to reduce stress, build stamina and increase vitality. Instructor: Ming Wu, PhD

- **Wednesdays, 10:30–11:30 am; begins April 24, June 19 or August 14**
- **\$128 for an 8-week session; \$18 drop-in**

Qigong for Seniors

The gentle, fluid movements of qigong train the mind to direct the body's energy, or chi, to any part of the body, helping to improve balance and blood pressure, build strength, increase range of motion and flexibility, enhance endurance and reduce stress. Instructor: Carolyn McDonald, Certified Qigong

- **Thursdays, 2:00–3:00 pm; begins May 2, June 13 or August 1**
- **\$99 for a 6-week session; \$19 drop-in**

Qigong/Tai Chi Combination

A combination of qigong and tai chi exercises that includes the therapeutic 36 qigong form that works the whole body-mind, basic stances, the 8 form (a primitive tai chi form), tai chi elements, tai chi walking and more. Promote health and healing through breath awareness, mindful concentration, stances and gentle rhythmic movement. This workout helps to improve circulation, hydrate tissues and joints and strengthen tissues and bones. Appropriate for all ages and abilities. Instructor: Pam Vlahakis, Certified Qigong, Tai Chi

- **Wednesdays, 4:15–5:15 pm;**
- **6-week session begins April 3 or May 15**
- **3-week session begins July 17**
- **\$99 for a 6-week session; \$50 for a 3-week session; \$19 drop-in**

Pilates Core Awareness

Based on the classical Stott Pilates® principles of strengthening the core to help you maintain correct body alignment and help support your back. This class moves at a slower pace than most Pilates classes, breaking down the exercises to help increase your body awareness and perform the exercises correctly to get the most benefit. Bring yoga mat. Space is limited. Instructor: Lori Seymour, Certified Stott Pilates/ Personal Trainer

- **Tuesdays, 5:15–6:15 pm;**
begins April 9, May 21, July 9 or August 20
- **\$130 for a 6-week session;**
\$24 drop-in

Self-Defense for Adults, Teens & Children

Learn practical and effective physical and verbal techniques for self-defense in these ongoing Japanese martial arts classes. For returning students, each session builds on the prior one; beginners can start at any session.

- **\$160 for a 10-week session**
- **\$270 for both jujitsu and karate (for returning students only)**
or
- **20% discount for additional family members**

Attend one trial class with no commitment; call for details.

Seirenkai Jujitsu

Instructors: Len and Johanna Glazer, fourth-degree black belts

- **Begins Sunday, April 7**
- **Youth jujitsu (elementary to middle school)**
2:00–3:00 pm
- **High school to adult jujitsu**
3:30–5:00 pm

Seirenkai Karate (middle school to adult)

Instructor: Stephen Lisauskas, fourth-degree black belt

- **Begins Thursday, April 11,**
7:30–9:00 pm

NEW Self-Defense Seminar for Teens & Adults

This unique seminar for teens and adults focuses on hands-on self-defense techniques, strategies and tips for staying safe. The class is for those who are starting to become more independent, including teens who are walking, biking or driving places on their own. Instructors teach and demonstrate ways to escape from common attacks, while helping to build confidence. Instructors: Johanna and Len Glazer, fourth-degree black belts

- **Wednesday, August 21, 7:30–9:30 pm**
- **\$45; not eligible for discounts**

By attending Osteofitness twice a week, I went from having osteoporosis to normal bone, and without medication.

—Joan C., student, Osteofitness
(Class information on page 5)

Strength, Balance & Conditioning for Seniors

Based on Healing Motion for Life™, this class focuses on conditioning the core and balance by learning how to move the body in a healthy way to strengthen, avoid injury and reinforce proper movement principles. Combines yoga, pilates, martial arts and breath work to achieve overall health and wellness and improved mobility. Bring yoga mat. Instructor/Program Creator: Susanne Liebich, Certified, Nia® Black Belt, Stott Pilates®

- **Wednesdays, 1:30–2:30 pm**
- **5-week session begins April 24 or May 29**
- **4-week session begins July 10**
- **\$99 for a 5-week session;**
\$79 for a 4-week session;
\$22 drop-in



Strength & Conditioning for Seniors

As we age, muscles and bones naturally weaken, but strength is vital to our ability to function. Whether your goal is to climb stairs, walk better or get out of your chair, this class will safely increase your strength, balance and flexibility regardless of your current physical abilities. Instructor: Kristin Wood, PT

- Wednesdays, 2:00–3:00 pm;
begins March 27 or May 22
- \$132 for an 8-week session;
\$20 drop-in
- Classes held at The Mill Works,
Westford

TAI CHI

Tai chi, an ancient Chinese martial art, achieves therapeutic benefits, such as pain relief, and improves balance, posture, breathing, mood, concentration, energy and overall strength.

