

# HEALTHY LIFESTYLES

## National Nutrition 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, March 3**  
4:00 PM - 5:30 PM

### 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, March 20**  
5:00 PM - 6:30 PM  
\$40

### Book Club: Breath

Drawing on thousands of years of medical texts and recent cutting-edge studies in pulmonology, psychology, biochemistry, and human physiology, *Breath* turns the conventional wisdom of what we thought we knew about our most basic biological function on its head. You will never breathe the same.

**Thursday, March 20**  
5:00 PM - 6:00 PM  
FREE

### Diabetes: Prevention & Management

Take charge of your health with our 3-month program, thoughtfully designed to support individuals with diabetes or pre-diabetes. This program combines expert guidance, practical tools, and a supportive community to help you make sustainable lifestyle changes.

**Thursdays, Starting March 20**  
\$299

## From Diagnosis to Empowerment: Taking Charge of Diabetes Management

*Allie Saunders, National Board Certified Health & Wellness Coach and NSCA Certified Personal Trainer*

*Anna King, Board Certified Registered Nurse*

Diabetes is an all-encompassing condition that impacts your whole self—physically, emotionally, and mentally—and can feel overwhelming and isolating. The American Diabetes Association reports that severe diabetes distress affects one in five people with diabetes. This distress can occur regardless of your A1C levels or what your doctor says. Each individual responds differently to the daily demands of living with a chronic health condition.

Many people with diabetes describe feeling powerless over their blood sugar control and diabetes management. As a registered nurse living with type 1 diabetes, I've personally experienced and witnessed the struggle of managing the physical and emotional demands of diabetes. Sometimes it's normal to feel discouraged or anxious, and it's okay to admit when you feel like giving up.

If you've ever dealt with diabetes distress, burnout, or depression, know that your feelings are valid. Be compassionate with yourself—beating yourself up over elevated glucose levels or A1C results serves no purpose. Instead, work to identify your stressors. These stressors might be related to diabetes or to general life circumstances, but they all can affect your blood sugars and motivation. Recognizing your triggers is an essential first step toward emotional regulation.

Building a support system is also crucial. Consider attending community events or support groups for people with diabetes. These connections can inspire you to share struggles, celebrate successes, and make lasting lifestyle changes.

Lastly, don't hesitate to communicate openly with your healthcare provider. While your doctor's primary focus may be on lab values and medication management, it's essential to ensure that your mental health is part of the conversation. If you're feeling burnt out, speak up—even if your doctor doesn't ask. A trusted provider can help you identify effective coping strategies, adjust your management plan, and connect you with mental health resources tailored to your needs.

Diabetes can often feel like a full-time job on top of everything else in your life. Remember, you're not alone, and feeling overwhelmed is a natural response. You're strong and capable, and there's no shame in asking for help. Seeking support, whether from peers, healthcare providers, or therapists, can make a meaningful difference.

**Visit our website for more information about Diabetes: Prevention & Management**



	Equipment Based Pilates (EBP) AntiGravity®			Fitness, Yoga & Meditation			<b>Fitness, Yoga, Oov &amp; Healthy Aging Wellness Classes</b> <ul style="list-style-type: none"> <li>• Drop In: \$16</li> <li>• 10-Pass: \$150 (\$15ea)</li> <li>• 20-Pass: \$280 (\$14ea)</li> <li>• 30-Pass: \$390 (\$13ea)</li> </ul> <b>30-Day Unlimited: \$99</b> <b>Equipment Based Pilates(EBP) &amp; AntiGravity®</b> <ul style="list-style-type: none"> <li>• Drop In: \$28</li> <li>• 10-Pass: \$252 (\$25.20ea)</li> <li>• 20-Pass: \$476 (\$23.80ea)</li> <li>• 30-Pass: \$672 (\$22.40ea)</li> </ul> <b>30-Day Unlimited: \$169/month</b> <b>Fitness, Yoga, Oov &amp; Healthy Aging Wellness Classes Equipment Based Pilates (EBP) and AntiGravity®</b> \$241.20/month
MON	8:00-8:50 am	Multi-Level EBP	Malia	9:00-9:50 am	Strength & Balance	Nicole	
	9:00-9:50 am	Level 2 EBP	Malia	10:00-10:50 am	Stretch	Nicole	
	4:30-5:20 pm	Level 1/2 EBP	Malia	12:00-12:50 pm	Power Sculpt	Allie	
	4:30-5:20 pm	Mat/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				
WED	5:30-6:20 pm	Antigravity	Malia				
	8:00-8:50 am	Pilates Fitness	Malia	9:00-9:50 am	Power Flow Yoga	Kailey	
	9:00-9:50 am	Pilates Fitness	Malia	9:00-9:50 am	Strength & Balance	Nicole	
	4:00-4:50 pm	Bone Health EBP	Malia	10:00-10:50 am	Stretch	Nicole	
	5:00-5:50 pm	Pilates Fitness	Malia	4:00-4:50 pm	Balanced Wellness	Nicole	
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				
FRI	9:00-9:50 am	Chair EBP	Malia	9:00-9:50 am	Breath, Mindfulness, Meditation	Nicole	
	11:00-11:50 am	60+ Restorative EBP	Malia	10:00-10:50 am	Oov	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	9:00-9:50 am	jo-yo (every other Saturday)	Kailey	
	8:30-9:20 am	Active Aging EBP	Malia				
	9:30-10:20 am	Multi-Level EBP	Malia				
	10:30-11:20 am	Multi-Level EBP	Malia				



**Healthier Me: Foundations of Health and Wellness with Nicole Hutchison**

Do you want to increase your physical energy, mental clarity, and create greater life balance?

This program is professionally designed to provide the basic principles and specific actions to set the stage for a long life of health and wellness. This six-week program is designed for women ages 40+.

**Beginning April 16, 5:00 PM - 6:30 PM, \$375**

**\*NEW\* Mat/EBP Class w/ Shannon Hummel**

Build core strength, improve flexibility, and enhance body awareness through flowing sequences designed to challenge and support your body. Suitable for all levels.

**-Monday's, from 4:30 PM - 5:20 PM**

**Testimonial Corner:**

*"The Galentine's Mini Retreat was well planned for all different ages and activity levels. Each session had a nice piece to take away for self connection and health. All of the staff were respectful and willing to make accommodations for any need while going through the activity. Thank you for this opportunity!"*

this coupon is valid for ✦ ✦

## ONE FREE CLASS

✦ ✦ Choose from Yin Yoga, jo-yo, or Breath, Mindfulness & Meditation. expires 5/31/2025

PROMO CODE: BREATHE

# FREE