

PILATES AND YOGA

NUTRITION AND
WEIGHT LOSS

ESSENTRICS

OSTEOFITNESS™

QIGONG
AND TAI CHI

SELF-DEFENSE

MINDFULNESS

PARKINSON'S

SENIOR FITNESS

STRESS
MANAGEMENT

ASTON®
KINETICS

BABYSITTING
TRAINING

ONLINE
DATING 101

PRIVATE INTEGRATIVE
THERAPIES

AND MUCH MORE...

FALL 2019

WELLNESS CLASSES

FOR MIND AND BODY

Private Integrative Treatments
Now Available!

See page 19 for more information.



Steinberg Wellness Center
for Mind and Body
at Emerson Hospital

- 3 FITNESS/
MOVEMENT
- 10 EXERCISE/
PROGRAMS
FOR SPECIAL
CONDITIONS
- 11 INFANT &
CHILD CARE
- 11 KIDS & TEENS
- 12 NATURAL
THERAPIES
- 13 NUTRITION AND
WEIGHT LOSS
- 14 PREGNANCY &
CHILDBIRTH
- 15 SELF-HELP/
SUPPORT/
LEARNING
- 17 SPORTS
PERFORMANCE
- 18 STRESS
MANAGEMENT
- 19 PRIVATE
INTEGRATIVE
TREATMENTS

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

Aston® Kinetics Fitness for Living

Aston Kinetics is a specialized system of exercise and movement education that promotes flexibility, strength, natural alignment and ease of movement for improved performance and increased benefit of all your activities. Aston Kinetics engages body awareness while you stretch, loosen and build strength to create balanced tone and effort throughout your body, reducing repetitive wear and tear on your joints and decreasing your risk of injury. Learn movements designed to improve postural alignment and body mechanics, allowing you to increase your fitness during everyday activities such as walking, household tasks and working on a computer. By the end of the class series you will have a home fitness routine that sets you up in your best body for all of your daily activities. Wear clothing that is comfortable to move in while sitting, lying and standing. Bring a bath towel, bed pillow and yoga mat. Instructor: Shirley Lynch, MS, OT, CLMT, Certified Aston Kinetics practitioner

- **Wednesdays, 5:30–6:30 pm;**
begins September 11
- **\$130 for an 8-week session;**
no drop-ins

Aston® Fitness for Living for Seniors: Stand Up to Gravity!

The inevitable process of aging we all face need not result in a reduced quality of life. This 8-week program offers seniors a series of classes to enhance physical agility and quality of life. More than just a standard exercise program, these classes allow those with physical challenges to successfully complete a progressive program of simple exercises and movements designed to improve musculoskeletal strength and flexibility, improve postural alignment, increase circulation and decrease compression of tissues. Also addresses principles of safe body mechanics and ergonomics for functional activities such as walking, negotiating stairs, reaching, bending and lifting. Wear clothing comfortable to move in while sitting, lying and standing. Bring a bath towel, bed pillow and yoga mat. Instructor: Shirley Lynch, MS, OT, CLMT, Certified Aston Kinetics practitioner

- **Wednesdays, 3:30–4:30 pm;**
begins September 11
- **\$130 for an 8-week session;**
no drop-ins

NEW Aston® Kinetics: Toning the Abdomen & Pelvic Floor Workshop

*See Self-Help/Support/Learning on
page 15*

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;**
begins September 12 and
October 24
- **\$99 for a 6-week session;**
\$19 drop-in

NEW Health & Fitness Over 60

Creating and Maintaining Fitness and Health Over 60

Whatever your age or physical condition, NOW is the time to start making small, consistent, persistent changes to create and maintain fitness and health over 60. You will learn how to lower the barriers to entry into new physical activities and create small and consistent changes in nutrition and mindset that will give you exponential improvement in your health and quality of life. All participants receive a **free** 30-minute discovery call to help identify your wellness goals and a **free** InBody Body Composition Analysis (both by appointment)—**a \$125 value**. Instructor: Joyce Strong, RN, BSN, Performance and Functional Nutrition Coach, producer and host of *The Totally Well* show

- **Saturday, November 9,**
10:30 am–12:30 pm
- **\$66; 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 4)