Beginner (Short Form)

Instructor: Ming Wu, PhD

- Thursdays, 6:45–7:45 pm;
begins April 25, June 20 or August 22

Beginner (Short Form)

Instructor: Sining Zhan

- Thursdays, 1:00–2:00 pm;
begins May 16 or July 18

Intermediate/Advanced (Long Form)

Instructor: Ming Wu, PhD

- Wednesdays, 9:30–10:30 am;
begins April 24, June 19 or August 14
- Thursdays, 5:45–6:45 pm;
begins April 25, June 20 or August 22
- \$128 for an 8-week session;
\$18 drop-in

Beginner (Long Form)

Instructor: Nonny Levy, LICSW,
Certified Tai Chi

- Wednesdays, 10:45–11:45 am;
begins April 3, May 15, June 26 or
August 7

Advanced Beginner (Long Form)

Instructor: Nonny Levy, LICSW,
Certified Tai Chi

- Wednesdays, 12:00–1:00 pm;
begins April 3, May 15, June 26 or
August 7
- \$99 for a 6-week session;
\$19 drop-in

Qigong/Tai Chi Combination

See *Qigong* on page 5

Tai Chi for Rehab

Often described as “the perfect exercise,” this beginner’s class is designed for adults of all ages and physical abilities, including those with arthritis, fibromyalgia, generalized weakness, COPD and cancer. Instructor: Trudy Goldstein, PT, third degree black belt

- Mondays, 1:00–2:00 pm;
begins April 22 or July 8
- \$130 for an 8-week session;
no drop-ins
- Classes held at Emerson Hospital
Health Center, Westford, Room 314



YOGA

Chair Yoga

Many of us find it difficult to get on and off the floor but that doesn't have to keep you from doing yoga. In fact, almost all yoga poses can be done seated or standing while using a chair. And they can be just as challenging as those on the mat and equally beneficial to body, mind and spirit. Ideal for anyone with weight challenges, injury, limited mobility or recovering from surgery. Instructor: Susan Chormann, CYT

- **Mondays, 1:15–2:30 pm;**
begins May 6 or June 24
- **\$99 for a 6-week session;**
\$19 drop-in

Gentle Yoga (as seen on Chronicle)

For the new student of yoga and for those with a tight body, stiffness, injury or recovery from illness or surgery. Bring yoga mat. Instructor: Laraine Lippincott, CYT, featured on Chronicle

- **Fridays, 9:30–10:45 am or**
11:15 am–12:30 pm
begins May 3, June 14 or August 2
- **\$99 for a 6-week session;**
no drop-ins

Hip Mobility Workshop

See Self-Help/Support/Learning on page 14

Neck & Shoulder Mobility Yoga Workshop

See Self-Help/Support/Learning on page 15

Prenatal Yoga for a Healthier Pregnancy

See Pregnancy & Childbirth on page 14

Rewind Yoga for Boomers & Seniors

An all-encompassing evidence-based mind-body yoga program designed for boomers and seniors and developed by YMEDICA, specializing in the medical and therapeutic applications of yoga. Incorporates specific yoga poses and adaptations, breathing practices and mindfulness techniques shown to improve functional fitness and balance, reduce stress and alleviate symptoms associated with chronic conditions. Bring yoga mat. Instructor: Susan Chormann, CYT

- **Tuesdays, 1:30–2:45 pm**
- **6-week session begins April 16 or**
May 28
- **4-week session begins July 9**
- **\$99 for a 6-week session;**
\$66 for a 4-week session;
\$19 drop-in

Soulful Sunday Yoga

This yoga practice is a blissful blend of mindful movement and deeply restorative postures. Class begins with a brief meditation and then moves towards a slow, restorative sequence of yoga postures to warm the body, connect with breath and allow for deep surrender – encouraging rest, release, gentle reflection and deep relaxation. The perfect way to end your weekend and start your week. All levels welcome. Bring yoga mat. Instructor: Jennifer Rasmussen, CYT, RN

- **Sundays, 4:00–5:15 pm;**
begins April 28
- **\$99 for a 6-week session;**
\$19 drop-in



Yoga & Meditation

Improve flexibility and strength while relieving stress and tension. Includes Ayurvedic healing meditation techniques. Not for expectant mothers. Bring yoga mat. Instructor: Pam Vlahakis, CYT

- **Wednesdays, 5:30–6:45 pm**
- **6-week session begins April 3 or May 15**
- **4-week session begins July 10**
- **\$99 for a 6-week session;
\$66 for a 4-week session;
\$19 drop-in**

Yoga for Beginners

Build strength, flexibility, improve posture, balance and calm the mind. Suitable for most adults of any age or physical condition and limitations. Bring yoga mat. Instructor: Laraine Lippincott, CYT

- **Saturdays, 8:30–9:45 am**
- **6-week session begins May 4 or August 3**
- **3-week session begins June 22**
- **\$99 for a 6-week session;
\$50 for a 3-week session**



