

# SEPTEMBER 2020



# Discover Health

FUNCTIONAL MEDICINE CENTER

ALL EVENTS & CLASSES are ONLINE (Eastern Standard Time)

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 Self-Myofascial Release 11am – Noon	2 Movement for Longevity 5 – 6pm	3	4 Discover Yoga 9 – 10am	5
6	7 Nutrition & Healthy Habits 5-week class	8 Self-Myofascial Release 11am – Noon	9 Movement for Longevity 5 – 6pm	10	11 Discover Yoga 9 – 10am	12
13	14 Nutrition & Healthy Habits 5-week class	15 Self-Myofascial Release 11am – Noon	16 Movement for Longevity 5 – 6pm	17	18 Discover Yoga 9 – 10am	19
20	21 Nutrition & Healthy Habits 5-week class	22 Self-Myofascial Release 11am – Noon	23 Movement for Longevity 5 – 6pm	24 FREE Webinar: <i>Strengthening Your Pelvic Floor</i> 6-7pm	25 Discover Yoga 9 – 10am	26
27	28	29 Self-Myofascial Release 11am – Noon	30 Movement for Longevity 5 – 6pm	<p>Interested in our online movement classes?</p>  <p>Get all the details at <a href="https://discoverhealthfmc.com/#Movement">discoverhealthfmc.com/#Movement</a></p>		

## SEPTEMBER EVENTS & CLASSES - Details:

### Nutrition & Healthy Habits – 5-week small group coaching class

**Mondays 4-5 pm** in person OR **7-8 pm** online

Do you want to establish and maintain healthy habits that help you feel your best?

This small group coaching online class is for you!

This 5-week Group Class will help you find strategies that work for you, no matter what your starting point.

To learn more or sign up, call our office at (603) 447-3112 or email: [discoverhealthcoaching@gmail.com](mailto:discoverhealthcoaching@gmail.com)

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### FREE WEBINAR – Strengthening Your Pelvic Floor

**Thursday, September 24th (6 pm)**

One of the main functions of the pelvic floor is to support your lower abdominal organs, such as your bladder. Because pelvic muscles are hidden from view, they are often overlooked as an important muscle group to exercise—but keeping those muscles strong is important!

If you're interested in learning more about the importance of the pelvic floor, how to locate yours, and exercises (beyond Kegels) to strengthen pelvic muscles, join Dr. Trish for this webinar.

Sign up and learn more here: [dhfmc.synduit.com/SPFW0001](http://dhfmc.synduit.com/SPFW0001)

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### Discover Health Movement Membership classes:

Self-Myofascial Release: Tuesday mornings (11am – Noon) – *with Lisa Buerk*

Enhance your mobility through a rolling class using self-Myofascial release techniques, led by Lisa Buerk.

This can help alleviate tight muscles and keep your body mobile as you age.

**Release, Relax, Renew, Recover with Self-myofascial release.**

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Movement for Longevity: Wednesday afternoons (5 – 6pm) – *with Jim Chaput*

**Do you want to get up and down from the floor with ease, improve your balance and move with confidence?**

Join us to learn simple stretching & strength exercises and balance drills that you can do in your own home with no special equipment. **Master movements that will improve your daily life!**

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Discover Yoga: Friday mornings (9 - 10am) – *with Meghan Vestal*

**Relax and unwind** with gentle yoga suitable for all levels. Learn and experience some of the many benefits of yoga and guided meditation in a supportive environment. Class involves slow-paced sequences for safe alignment and practice of foundational poses. **All movements can be modified to suit your comfort level & ability.**

**Beginners always welcome in our movement classes**

*Join today and see how great you can feel!*