► Essentrics

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

As
seen on
PBS

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 September 9, October 21 and November 25
- Tuesdays, 10:30–11:30 am; begins September 3, October 8 and November 12
- Tuesdays, 5:30–6:30 pm; begins September 17, October 22 and November 26
- Thursdays, 12:00–1:00 pm; begins September 5, October 10 and November 14
- \$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 September 9, October 21 and November 25
- Tuesdays, 11:45 am–12:45 pm; begins September 3, October 8 and November 12
- Tuesdays, 6:45–7:45 pm; begins September 17, October 22 and November 26
- Thursdays, 1:15–2:15 pm; begins September 5, October 10 and November 14
- \$99 for a 5-week session; \$22 drop-in



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. Program is modeled after Tufts University research and includes joint-friendly moves advised by the Arthritis FoundationSM. Each session includes a lecture on bone nutrition by a registered dietitian, bone density consults, a lecture on the skeletal frame and a “reservation” at the Calcium Café where you experience delicious, bone-healthy food. **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, September 4 and October 23, 1:45–2:45 pm
- Registration required

Osteofitness Program Choose one of the following:

- Tuesdays, 1:45–2:45 pm and Thursdays, 2:45–3:45 pm; begins September 10 and November 5

or

- Mondays and Thursdays, 12:00–1:00 pm begins September 9 and November 4

or

- Mondays and Thursdays, 4:30–5:30 pm; begins September 9 and November 4

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

► Pilates

Gentle Pilates with Yoga

This class uses Pilates exercises to engage your core, which helps to support the spine and to strengthen the muscles in your body and stabilize the joints surrounded by those muscles. And by including basic yoga stretches and poses, we focus on stretching and lengthening the muscles to help you achieve better overall flexibility. A great class for beginners or for people who want to move at a slower pace than a regular Pilates or yoga class and learn better body awareness throughout the moves. Instructor: Lori Seymour, Certified Stott Pilates®, Personal Trainer

- **Tuesdays, 6:30–7:30 pm;**
begins September 3 and
October 15
- **\$130 for a 6-week session;**
\$24 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. Instructor: Lori Seymour, Certified Stott Pilates®, Personal Trainer

- **Tuesdays, 5:15–6:15 pm;**
begins August 20, October 1 and
November 12
- **\$130 for a 6-week session;**
\$24 drop-in



► 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 August 14, October 9
and December 11
- **\$128 for an 8-week session;**
\$18 drop-in

NEW TIME

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, 11:00 am–12:00 pm;**
begins September 12 and
October 24
- **\$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**
September 11
- **7-week session begins**
October 23
- **\$99 for a 6-week session;**
\$115 for a 7-week session;
\$19 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. Instructors are from the Concord Self-Defense Academy.

- **\$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, Seirenkai Karate and Seirenkai Jujitsu

- **Begins Sunday, September 15**
- **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, fifth-degree black belt, Seirenkai Karate and Seirenkai Jujitsu

- **Begins Thursday, September 19, 7:30–9:00 pm**

NEW Self-Defense Seminar for Boomers & Seniors

As we get older, our bodies tend to get slower and weaker. Fortunately, there are many strategies and skills older adults can learn to help protect themselves. Topics such as physical self-defense techniques, travel and transportation safety, being alone at home, theft and assault, personal safety devices and common objects for self-defense, and the use of one's voice will be covered. Wear comfortable clothing. This seminar is appropriate for older adults of all physical abilities. Instructors: Johanna and Len Glazer, fourth-degree black belts, Seirenkai Karate and Seirenkai Jujitsu, Concord Self-Defense Academy

- **Friday, October 18, 3:30–5:00 pm**
- **\$45; not eligible for discounts**

NEW Small Group Personal Training for 60+

This small group personal training helps you reach your fitness goals faster than working out on your own. A combination of exercise modalities including Pilates, yoga, barre stretch, strength training, dance conditioning and somatic movement are practiced in a fun supportive environment. Exercises in this 10-week class are customized to the needs of the group. Includes 15-minute postural and physical analysis. Space is limited. Bring yoga mat. Instructor: Susanne Liebich, Founder Dancing Wellness™, Certified Total Barre™, Stott Pilates™

- **Mondays, 12:30–1:30 pm; begins September 30**
- **\$250 for a 10-week session; no drop-ins; not eligible for discounts**

Strength, Balance & Flexibility 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; begins September 4, October 9 and November 13**
- **\$99 for a 5-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 September 4 and October 30**
- **\$135 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 August 22 and October 17