Yoga for Building Bones

New research shows that in addition to yoga's many other health benefits, it also improves bone density in the spine, hips and femur. Strengthen your skeleton with seven standing poses, along with postures on all fours, seated and lying down; covers the basics so that your yoga experience is comfortable, beneficial and therapeutic. You will not only build your bones, but you will build strength, flexibility, enhance immunity, calm the mind, and enliven and deepen the breath. No prior yoga experience required. Bring yoga mat. Instructor: Laraine Lippincott, CYT

- **Wednesdays, 9:00–10:15 am;
begins April 24, June 5 or July 31**
- **Saturdays, 10:00–11:15 am;
begins April 6, May 25 or August 3**
- **\$99 for a 6-week session;
no drop-ins**

Yoga for Healthy Aging

Wind down after a busy day with accessible, low-impact yoga stretches. Learn to free yourself of tension with special yoga breathing and meditation techniques. Yoga postures combined with therapeutic breathing not only relieves stress and tension from body and mind, but are weight-bearing and helpful in strengthening bones and raising resting metabolic rate for weight loss. Each class ends with a luxurious restorative pose. Suitable for everyone, from the inflexible office worker to the weekend warrior athlete looking to stretch, and for anyone needing to alleviate stress or anxiety. Bring yoga mat. Instructor: Laraine Lippincott, CYT

- **Mondays, 5:45–7:00 pm;**
- **6-week session begins April 15, June 3 or August 5**
- **\$99 for a 6-week session;
no drop-ins**



EXERCISE/PROGRAMS FOR SPECIAL CONDITIONS

Aphasia Conversation Group

An opportunity for those with aphasia to work on communication skills in a fun and supportive group environment. Instructor: Brenda Lovette, MS, CCC-SLP

- **Mondays, 10:30–11:30 am;**
April 8, 22, May 6, 20, June 3 and 17
- **\$100 for 6 sessions**
- **Classes held at 310 Baker Avenue, Suite 160, Clough Family Center for Rehabilitative and Sports Therapies**
- **For more information or to register, call 978-287-8246.**

Be Strong Cancer Exercise Program

This personalized fitness program is designed for those who are currently or have previously undergone oncology treatment and wish to improve their stamina and strength in an encouraging and guided environment. Instructors: Be Strong Cancer Care Team

- **Program held at Clough Family Center for Rehabilitative and Sports Therapies**
- **Concord:** Tuesdays and Thursdays, 12:00–1:00 pm
- **Westford:** Mondays and Wednesdays, 11:30 am–12:30 pm
- **\$250 for a 16-class session**
- **For more information or to register, call 978-287-8200 (Concord); 978-589-6850 (Westford)**

Fitness for Parkinson's

Includes stretching, core strengthening and balance training customized to the needs and levels of the class. Instructors: Samantha Indigaro, PT, DPT

- **Mondays and Wednesdays, 2:00–3:00 pm**
- **6-week session begins April 15, June 3 or July 29**
- **\$240 for a 12-class session; \$25 drop-in; not eligible for discounts**

Parkinson's Movement

Healing Movement to Music for Parkinson's & Movement-Related Disorders

Based on the acclaimed Dance for PD® program, this class uses various dance techniques to improve balance, flexibility, movement range and rhythm. Instructor: Susanne Liebich, trained in Dance for PD®; Certified Therapeutic Dance and Movement

- **Thursdays, 10:30–11:40 am**
- **7-week session begins April 18**
- **3-week session begins June 6 or July 11**
- **\$140 for a 7-week session; \$60 for a 3-week session; \$22 drop-in**

Caregivers are welcome to accompany student for free.

I'm now able to confront workplace challenges with greater insight. I bring a more objective perspective to the issues I face and attribute this to no longer being habitually drawn into counterproductive streams of emotion and thought. As a result, the people and problems I encounter are now addressed with a deeper wisdom and understanding.

— Paul V., student, Mindfulness-Based Stress Reduction

(Class information on page 16)



HEALTHY EATING/ COOKING

Brain Healthy Cooking

Eating a diet rich in brain healthy foods can reduce inflammation, regulate blood sugar, promote heart health and may have an effect on delaying the symptoms of Alzheimer's disease. In this free seminar, learn and experience a way of eating and cooking that promotes a healthy brain, and how easy nutrition guidelines and recipes can get you started on the road to a healthier mind and improved memory. Instructor: Maryellen King, Elder Facilitator

- **Monday, April 8, 6:00–7:30 pm**
- **Free; registration required**

NEW Cooking for One

Review tasty Mediterranean-style meals from a short list of cost-effective brain-healthy ingredients, helping you eat nutritiously, reduce food waste and stretch your shopping budget when cooking for one. Instructor: Maryellen King, Elder Facilitator

