

TAKING CHARGE OF YOUR HEALTH: Fall 2015



Join us on Saturdays from 10:30 to 11:30 AM, at the Spruce Pine Public Library for a **FREE** health education program. We'll offer easy and affordable lifestyle tips from local complementary and alternative medicine providers and have fun while learning how to become independently healthy.

This educational program is sponsored in part by: AMY Regional Library System and Possibilities of Wellbeing

August 29 — Healthy, Wealthy, Wise - Feel Great Using Natural Medicine: M. Rossi and G. Plato

Stress, relationships, food, sleep, and activity level all play vital roles in how we feel. We'll explore these five pillars of health, discuss everyday strategies for self-care, and experience practices easy enough to use immediately. Plus, we'll introduce you to the natural healthcare resources in our area. You'll improve your health as you learn how to take care of yourself naturally!

September 5 — Staying Healthy This Fall With Chinese Seasonal Medicine: Jade Pierce

Chinese Medicine teaches us how to live in harmony with nature and the seasons so we stay healthy all year round. Commonly referred to as a "cold and flu season", autumn is an important time to pay attention to our diet, reduce stress, and conserve activity levels to build support to stay healthy during the cold months ahead. We'll explore simple ways using diet, qi gong, and greater understanding to build and conserve our energy and wellbeing.

September 12 — The Mind-Body Connection: Easy Tools to Improve Your Life: Isa Soler

We will explore a variety of traditional and cutting-edge techniques to help you maximize the benefits of the mind and body working together in a coherent way. Improve your physical and emotional wellbeing through Mindfulness skills, Emotional Freedom Technique and Meditation. Come enjoy this hands-on mini workshop as we learn and practice many of these health-building skills.

September 19 — Your Healthy Belly — Digestion Essentials: Geraldine Plato

How does what you eat or drink affect you? Discover the important connection between your gut and your overall health. You'll leave with recipes and five simple steps to help you use food to gain energy, balance your weight, and feel healthier.

September 26 — Tiger Paws - Restoring Resilience to Hands and Fingers: Mary Lynn White

Using a combination of techniques and gestures gathered from martial arts and Qigong, this session will focus on resolving arthritis pain, tight tendons and general stiffness of the hands. We'll work with self-massage and stretching exercises to limber up the joints and tendons. Even five minutes a day practicing a few of these exercises can make a huge difference in hand health.

October 3 — Harnessing Your Brain's Power: A Kinder + Gentler Way to Change: Astra Coyle

Have you ever wanted to change something about yourself? Ever wondered why some people have a relatively easy time learning and adapting to changes, while others have difficulty? The answer is The Brain. We will use The Feldenkrais Method® to experience simple gentle movements to change our habits and improve how we move, think, and feel. After lessons, students often feel relaxed, flexible, supple, and inspired.

October 10 — What Do We Really Know about Cholesterol?: Margot Rossi and Geraldine Plato

Have you or a loved one been told your cholesterol numbers are too high? Are you concerned about hypertension, clogged arteries, or stroke? We'll learn how to read those cholesterol numbers, explore what they really mean, and discover why cholesterol is an ally not an enemy. Leave with lifestyle and dietary guidelines to help you address the causes of high cholesterol and keep cholesterol levels in check.

To reserve a seat go to the Spruce Pine Public Library, visit PossibilitiesofWellbeing.com, or contact us:

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Possibilities of Wellbeing's mission is to champion individual and community wellbeing through health education, lifestyle strategies, and integrative medicine.