NEW TIME

Beginner (Short Form)

Instructor: Sining Zhan

- **Thursdays, 12:30–1:30 pm;**
begins September 19 and
November 14

Intermediate/Advanced (Long Form)

Instructor: Ming Wu, PhD

- **Wednesdays, 9:30–10:30 am;**
begins August 14, October 9 and
December 11
- **Thursdays, 5:45–6:45 pm;**
begins August 22 and October 17
- **\$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 September 18 and
October 30

Advanced Beginner (Long Form)

Instructor: Nonny Levy, LICSW,
Certified Tai Chi

- **Wednesdays, 12:00–1:00 pm;**
begins September 18 and
October 30
- **\$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 September 16
- **\$130 for an 8-week session;**
no drop-ins
- **Classes held at Emerson Hospital
Health Center, Westford,
Room 314**

*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)



► 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. This class is intended for anyone with limited mobility, recovering from surgery or weight challenges. Bring yoga mat. Instructor: Susan Chormann, CYT

- **Mondays, 1:15–2:30 pm;**
begins September 9 and October 21
- **Thursdays, 1:15–2:30 pm;**
begins September 12 and October 24
- **\$99 for a 6-week session;**
\$19 drop-in

NEW Gentle Yoga Energy Balancing Workshop

See Self-Help/Support/Learning on page 15

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;**
begins September 20, November 8 and December 20
- **\$99 for a 6-week session;**
no drop-ins

Hip Mobility Workshop

See Self-Help/Support/Learning on page 15

NEW Live Viola Peaceful Yoga Workshop

See Self-Help/Support/Learning on page 16

NEW Lunchtime Yoga

Take a mid-day break to breathe away stress, stretch away stiffness and re-energize for the rest of your day. With close attention to safety and alignment and taught with gentle humor and care, this is the perfect **no-sweat** class for all levels of yoga students. Bring yoga mat. Instructor: Susan Chormann, CYT

- **Tuesdays, 12:00–1:00 pm;**
begins September 10 and October 22
- **\$99 for a 6-week session;**
\$19 drop-in

Neck & Shoulder Mobility Yoga Workshop

See Self-Help/Support/Learning on page 16

NEW Restorative Yoga

Experience deep peace and relaxation as you calm your nervous system, still your mind, and let go of tension. Using props for total body support in simple long-held poses, this class invites students to completely melt into bliss. Poses are gentle yet deep and done mostly sitting and lying down. Suitable for all levels. Bring yoga mat. Instructor: Susan Chormann, CYT

- **Wednesdays, 6:00–7:15 pm;**
begins September 11 and October 23
- **\$99 for a 6-week session;**
\$19 drop-in

With gentle humor Susan does a wonderful job of leading the class through the posture sequences with grace and fluidity, always offering modifications where appropriate. I thoroughly enjoy her classes!

— Rochelle. C.

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 September 11**
- **7-week session begins October 23**
- **\$99 for a 6-week session;**
\$115 for a 7-week session;
\$19 drop-in

NEW Yoga for a Healthy Spine

Do you have chronic back pain or occasional discomfort? Yoga has been used for many years as a therapeutic tool to not only reduce symptoms but address alignment and holding patterns. The first half of the session focuses on lower back and hips; the second half on upper back, shoulders and neck. You will also receive tools to practice at home. Ideal for new and experienced students. Bring yoga mat. Instructor: Charlotte Ott, CYT

- **Mondays, 9:00–10:15 am;**
begins September 23 and November 4
- **\$99 for a 6-week session;**
\$19 drop-in

Yoga for Boomers & Seniors

Designed for students 55+, this class offers a well-rounded, safe yoga practice designed to promote optimum physical, mental and emotional health. By modifying postures for each student's needs and moving at a slow and mindful pace, this class can help improve balance, reverse rounding of the upper back, regain lost height, relieve pain and stiffness, lower blood pressure, strengthen immunity, and enhance overall mental clarity, energy and joy. Bring yoga mat. Instructor: Susan Chormann, CYT

- **Tuesdays, 10:30–11:45 am;**
begins September 10 and October 22
- **\$99 for a 6-week session;**
\$19 drop-in

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, featured on *Chronicle*

- **Wednesdays, 9:00–10:15 am;**
begins September 11, October 23
and December 11
- **Saturdays, 10:00–11:15 am;**
begins September 21, November 9
and December 21
- **\$99 for a 6-week session;**
no drop-ins