- **Monday, May 20, 6:00–7:30 pm**
- **Free; registration required**

NEW Going Plant-Based — How to Really Make it Work

Ancient wisdom and modern science agree, plant-based eating can be the healthiest diet for heart and immune health, but sometimes plant-based eaters get into trouble by making poor dietary choices. When unhealthy dietary obstacles are removed, plant-based eating can be the most vital and health promoting diet on the planet. Instructor: Jonathan Glass, LAc, MAc, CHT

- **Wednesday, April 24, 6:30–9:00 pm**
- **\$39; not eligible for discounts**

How to Detox in 10 Days

See *Natural Therapies* on page 13

Overcoming Sugar Addiction

Do you constantly crave sweets and have low energy? Discover how sugar is negatively affecting your health and how to gain control of your cravings without depriving yourself. Instructor: Linda Leland, Certified Holistic Coach

- **Monday, May 6, 6:30–8:00 pm**
- **\$39; not eligible for discounts**

Rejuvenation Cleanse

This comprehensive, effective, flexible and gentle plan helps you upgrade all aspects of your nutrition so that the changes you make will be long lasting and the benefits you experience will grow even after the cleanse is over. You'll eat plenty of delicious, nourishing, detoxifying foods the entire time and feel the benefits — more energy, better sleep, weight loss, less pain, glowing skin and mental clarity. Includes a field trip to Debra's Natural Gourmet for a fun group shopping trip, a 200+ page eBook and over 150 recipes. Instructors: Lisa Mair, MS, Food Science and Nutrition, Certified Holistic Health Coach, Functional Medicine Coach; Charlotte Ott, Certified Holistic Health Coach, Functional Medicine Coach and Natural Food Chef

- **Thursdays, 7:00–8:00 pm; begins May 9**
- **\$195; not eligible for discounts**



INFANT & CHILD CARE

The following Infant & Child Care classes are held at the main hospital campus. For more information, location and to register, visit EmersonWellness.org.

Infant Care

Infant CPR Anytime®

Soon to be Grandparents



KIDS & TEENS

Babysitting Training (10–15)

One-day class covers everything you need to know to be a great babysitter! A certificate is awarded upon completion. Bring lunch, snack and baby-sized doll or stuffed animal to learn diapering. Instructor: Jeri Ravis, RN

- **Saturday, 9:00 am–1:00 pm;**
April 13, May 18, June 29, July 27 or August 24
- **\$55; not eligible for discounts**

Children's Seirenkai Jujitsu (Grades 1–5)

See *Self-Defense for Adults, Teens & Children* on page 6

GirlPower! Be Who You Are™ An Empowerment Workshop for Mothers & Daughters 8–12

Mothers and daughters are invited to learn about each other through activities designed to build confidence, self-advocacy and self-care. Girls and moms will find new ways to connect to each other and find community with other mothers and their daughters. Instructor: Susanne Liebich, Founder/Creative Director; Certified Nia Black Belt, Stott Pilates®

- **Sunday, April 28, 1:00–5:00 pm**
- **\$110 for mother/daughter pair, includes program, supplies and snacks; register with another pair and each receives \$10 discount; not eligible for additional discounts**

Mindfulness & Yoga for Families

Cultivating love and compassion from the inside out

This workshop offers a warm and supportive environment for children 8–13 and parents/guardians to develop a more mindful relationship and connection. Participants engage in mindful movement, breathing exercises, relaxation techniques, and other mindfulness activities. No experience necessary. Instructor: Ingrid Tolley

- **Sunday, May 5, 10:30 am–12:00 pm**
- **\$50 for one child and parent/guardian; \$35 for each additional child or parent/guardian; not eligible for discounts**

Mindfulness & Yoga for Kids Series (8–13)

Cultivating love and compassion from the inside out

This 4-week series explores mindfulness as a powerful tool to cultivate love and compassion. Class activities include mindful movement, breathing exercises, and mindful games/group activities. Your child will learn mindful tools strategies to relax their mind and bodies, relieve and manage stress, release negative emotions in a healthy way, identify helpful and positive thinking patterns and adopt healthy habits. No experience necessary. Instructor: Ingrid Tolley

- **Wednesdays, 4:00–4:45 pm**
- **4-week session begins April 24**
- **\$100 for 1 child; \$180 for 2 children; not eligible for discounts**

This practice has changed my life. My stamina, strength, balance and mental outlook have improved to the point that my life, although different, is rich and rewarding.

— Carolyn M., student, Qigong

(Class information on page 5)



NATURAL THERAPIES

Awakening through Sound & Movement

In our day-to-day life, we can become very patterned, defining ourselves by past stories and storing these scripts as body tension. Sound and movement allow us to have new experiences as they create space for new life to come through us. In this one-day workshop we use sound and movement to move through the energy centers in our body and tap into the different states of consciousness each chakra holds. Experience how your voice activates different energy centers in your body, where your energy blocks are and the power of Sanskrit chanting. Leave with an experience of openness and expansion and with a very powerful healing tool to use for the rest of your life. Bring lunch and snacks. Instructor: Patricia Howard, MBSR Facilitator

- **Saturday, June 29, 9:00 am–3:00 pm**
- **\$125; not eligible for discounts**

NEW Getting Healthy... Naturally!

