

HEALTHY LIFESTYLES

Integrative Health Month

No Limb-Its

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

Monday, January 6

4:00 PM - 5:30 PM

Wellness Reset Retreat

Join a transformative weekend retreat led by Certified Health Coach Allie Saunders, offering women under 45 a chance to prioritize self-care, explore wellness strategies, and connect with a supportive community.

January 11 and 12

- Saturday, 8:30 AM - 4:00 PM

- Sunday, 8:30 AM - 12:00PM

\$450/person

Community Acupuncture

Share the healing space with others in a relaxed community environment. Each participant will receive a 30- to 45-minute acupuncture treatment while comfortably relaxed on a reclining chair.

Thursday, January 16

5:00 PM - 6:30 PM

\$40

Living Well

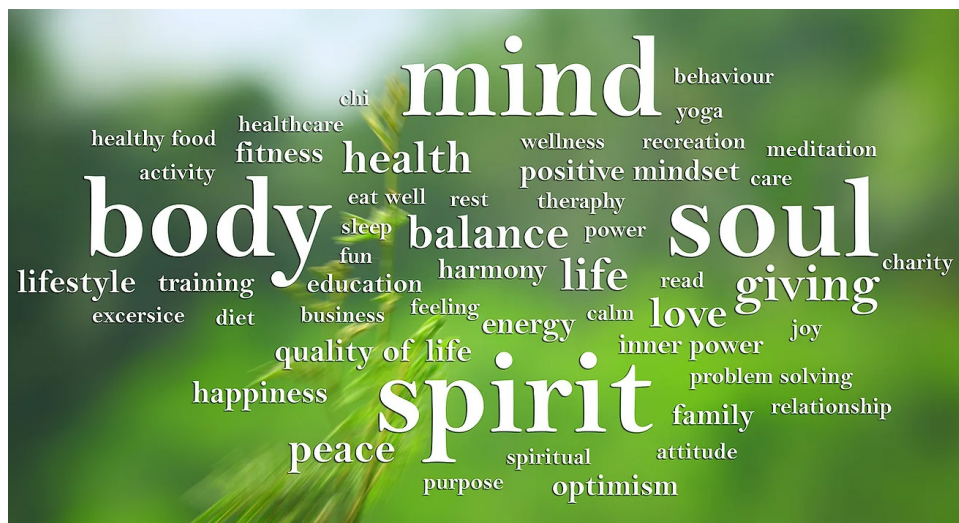
Break Your Sugar Addiction

At Statera, we focus on the importance of integrative health, considering each person as a whole: mind, body and spirit. Join us for our "Living Well" series throughout the year, each focused on a different health and wellness topic.

Thursday, January 16

5:00 PM - 6:30 PM

\$35



What is Integrative Medicine?

Lawrence Hutchison, Medical Director

Integrative medicine is a holistic medical discipline that aspires to treat the whole person rather than just their disease. It uses a combination of modern/conventional, alternative, and complementary medical approaches to diagnose, treat, and address medical issues, health optimization, and the long-term wellness of our patients.

Integrative medicine considers the whole patient, including their disease, genetics, and lifestyle, using conventional and functional approaches to diagnosis and treatment to optimize health and wellness. Treatment modalities may include conventional medications, nutritional supplements, diet and lifestyle modifications, massage therapy, mental health services, physical therapy, acupuncture, yoga, and chiropractic care.

Integrative medicine combines all of these approaches to address the healing process. By considering all factors that affect our health, wellness, and disease states, including mind, body, spirit, social and environmental factors, the patient and provider can be partners in the healing process, with treatments and therapies that are more natural and less invasive being preferable whenever appropriate and proven effective, while personalizing care to address the individual patients unique conditions, circumstances, and lifestyle.

To view the full article, visit the "more" tab on our website.