Yoga for Happy Feet

See *Self-Help/Support/Learning* on page 17

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, featured on *Chronicle*

- **Mondays, 5:45–7:00 pm;**
begins September 23 and
November 11
- **\$99 for a 6-week session;**
no drop-ins

NEW Private Yoga Classes Now Available

Looking for a customized program to support your individual health issues, injuries or emotional concerns? Want to know how to modify yoga poses commonly taught in a general yoga class? New to yoga and want to learn the basics before joining class? One-on-one instruction combines appropriate postures, sequences, and breathing techniques in an individualized practice for people of all ages and levels. Specialties include cancer recovery, concussion healing, arthritis and osteoporosis. Instructor: Susan Chormann, CYT

- **For an appointment, call**
978-287-3777.



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; September 9, 23, October 7, 21, November 4 and 18
- \$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)

► Parkinson's Disease and Movement Disorders Programs

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; Elizabeth Chausee, PT, DPT

Intermediate

- Mondays and Wednesdays, 3:00–4:00 pm

Advanced

- Mondays and Wednesdays, 2:00–3:00 pm
- Begins September 16 and November 4
- \$240 for a 6-week, 12-class session; \$25 drop-in; not eligible for discounts

Parkinson's Movement: Dance for PD®

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, Certified Dance for PD

- Thursdays, 10:30–11:40 am
- 7-week session begins September 5
- 8-week session begins October 24
- \$140 for a 7-week session; \$160 for an 8-week session; \$22 drop-in

Caregivers are welcome to accompany student for free.



Movement to Music Enrichment Workshops for Parkinson's

Free workshops to individuals with Parkinson's and their caregivers, funded by the Dance for Parkinson's Family Foundation

NEW City Ballet of Boston Demonstration and Dance for PD® Workshop

City Ballet of Boston, the official dance company for Urban Nutcracker, performs excerpts from Urban Nutcracker, a Boston Classic for 20 years. Includes a ballet class. Instructors: Susanne Liebich, Certified Dance for PD; dance company members

- Friday, November 22, 1:30–3:30 pm
- Free but registration required



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; September 21, October 19, November 9 or December 14**
- **\$55; not eligible for discounts**



NEW Dance & Drum Workshop for Parkinson's

Drumming is energetic, social and interactive and an excellent way to enhance rhythm in the body. Learn how to drum with a community first and then learn the dance sequences. Instructors: Susanne Liebich, Certified Dance for PD®; Mike Connors, jazz drummer with Concord Conservatory of Music

- **Saturday, October 26, 1:30–3:30 pm**
- **Free but registration required**

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®

- **Saturday, November 2, 1:00–5:00 pm**
- **\$120 for mother/daughter pair, includes program, supplies and snacks; not eligible for discounts**

GirlPower! Be Who You Are™ An Empowerment Workshop for Girls 11–14

In its 12th year, GirlPower! Has been guiding girls to find their unique voices through movement, discussion, journaling, art and nature. Activities are designed to build confidence, self-advocacy and self-care. Girls will find ways to connect with new friends and discover more about themselves. Instructor: Susanne Liebich, Founder, Creative Director; Certified Nia Black Belt, Stott Pilates®

- **Friday, November 8, 4:00–7:00 pm**
- **\$80 includes program, supplies and dinner; not eligible for discounts**

NATURAL THERAPIES

NEW The CBD Craze: Facts & Common Misconceptions about CBD Products

We see “CBD For Sale Here” everywhere we go these days, at health food stores, gas stations, online and even in our health practitioners’ offices. The mention of cannabidiol (CBD) oil, which contains CBD extracts from the cannabis plant, is bound to grab your attention and unsolicited advice about the risks and benefits from friends and self-proclaimed experts. This two-hour lecture explores the common CBD oil misconceptions and arms you with the facts to make decisions about whether to use CBD oil, what kind of CBD is best, what dosage you need and a reasonable price to pay. All participants receive a **free** 30-minute discovery call to help identify your wellness goals and a **free** InBody Body Composition Analysis—a **\$125 value**. Instructor: Joyce Strong, RN, BSN, Performance and Functional Nutrition Coach, producer and host of *The Totally Well* show

- **Saturday, September 28, 10:30 am–12:30 pm**
- **\$66; 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, Cofounder, And Then She Shines, Certified Holistic Coach

- **Thursday, October 10, 6:30–8:00 pm**
- **\$47; 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, October 19, 9:00 am–3:00 pm**
- **\$145**

Reiki Level II Training

- **Sunday, October 20, 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 August 22 and October 17**
- **\$128 for an 8-week session; \$18 drop-in**

I had been suffering from chronic pain for over six months. After taking up Essentrics, I am 100% pain free and fully functional.