There are simple and sound nutritional, dietary and lifestyle principles and practices that, if followed, can support and nourish your health and sense of well-being on every level. Learn these simple yet often overlooked methods that have been taught for centuries and confirmed by modern science. Includes plenty of practical tips to achieve a better quality of life, prevent disease and feel your best. Instructor: Jonathan Glass, LAc, MAc, CHT

- **Wednesday, June 5, 6:30–8:00 pm**
- **\$39; not eligible for discounts**

Hands of Light Workshop

Learn about the Brennan Healing Science in a Hands of Light workshop, an enlightening system of personal transformation that combines spiritual and psychological processes with powerful, loving hands-on healing techniques. Bring lunch and snacks.

- **Friday, May 24, 7:00–9:00 pm,
Saturday, May 25, 9:00 am–5:00 pm
and Sunday, May 26, 9:00 am–4:00 pm**
- **\$325; not eligible for discounts**

How to Detox in 10 Days

Discover all you need to know to cleanse all systems in your body, remove cravings, strengthen your immune system, sleep better, alleviate joint pain and re-boot for weight loss. No fasting or deprivation required. Includes one on-site meeting, 10-day email/phone support and all the materials you need for a successful detox. Instructor: Linda Leland, Certified Holistic Coach

- **Monday, May 13, 6:30–8:00 pm**
- **\$49; not eligible for discounts**

Reiki Training Classes

Discover this hands-on energy therapy used to encourage relaxation, manage pain, provide comfort and promote overall wellness. Learn to give Reiki to yourself, others and pets. Receive Reiki practitioner certification. Five contact hours for nursing for each full day of attendance. Bring lunch for each day. Instructor: Libby Barnett, MSW, Reiki Master

Reiki Level I Training

- **Saturday, June 8, 9:00 am–3:00 pm**
- **\$145**

Reiki Level II Training

- **Sunday, June 9, 9:00 am–3:00 pm**
- **\$160**

Reiki Level I & II Training Package

- **\$285**

Reiki classes not eligible for discounts

Tong Ren Therapy

Tong Ren is based on a belief that disease is due to blockages in the body's natural flow of chi and seeks to remove these blockages, restoring the body's natural ability to heal itself. By using a small magnetic hammer, learn how to administer Tong Ren therapy to heal the body. Instructor: Ming Wu, PhD

- **Thursdays, 4:45–5:45 pm;**
begins April 25 or June 20
- **\$120 for an 8-week session;**
\$18 drop-in



PREGNANCY & CHILDBIRTH

Prenatal Yoga for a Healthier Pregnancy

Prepares you for delivery and postpartum recuperation. Bring yoga mat and signed permission form from OB/midwife. Instructor: Michele O'Toole, RN, CYT

- **Mondays, 7:15–8:30 pm;**
begins April 8 or May 20
- **\$99 for a 6-week session;**
\$19 drop-in

The following prenatal childbirth classes are held at the main hospital campus. For more information, location and to register, visit EmersonWellness.org.

Breastfeeding

HypnoBirthing® — The Mongan Method

Prenatal Childbirth

Sibling Preparation for Children 2½–3½ and 4–6 Tour



SELF-HELP/ SUPPORT/LEARNING

Yoga for Happy Feet

Learn how to correct, prevent, and minimize bunions, hammer toes and flat feet, strengthen toes, arches and ankles, and improve balance. Bring yoga mat. Instructor: Susan Chormann, CYT

- **Saturday, April 6, 1:00–2:30 pm**
- **\$39; not eligible for discounts**

Freedom From Smoking®

Learn about medicines that can help you stop smoking, lifestyle changes that make quitting easier, managing stress, avoiding weight gain and how to stay smoke free for good. Instructor: Claire Rindenello, RRT

- **Mondays, 6:00–7:30 pm;**
begins May 13
- **\$100 for 8 sessions**
- **Held at the main hospital campus,**
Lovejoy Conference Room

Hip Mobility Yoga Workshop

There are 22 muscles that cross over the hip joint at different angles and in multiple directions. Besides being uncomfortable, tightness in these muscles can throw off your posture and show up as pain elsewhere in the body. These troubles can be progressive, or reversible, depending on whether you do something about them or not. In this workshop, discover a series of yoga stretches and unique strengthening moves designed to help you “open” your hips by loosening tight muscles and building strength. For all ages and abilities but does involve lying on the floor and some kneeling. Bring yoga mat. Instructor: John Calabria, CYT

- **Sunday, May 5, 12:00–1:30 pm**
- **\$39; not eligible for discounts**

Keys to Independence

Driving assessment program for adults

- For more information or to schedule an appointment, call 978-287-8244.