STATERA January 2025 Fitness

	Equipment Based Pilates (EBP) AntiGravity®			Fitness, Yoga & Meditation			Fitness, Yoga, Oov & Healthy Aging Wellness Classes • Drop In: \$16 • 10-Pass: \$150 (\$15ea) • 20-Pass: \$280 (\$14ea) • 30-Pass: \$390 (\$13ea) 30-Day Unlimited: \$99 Equipment Based Pilates(EBP) & AntiGravity® • Drop In: \$28 • 10-Pass: \$252 (\$25.20ea) • 20-Pass: \$476 (\$23.80ea) • 30-Pass: \$672 (\$22.40ea) 30-Day Unlimited: \$169/month Fitness, Yoga, Oov & Healthy Aging Wellness Classes Equipment Based Pilates (EBP) and AntiGravity® \$241.20/month
MON	8:00-8:50 am	Multi-Level EBP	Malia	9:00-9:50 am	Stable and Strong	Allie	
	9:00-9:50 am	Level 2 EBP	Malia	10:00-10:50 am	Fit Foundations for Life	Allie	
	4:30-5:20 pm	Level 1/2 EBP	Malia	12:00-12:50 pm	Power Sculpt	Allie	
	5:30-6:20 pm	Level 1 EBP	Shannon				
	6:30-7:20 pm	Level 1 EBP	Shannon				
TUE	7:30-8:20 am	Multi-Level EBP	Sue	9:00-9:50 am	Strength/Yoga	Tobey	
	8:30-9:20 am	Level 2 EBP	Sue	10:00-10:50 am	Yin Yoga	Tobey	
	10:00-10:50 am	Level 1 EBP	Sue	5:30-6:20 pm	Flow Yoga	Tobey	
	11:00-11:50 am	60+ Restorative EBP	Malia				
	4:30-5:20 pm	Multi-Level EBP	Malia				
	5:30-6:20 pm	AntiGravity	Malia				
WED	8:00-8:50 am	Pilates Fitness	Malia	9:00-9:50 am	Stable and Strong	Nicole	
	9:00-9:50 am	Pilates Fitness	Malia	10:00-10:50 am	Fit Foundations for Life	Nicole	
	4:00-4:50 pm	Bone Health Fitness	Malia	4:30-5:20 pm	Iron Yoga	Tobey	
	5:00-5:50 pm	Pilates Fitness	Malia				
THUR	7:30-8:20 am	Multi-Level EBP	Sue	9:00-9:50 am	Strength Yoga	Tobey	
	8:30-9:20 am	Level 2 EBP	Sue	10:00-10:50 am	Yin Yoga	Tobey	
	10:00-10:50 am	Level 1 EBP	Sue				
	4:30-5:20 pm	Multi-Level EBP	Shannon				
	5:30-6:20 pm	Level 1 EBP	Shannon				
	6:30-7:20 pm	Level 1 EBP	Shannon				
FRI	9:00-9:50 am	Chair EBP	Malia	10:00-10:50 am	Oov	Malia	
	11:00-11:50 am	60+ Restorative EBP	Malia	11:00-11:50 am	TRX	Allie	
				12:00-12:50 pm	Power Sculpt	Allie	
SAT	7:30-8:20 am	Multi-Level EBP	Malia				
	8:30-9:20 am	Active Aging EBP	Malia				
	9:30-10:20 am	Multi-Level EBP	Malia				
	10:40-11:30 am	AntiGravity	Malia				



Testimonial Corner:

“This is an amazing facility, integrating clinical care with healing services! They hold a high standard to quality & professionalism. Very impressed! I really enjoyed my acupuncture treatment with Ashley. I will be back to explore more of their services. A beautiful vision brought to fruition!”

New in February: Effective Meal Planning and Prep

Whether you’re feeding yourself, you and your plus one, or a family, it’s important to plan for healthy nutrition.



- ~What should your weekly meal plan look like based on your unique needs and goals?
- ~How to create and organize your shopping list.
- ~Tips and tricks to prep your food without losing important nutritional value.
- ~You don’t have to eat the same thing everyday.
- ~Learn how to listen to your body.

Not sure where to start? Did you know we offer a FREE consultation with Nicole Hutchison? Visit our website and click on “free consultation” and let us help guide you in the right direction in your health and wellness journey!

For a full list and to learn more about the upcoming education support opportunities at Statera, visit our website ~ stateraintegrated.com/workshops-events