— Carole M., student, *Essentrics Restore, Release & Rebalance*

(Class information on page 4)

NUTRITION AND WEIGHT LOSS

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 September 24**
- **\$197 for a 4-week session; not eligible for discounts**

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.**

NEW Healing After Concussion with Nutrition

Healing from concussion can be a long journey made easier through supporting reduction of the initial inflammatory response in the brain and body through food and natural supplements. When it comes to nutrition and supplementation one size does not fit all and this is even more important to understand when you have suffered a concussion. As an initial step to support the work you must do with a trained concussion specialist, we want to first "put out the fire" in your brain, that is, reduce inflammation to optimize the healing process and your body's ability to heal and shorten your recovery time to get you back in action sooner. All

participants receive a **free** 30-minute discovery call to help identify your wellness goals and a **free** InBody Body Composition Analysis (both by appointment)—a **\$125 value**.

Instructor: Joyce Strong, RN, BSN, Performance and Functional Nutrition Coach, producer and host of *The Totally Well* show

- **Saturday, October 26, 10:30 am–12:30 pm**
- **\$66; not eligible for discounts**

NEW How Real Food Dramatically Improves Diabetes Type 2, Prediabetes, Autoimmune Conditions & Chronic Diseases

Discover how real food and building small, consistent habits and mindset shifts will change your health and life dramatically in 60 days or less. All participants receive a **free** 30-minute discovery call to help identify your wellness goals and a **free** InBody Body Composition Analysis (both by appointment)—a **\$125 value**.

Instructor: Joyce Strong, RN, BSN, Performance and Functional Nutrition Coach, producer and host of *The Totally Well* show

- **Saturday, October 12, 10:30 am–12:30 pm**
- **\$66; not eligible for discounts**

How to Detox in 10 Days

See Natural Therapies on page 12

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, Cofounder, And Then She Shines, Certified Holistic Coach

- **Thursday, October 24, 6:30–8:00 pm**
- **\$37; not eligible for discounts**



NEW Vitality 2000

Are you confused by the avalanche of conflicting nutrition and health information out there? Are you having trouble implementing what you know you should do? In our in-depth studies of health, nutrition and functional medicine, we found that addressing the fundamentals is the most powerful, effective and cost-effective approach. Discover the science, inspiration and the how-to's behind the foundational concepts related to food, stress, sleep, hydration and habits that can make a massive difference in your life. Topics are explored through a unique fusion of wisdom of an internal medicine physician, functional medicine nutritionist and health coaches, natural foods chef and yoga instructors. It's an ideal blend of East and West in a group coaching format, so you'll not only learn leading edge wellness, but you'll actually integrate them into your life. Instructors: Lisa Mair, MS, Food Science and Nutrition, Certified Holistic Health Coach, Functional Medicine Coach; Charlotte Ott, Certified Holistic Health Coach, Functional Medicine Coach, Natural Food Chef; Regine Tillmanns, MD

- **Thursdays, 6:30–7:30 pm; begins October 3**
- **\$150 for a 6-week program; not eligible for discounts**



NEW Weight Loss for Peri/Menopause

Discover how weight loss and maintaining your optimal weight is easier than you think during perimenopause and menopause. Although weight gain is common at perimenopause and menopause, it is not normal or healthy. Creating small, consistent habits and developing a growth mindset may be all you need to find your new healthy normal. All participants receive a **free** 30-minute discovery call to help identify your wellness goals and a **free** InBody Body Composition Analysis (both by appointment)—a **\$125 value**. Instructor: Joyce Strong, RN, BSN, Performance and Functional

Nutrition Coach, producer and host of *The Totally Well* show

- **Saturday, September 21, 10:30 am–12:30 pm**
- **\$66; not eligible for discounts**

PREGNANCY & CHILDBIRTH

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

Breastfeeding

Prenatal Childbirth

Sibling Preparation for Children 2½–3½ and 4–6

Tour

Holiday Cookies: Just in the St. Nick of Time!