NEW Navigating Life's Changes

Are you facing a change? Is it overwhelming you? Would you like guidance in how to better cope? Change is inevitable. How we perceive and relate to it has everything to do with how we experience it. Come discover a process that helps people navigate change. In this workshop you'll explore change through experiential activities. You'll take a quick self-assessment and leave with greater insight that will support you through change. Instructor: Brianne Krupsaw, Certified Life Coach, LMT

- Saturday, April 20, 10:00–11:15 am, or
- Monday, April 29, 7:00–8:15 pm, or
- Monday, May 6, 11:00–12:15 pm
- \$29; not eligible for discounts

Neck & Shoulder Mobility Yoga Workshop

Do you find yourself hunched over your phone, computer or desk? Do you feel tight, sore, experience limited mobility, headaches or TMJ? Upper body neck and shoulder tension can be so chronic that it starts to feel normal. Learn unique and memorable stretches to relieve neck and shoulder pain and tightness, and immunize yourself from that hunched over posture. We'll also explore breath work to melt tension and bring about a calm and peaceful heart. You'll leave with a good sense of that great posture that lives within us all and how to find it through your daily life. For all ages and abilities. Bring yoga mat. Instructor: John Calabria, CYT

- Sunday, May 19, 12:00–1:30 pm
- \$39; not eligible for discounts

Preparing for Your Total Hip Replacement

This free class provides information to prepare for surgery, cope with hospitalization and plan for rehabilitation services after you leave the hospital. Class is held at the hospital.

- Wednesdays, 1:00–3:00 pm;
April 3, May 15, June 19, July 17 and August 21
- Held at the main hospital campus, Cheney A/B Conference Room
- Free; registration required

**COMING
SOON!**

Hand Workshop

4-week workshop with
Beverley Ikier, Board Certified
Muscular Therapist and
Bodyworker, Senior
Fitness Specialist

Preparing for Your Total Knee Replacement

This free class provides information to prepare for surgery, cope with hospitalization and plan for rehabilitation services after you leave the hospital. Class is held at the hospital.

- Wednesdays, 9:00–11:00 am;
April 3, May 15, June 19, July 17 and August 21
- Held at the main hospital campus, Cheney A/B Conference Room
- Free; registration required

Self-Defense Seminar for Teens & Adults

See *Fitness and Movement* on page 6

Understanding Dementia in the Real World

This free seminar explores what dementia is and how to recognize it, the challenges a person with dementia, their family and caregivers may face, and practical tools and techniques to support those with dementia and their families. Instructor: Maryellen King, Elder Facilitator

- **Monday, June 3, 6:00–7:30 pm**
- **Free; registration required**

Tai Chi gives me confidence in my stability.

— *Susan B., student, Tai Chi Beginner (Long Form)*

(Class information on page 7)

NEW Using the Power of Habits to Live Well

Have you ever noticed that goal setting and the willpower we need to accomplish them often only takes us so far before fizzling out? Habits, on the other hand, are where the real power is. What habits do you have in your life? Are they supporting or sabotaging who you want to be and how you want to live? In this workshop, we'll explore why habits are so powerful and how you can leverage them to be healthier and happier in life. Includes exercises to explore the limitations of our own willpower, the difference between habits vs. goals, strategies for creating sustainable habits in your own life and concrete ideas for how you can start using the power of habits to live your life well. Instructor: Katrina Piehler, Certified Wellness Coach, LCMT, MEd

- **Thursday, April 25, 6:30–8:00 pm or Thursday, May 2, 10:30 am–12:00 pm**
- **\$39; not eligible for discounts**



SPORTS PERFORMANCE

Comprehensive Baseline Concussion Testing

Baseline testing is recommended for anyone who frequently participates in activities where there is a risk of concussion.

- **\$75 per athlete**
- **For more information or to schedule an appointment, call 978-287-8200.**

Injury Prevention Assessments

The following assessments conducted by physical therapy staff are designed to prevent injury and minimize risk.

- **Dance**
- **Running**
- **Total Athlete**
- **\$100 per 1-hour assessment**
- **Held at Emerson Hospital Health Center or at The Mill Works, Westford**
- **For more information or to schedule an appointment, call 978-589-6850.**



STRESS MANAGEMENT

Day of Mindfulness

In this day-long retreat, we will avail of the practice of mindfulness to help us find the habitual ways we go into stress reactions, understand why we do this and then transform these habits into more life-affirming patterns. Wear comfortable clothes; bring yoga mat, lunch and a journal. Instructor: Patricia Howard, MBSR facilitator

- **Saturday, May 4 or August 24, 9:00 am–3:00 pm**
- **\$130; not eligible for discounts**

Deepening Your Mindfulness Practice & More

Designed for students who have attended the Mindfulness-Based Stress Reduction program

