

January Events at Wellspring

New Beginnings

i am resolution.

Gladys Burson

"A yoga class changed my life.

That was, after all, my first introduction to Wellspring. After that first class, I knew that I had found home. The opportunities here have made such an impact on my life. Not only have I become stronger physically, I have had many revelations about my life that are making me mentally stronger as well. My relationship with my husband has improved, my joy of life has returned, and I am finding new ways of looking at things. My friend and I joke that we would like to live at Wellspring. And we really kinda mean it."

WELLNESS DINNER SERIES

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 and hear the inspiring stories of this amazing program. **Prescreening required, call 971.983.5212.**



Alignment for Living

Misalignment of your spine disrupts the conversation between mind and actions which can result in chronic pain, headaches, fatigue and more. Chiropractor Tim Driscoll will teach participants the importance of chiropractic adjustment and simple techniques to keep the conversation flowing smoothly, so that healing, good posture and balance can be achieved. **January 21 / 6-7:30pm / \$35 / Includes 3-course dinner/ Reservations 971.983.5250**



Workshops Classes Fitness

For more information or to register, call 971.983.5230.



Best Self Guide for a Healthy Weight

Rebecca Tryon, nutrition counselor

Join us for an 8-week weight management program using the work of Bob Greene (Oprah's trainer) and his Best Life Diet book. This lifestyle-based approach to nutrition and exercise will help you set attainable weight loss goals, create a balanced diet, and discover your inner motivations for self-care. **Wednesdays, January 28 – March 18 / 5:30-7pm / \$120 per person plus book cost**

Healthy Back Extravaganza

Andrea Lopriore, Pilates Instructor; Daniel Schweigert, MD; Timothy Driscoll, DC Free Pilates demonstrations and talks, along with the chance to sign up for a free Pilates session. Receive valuable information on healthy spine and back care by our Wellspring chiropractor and sports medicine physician. All are welcome! **Wednesday, January 14 3-5pm / FREE**

Finding Your Inner Teacher Yoga Workshop

Sybil Nance, RYT

Appropriate for both students and teachers of yoga, this workshop delves into the relationship between yoga philosophy, practical intuition and helpful hands-on techniques to take your yoga practice to the next level. **Saturday, January 17 / 11am-1:30pm / \$40**

Fitness Open House

Come see what the buzz is all about! Free circuit orientations and group fitness classes; workshops and more. **January 12 – 17**

Wellness Coaching

Our Wellness Coaches will work with you to formulate a specific plan toward optimal wellness that focuses on your dreams for your best self, with specific and achievable goals along the way. Appointments conducted by phone or in person.

No initiation fees
to join the Fitness Center
for the entire month
of January!

New Year, New You

Receive **10% Off** any single Aesthetic treatment and receive **20% off** (of both) if you book a treatment in the spa as well.

Learn how to keep your skin healthy during the winter months with a free consultation from our La Roche Posay Representative. **Appointments January 22, 10 a.m. – 4 p.m. please call 971.983.5270**

Skincare For All Seasons

Learn from our dermatology certified nurse and aesthetician how to care for your skin in all types of weather. Discover tips for a winter skincare program to leave your skin shining, even when the sun is not. Hear all about our organic product lines and clinical skin care options. **Thursday, January 22, 5:15 – 6:45pm / \$20, includes a skin-healthy treat and special offers for spa/aesthetics services. For more information or to register, call 971.983.5270.**



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Center for
Extraordinary Living