Get a jump on making your holiday cookies. This year make delicious cookies that your guests will rave about! Learn to prepare, decorate and freeze a wide variety of tasty and beautiful make-ahead cookies for your holiday get together. You will go home with recipes and a box of tasty cookies. Instructors: Karen Collins, President & CEO, Bisousweet Confections; Kaitlin Schuster, Bisousweet Confections

- **Saturday, December 7, 10:00–11:30 am**
- **\$25**

SELF-HELP/ SUPPORT/ LEARNING

NEW Aston® Kinetics: Toning the Abdomen & Pelvic Floor Workshop

Learn new and effective ways of toning the abdominal and pelvic floor muscles. The Aston Kinetics Fitness sequence teaches exercises that release chronically tight soft tissue, movement designs that improve postural alignment and strengthening exercises that create balanced muscle tone. This sequence decreases wear and tear on joints and develops core support while avoiding the “toning in” or permanence of poor postural and movement habits. Movement designs will be taught that allow you to bring these changes to walking for continued benefit throughout your day. Wear comfortable clothing. Bring a bath towel, bed pillow and yoga mat. Instructor: Shirley Lynch, MS, OT, CLMT, Certified Aston Kinetics practitioner

- **Sunday, September 15,**
2:00–4:00 pm

or

- **Sunday, November 3,**
10:00 am–12:00 pm
- **\$49; 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 September 9
- **\$100 for 8 sessions**
- **Held at the main hospital campus,**
Lovejoy Conference Room

NEW Gentle Energy Balancing Yoga Workshop

Learn a gentle and simple yoga practice that optimizes energy systems of the body as we activate the seven chakras. Chakras are energy centers that run along the spine, and we will gain a greater understanding of how to optimize these powerhouses physically, emotionally, spiritually and energetically as we explore the basic characteristics and functions of each chakra. The workshop ends with a deep, healing-guided meditation/relaxation, which activates our parasympathetic nervous system to reduce stress hormones and induce feelings of calm, clarity and vitality. You must be able to lie on your back and on your stomach (with the support and cushioning of blankets and bolsters, if needed). All props are provided; mats available, if you don't own one. Please arrive 15 minutes early. Instructor: Laraine Lippincott, CYT, featured on *Chronicle*

- **Saturday, 1:30–4:00 pm**
September 14, November 9 or
December 14
- **\$45; not eligible for discounts**

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, October 6, 12:00–1:30 pm**
- **\$37; 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 Live Viola Yoga Workshop

In some traditions it is believed that wooden musical instruments hold the emotions of every note that has ever been played on it. Moving to the viola is like the exquisite drawing of the bow across the strings. In this yoga gathering we'll move in the same way—slow and tranquil, calm and restoring. Just the right mix of mind, body and spirit. You will leave this workshop with unique tools and techniques that can help you dissolve stress, focus on what really matters and walk in our world in a lighter, more joyful way. Yoga experience not required. Bring yoga mat. Instructor: John Calabria, CYT and violist Noralee Walker

- **Sunday, October 13,**
12:00–1:30 pm
- **\$39; 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, November 10,**
12:00–1:30 pm
- **\$37; not eligible for discounts**

NEW Online Dating 101

Healthy, happy relationships are a huge part of personal wellness, and in today's world, 35% of all relationships begin online. While it's an incredible opportunity, many singles hesitate to try online dating and many have tried for years without positive results. Whether you're new to it or have been struggling, the #1 mistake singles make when going online is posting a boring, ineffective profile. Using Match.com as a template, this 2-hour workshop helps you create an amazing, thoughtful and eye-catching profile. Designed for women of all backgrounds, ages 25–65. By the end of the workshop, you'll have the tools and knowledge to jumpstart your new online dating journey! All participants will get access to the instructor's online dating profile questionnaire to help facilitate profile creation. Participants are encouraged to write their profile two weeks following the class and email it to the instructor for brief feedback. Instructor: Neely Steinberg, dating coach, image consultant, and founder of The Love TREP®.