While the outline of the program is similar, we look deeper into gratitude and forgiveness and explore different types of meditation, sound and movement. It also provides an opportunity to reboot your practice and dive deeper into meditation and understanding how fear binds us from seeing the true reality of life. Includes new CDs. Wear comfortable clothes and bring yoga mat. Instructor: Patricia Howard, MBSR facilitator

- Tuesdays, 11:15 am–1:15 pm; begins May 7 or July 2
- \$300 for a 6-week session, plus CDs; not eligible for discounts

Mindfulness-Based Stress Reduction (MBSR)

A highly-effective eight-week program developed by Jon Kabat-Zinn. Learn how to develop your own practice of centering, grounding and living life in the present moment, and discover how to transform your fear-based reactions and habits into responses. The practice of mindfulness has an extremely healing effect on all human aspects—physical, emotional, mental and spiritual. Wear comfortable clothes and bring yoga mat. Instructor: Patricia Howard, MBSR facilitator

FREE Introductory Lecture:

- Tuesday, April 30 or June 25
11:45 am–1:00 pm or 7:15–9:00 pm
- Registration required

Program:

- Tuesdays, 9:00–11:00 am or 6:30–8:30 pm; begins May 7 or July 2
Plus all day Saturday, 9:00 am–3:00 pm on June 8 (for May session) and August 17 (for July session)
- \$540 for an 8-week session plus \$45 for required course materials/CD set; not eligible for discounts

Mindfulness Meditation

Mindfulness is the practice of bringing awareness to our experience in the present moment. We drop into a deeper consciousness, where we access wisdom, insight and innate healing ability. Ideal for those who are new to mindfulness, experienced practitioners and graduates of the 8-week Mindfulness-Based Stress Reduction program. Wear comfortable clothes and bring yoga mat. Instructor: Patricia Howard, MBSR facilitator

- Tuesday, April 30, 9:00 am–10:30 pm or 5:30–7:00
- Tuesday, June 25, 9:00 am–10:30 pm or 5:30–7:00
- \$35; not eligible for discounts

Stress Management and Resiliency Training (SMART)

Developed by the Benson-Henry Institute for Mind Body Medicine at Massachusetts General Hospital, the SMART program helps participants achieve greater quality of life and an enhanced sense of well-being. The program teaches self-care practices that help buffer daily stress, making participants less emotionally and physically vulnerable to it. Because many of the physical symptoms we experience are exacerbated by stress, using adaptive strategies to buffer that stress can reduce those symptoms. Prior to the start of the program each student has a one-on-one appointment with Dr. McLain to establish personal goals, followed by an 8-week course, learning how to shift thought patterns to increase resiliency and engage in a variety of meditation techniques to elicit the relaxation response. The importance of healthy eating, restorative sleep, physical activity and social connectedness will also be covered. Space is limited. Instructor: Amanda McLain, MD

- Wednesdays, 10:00 am–12:00 pm; begins May 1
- \$450 for an 8-week session, includes materials; not eligible for discounts

The Gathering — A Transformational Group

This program is for graduates of the 8-week Mindfulness-Based Stress Reduction program or those who have done personal awareness work. Practicing many different tools and models (meditation, movement, sound, sharing and wisdom teachings), discover how to transform self-limiting belief systems and habit energies to live a more authentic, spontaneous life – fueled by your inner wisdom and creativity, leaving behind roles that have been defined by social conditioning and childhood experiences. Wear comfortable clothes and bring yoga mat. Instructor: Patricia Howard, MBSR facilitator

- **Tuesdays, 3:00–5:00 pm;**
begins April 30 or June 25
- **\$450 for 9 sessions; not eligible for discounts**

NEW The Six Stressors to Health: Identifying and Eliminating Sources of Physical and Emotional Stress

Becoming aware of and identifying the most common stressors to our well-being is an essential step in improving health. Doing so empowers us to make positive choices that positively impact how we feel in body and mind. Learn how stressors can negatively impact your life, and discover simple yet effective ways to minimize exposure and their effect so you can feel your very best. Instructor: Jonathan Glass, LAc, MAc, CHT

- **Wednesday, May 8, 6:30–9:00 pm**
- **\$39; not eligible for discounts**

Yoga & Meditation

See Yoga on page 9



WEIGHT LOSS/ NUTRITION

Advanced Weight Loss Series: How to Fix a Broken Metabolism

With all the different diets and exercise regimens out there, it's hard to know what path to take to lose weight. Finding the answer to successful weight loss starts with understanding that the strategy "move more and eat less" may not work for you. In this four-week series, discover how to unlock the mystery to transforming your body and fixing your metabolism. Includes 28-page nutrition plan with sample menus, daily checklists, grocery lists and recipes, take-home strength workouts and fat-burning cardio templates. Provides all the tools you need to transform your body and maintain it. For ages 15 and up. Space is limited. Instructor: Julian Cardoos, Body Transformation Expert, Holistic Lifestyle Coach

- **Tuesdays, 7:00–8:30 pm;**
begins April 30
- **\$219 for a 4-week session**

Exercise & Weight Loss Prevention Program for those at Risk for Heart Disease or Type 2 Diabetes

- **Wednesdays, 5:00–7:00 pm;**
begins September 18
- **\$400 for a 12-week session**
- **For more information, call Cardiac Rehab at 978-287-3732.**

How to Detox in 10 Days

See Natural Therapies on page 13

Private Wellness Treatments

*at the Steinberg Wellness Center
for Mind and Body*

Now offering innovative body treatments to assist in pain management, soothe away tension and promote overall health maintenance. Every treatment is customized by our specialized team of licensed, certified and experienced practitioners for your specific needs for maximum benefits.

