

February Events at Wellspring



New Beginnings

"Yeah, I do cry when I talk about it.

WellspringHeart has been a life-changing event for me. I had all the warning signs that I know, as a nurse, are bad news - not being able to move, edema, not sleeping - I was just blowing them off. Each time a new condition would come up, I'd end up just taking another pill. Then I joined WellspringHeart and it has given me new life. My breathing is better, so I can sleep at night without waking up in the middle. I've lost 75 pounds. I'm down from six medications to just one. My blood pressure is lower and I have so much more energy. If anybody really needs to change their life, this is how you can do it. It's unbelievable what you will accomplish and the life change you'll experience."

Hear Pam's story in her own words at wsheart.com

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Wellspring Goes Red For Women

We're all in this together! Join Wellspring, along with millions of women nationwide on **National Wear Red Day, Friday, February 6, 2009**. Employees will wear red to support the American Heart Association's ongoing research and education about women and heart disease. All employee donations will go to a fund toward CT Angiograms for qualifying female patients of WellspringHeart.

WELLNESS DINNER SERIES

How We Choose to Be Happy

Presented by Daniel Schweigert, MD and Susan Benner, Director for Fitness & Wellness

What are the characteristics of happy people? How do they think and what do they choose to do to create happiness in their lives? Learn about the links between intention, thought, action and happiness, and how you can increase the joy in your life every single day, regardless of your situation, inclinations or DNA. Focus on cutting edge research in the positive psychology field, as well as course content from one of the most popular classes at Harvard. You will gain practical skills for inviting more happiness in to your life beginning right now! **February 18 / 6-7:30pm / \$35 per person includes three-course meal. Call 971.983.5250 to reserve.**



Workshops Classes Fitness

Partner Yoga & Massage Workshop

With Rebecca and Trina

Discover a deeper connection with your friend or loved one in this light-hearted, interactive workshop. Learn simple yoga stretches and massage techniques to do at home. No experience necessary. A perfect activity for platonic friends or romantic partners!

Tuesday, February 10 / 5:30-7pm / \$25 per person or \$40 per couple

Pilates From the Ground Up

With Andrea

Pilates is a system of exercises designed to strengthen your core, promote optimal back health and allow the body to move freely & easily. This month long series will explore the fundamentals of classical Pilates and break down each exercise in the beginning Pilates mat series. You will gain a better understanding of each exercise and have a Pilates exercise routine that you can do at home, as well as tips to deepen your practice at Wellspring. Great for beginners!

Tuesdays, February 17, 24 and March 3, 10 / 5-6pm / \$50

For more information or to register, call 971.983.5230.

Are you at risk?

Heart disease is the leading health concern in our country. Many people are learning how their lifestyle can prevent and reverse it. Find out how WellspringHeart can change – and even save – your life. Be our guest for dinner and hear the inspiring stories of this amazing program. **February 2 and March 2 / 6:30-8pm** Reserve by calling 971.983.5212 or log on to wsheart.com for a free online screening. Pre-screening required.



Be My Valentine

Dinner by Chef Eric
February 14

Seven Courses
\$50 per person
\$70 with wine pairings

Reservations 971.983.5280

Vitality
food and spirits



The Spa

**60 Minute Massage
For Two \$100**

Add a glass of wine and
chocolate for \$20 more.

Call 971.983.5268 for
an appointment.

1475 Mt. Hood Avenue, Woodburn
971.983.5200 iamwellspring.com

Wellspring

Center for
Extraordinary Living