- **Saturday, October 5,**
10:30 am–12:30 pm
- or
- **Saturday, November 2,**
10:30 am–12:30 pm
- **\$75; not eligible for discounts**



Neely Steinberg has been coaching women for more than 8 years on how to be the CEO and enTREPpreneur of their love lives. Neely has worked with hundreds of women of all backgrounds and from all over the world. She has been featured in countless media outlets, given seminars for Match.com and hosted fashion shows for Neiman Marcus and Macy's. She is married to the love of her life (whom she met on Match) and has two beautiful children.

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;**
September 18, October 16 and
December 4
- **Held at the main hospital campus,**
Cheney A/B Conference Room
- **Free; registration required**

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;**
September 18, October 16 and
December 4
- **Held at the main hospital campus,**
Cheney A/B Conference Room
- **Free; registration required**

NEW Roll, Relax & Restore: An Introduction to Self-Myofascial Massage

Do you have a lot of tension in your neck and shoulders? Do you wake up in the morning feeling stiff and achy? Struggle with plantar fasciitis? Chronic tension headaches? Discover how self-myofascial massage and breathing techniques can relieve aches and pains, increase circulation, help you breathe better so you have more energy, hydrate your fascia and improve muscle function so you can move more with ease, improve posture and induce your relaxation response to relieve stress. Leave feeling restored, rejuvenated and relaxed, with more tools for your self-care toolbox. Bring yoga mat. Instructor: Lauren Mayhew, Certified Roll Model® Method, Advanced Certified Level 4 Essentrics

- **Saturday, October 5,
10:30 am–12:30 pm**
- **\$45; not eligible for discounts**

Self-Defense Seminar for Seniors

*See Fitness and Movement on
page 6*



Take Control of Your Health: Creating Wellness or Illness

Scientific research has established the connection between your thoughts, feelings, beliefs and environment to your physical health. Whether you want to augment your medical treatment or improve your body's innate ability to repair itself, you can learn to create wellness or illness with simple self-healing mechanisms we all possess. In this workshop, learn simple, everyday mind-body techniques and explore environmental improvements you can make to promote wellness. You will leave feeling empowered to take control of your own health and wellness! Instructor: Fran Spayne MA, Holistic Therapist, Mind-Body Wellness Expert

- **Thursday, October 17;
10:00 am–12:00 pm**
- **\$35; not eligible for discounts**

NEW Ultimate Hand Workshop

This 4-week workshop provides an understanding of arthritis, addresses the frustration of chronic pain, offers techniques to reduce pain and improve function and provides a home-care routine for your hands to improve the quality of your life. Space is limited. Instructor: Beverley Ikier, Board Certified Muscular Therapist and Bodyworker, Senior Fitness Specialist

- **Wednesdays, 5:00–6:00 pm;
begins September 4 and October 2**
- **\$240 for a 4-week session;
not eligible for discounts**

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

- **Sunday, December 1,
12:00–1:30 pm**
- **\$37; 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, October 5, 9:00 am–3:00 pm**
- **\$130; not eligible for discounts**

Deepening Your Mindfulness Practice & More

In this program you will cultivate a daily meditation practice, gain a deeper understanding of where your stress reactions come from and be given many tools to assist in transforming them. You will experience your chakra system (energy centers in the body), understand why they get blocked and explore opening each chakra through sound and movement. Later in the program we will experience the power of Forgiveness and receive Group Healings. Whether you have meditated before or want to start, this program will empower you and get you into a daily routine of meditation practice. Wear comfortable clothes and bring yoga mat. Instructor: Patricia Howard, MBSR facilitator

- **Sundays, 11:15 am–1:15 pm; begins September 22**
- **\$400 for an 8-week session, plus CDs; not eligible for discounts**

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

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, September 17, 9:00–10:30 am**
- or*
- **Sunday, September 22, 9:00–10:30 am**
- **Free but registration required**

Program:

- **Tuesdays, 9:00–11:00 am; begins September 24**
- or*
- **Sundays, 9:00–11:00 am; begins September 29**
- **Plus all day Saturday, 9:00 am–3:00 pm on November 2**
- **\$540 for an 8-week session plus \$45 for required course materials/CD set; 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 the instructor 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. Instructors: Amanda McLain, MD; Jennifer Rasmussen, RN

- **Thursdays, 9:30–11:30 am; begins September 26**
- or*
- **Mondays, 6:00–8:00 pm; begins September 30**
- **\$450 for an 8-week session, includes materials; not eligible for discounts**

The Gathering — A Transformational Group

Is it your time to take a deeper dive into self-understanding and authentic expression? Join a group of women on a path of self-discovery. 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, 11:15 am–1:15 pm; begins September 17**
- **\$500 for 10 sessions; not eligible for discounts**

Yoga & Meditation

See Yoga on page 8



Private Integrative Therapies

at the Steinberg Wellness Center for Mind and Body

Now offering innovative integrative therapies 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.