For more information or to schedule an appointment, call 978-287-3777.

SERVICES

- Acupuncture
- Lymphatic drainage therapy
- Massage therapy
- Muscular therapy
- Pregnancy massage
- Reflexology
- Reiki
- Roling
- Sports massage

Meet Our Team



Beverley Ikier
Board Certified
Muscular Therapist
and Bodyworker,
Personal Trainer



Brianne Krupsaw
Licensed Massage
Therapist



Telma Milioli
Licensed Massage
Therapist



Garret Whitney
Certified Advanced
Rolfer



Ming Wu, PhD
Doctor of Traditional
Chinese Medicine



Vivien Zhang
Licensed Acupuncturist
and Certified Herbalist

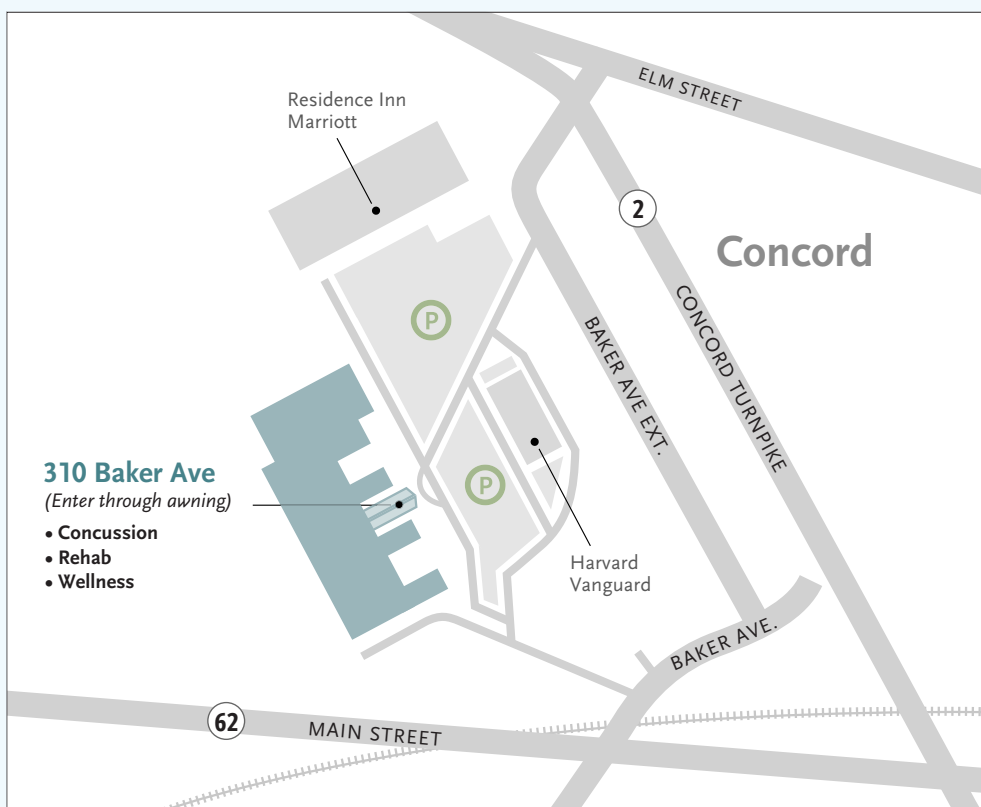
CLASSES
FOR ALL
AGES &
STAGES

SPRING/SUMMER 2019

Wellness Classes

FOR MIND AND BODY

Unless otherwise noted, classes are held at the Steinberg Wellness Center for Mind and Body, 310 Baker Ave., Concord.



The Steinberg Wellness Center for Mind and Body is located about one mile from Emerson Hospital.

From Route 2, look for signs to Baker Avenue Extension and then for the Concord Meadows Corporate Center, located at 300–310 Baker Avenue, which is on the right. Drive through the parking lot; the

Wellness Center is located near the Residence Inn.

The entrance is under the sign “Emerson Health Center.” Walk under the awning and upon entering the double door, stay to the right.

Parking is free.

 Steinberg Wellness Center
for Mind and Body

at Emerson Hospital

978-287-3777 | EmersonWellness.org