Integrative Therapies

- Acupuncture
- Cosmetic Acupuncture
- Lymphatic drainage
- Massage therapy
- Muscular therapy
- Reflexology
- Reiki
- Rolfing
- Shiatsu
- Tui Na



Our Team

Beverley Ikier
Board Certified
Muscular Therapist
and Bodyworker,
Personal Trainer

Vivian Howell
Licensed Massage
Therapist

Brianne Krupsaw
Licensed Massage
Therapist

Telma Milioli
Licensed Massage
Therapist

Garret Whitney
Certified Advanced
Rolfing

Ming Wu, PhD
Doctor of Traditional
Chinese Medicine

Vivien Zhang
Licensed
Acupuncturist,
Certified Herbalist

**CLASSES
FOR ALL
AGES &
STAGES**

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.

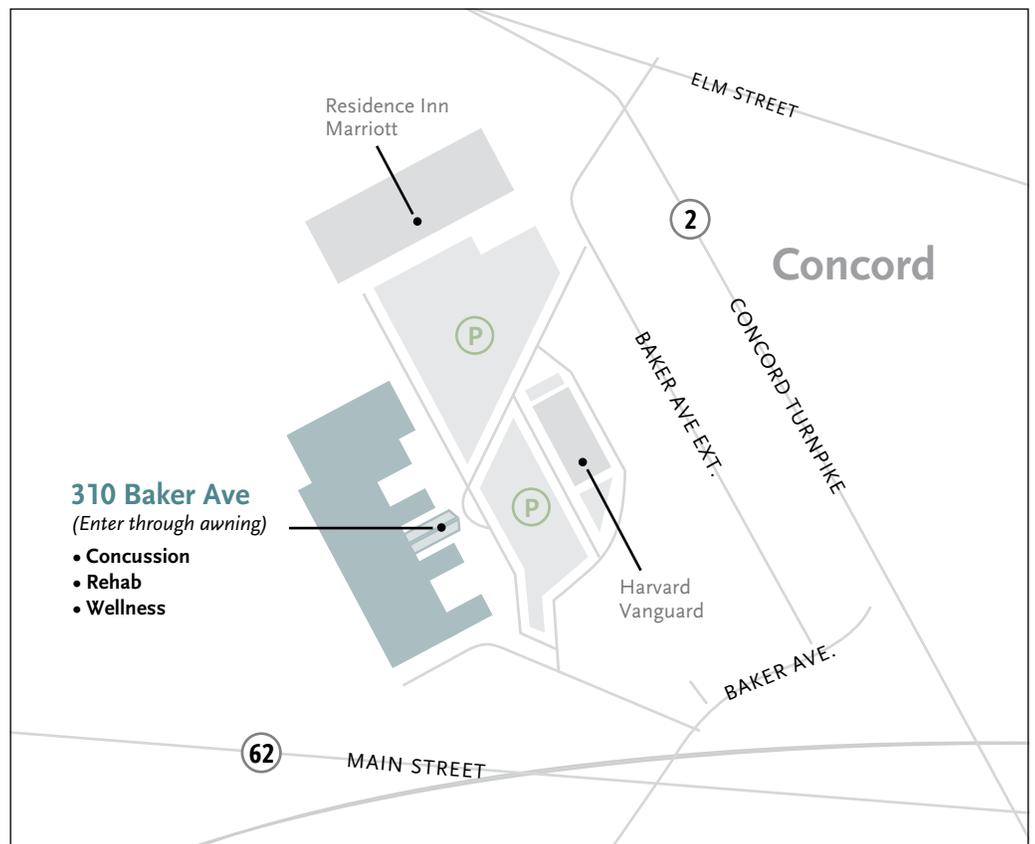
FALL 2019

WELLNESS CLASSES

FOR MIND AND BODY

**Private Integrative Treatments
Now Available!**

See page 19 for more information.



**Steinberg Wellness Center
for Mind and Body**

at Emerson Hospital

978-287-3777 | EmersonWellness.org

