

# JANUARY 2021



Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p><b>ALL EVENTS &amp; CLASSES are ONLINE (Eastern Time)</b>  <b>Please call the office with any questions (603) 447-3112</b>  <b>Or email: <a href="mailto:discoverhealthcoaching@gmail.com">discoverhealthcoaching@gmail.com</a></b></p>					1	2
3	4 “Sugar Busters Accountability Group” 7pm	5 <b>Self- Myofascial Release</b> 11 am – Noon	6 <b>Movement for Longevity</b> 5-6pm	7	8 <b>Discover Yoga</b> Recorded class	9
10	11 <b>Detox Plus</b> <b>5-week class</b> 5-6 pm online  SB Acct Group 7pm	12 <b>Self- Myofascial Release</b> 11 am – Noon	13 <b>Movement for Longevity</b> 5-6pm	14	15 <b>Discover Yoga</b> 9 – 10am	16
17	18 <b>Detox Plus</b> <b>5-week class</b> 5-6 pm online  SB Acct Group 7pm	19 <b>Self- Myofascial Release</b> 11 am – Noon	20 <b>Movement for Longevity</b> 5-6pm	21 <b>FREE Webinar:</b> <b>“Calm Your Anxiety”</b> 6pm	22 <b>Discover Yoga</b> 9 – 10am	23
24	25 <b>Detox Plus</b> <b>5-week class</b> 5-6 pm online  SB Acct Group 7pm	26 <b>Self- Myofascial Release</b> 11 am – Noon	27 <b>Movement for Longevity</b> 5-6pm	28	29 <b>Discover Yoga</b> 9 – 10am	30
31	FEB 1 <b>Detox Plus</b> <b>5-week class</b> 5-6 pm online  SB Acct Group 7pm	2 <b>Self- Myofascial Release</b> 11 am – Noon	3 <b>Movement for Longevity</b> 5-6pm	 <p>Get all the details at: <a href="https://discoverhealthfmc.com/#Movement">discoverhealthfmc.com/#Movement</a></p>		

## JANUARY events & classes – Details

### Discover Health FREE Webinar: “Calm Your Anxiety”

Thursday, January 21st at 6:00 pm EST

Holistic health is not merely a matter of ‘curing’ and ‘solving’ problems when they arise. Holistic health measures PREVENT the onset of imbalance and disease, helping the individual to optimize their functionality and prioritize combining all aspects of their health. This includes mental health!

Join Dr, Trish, for this month’s free webinar to learn about the natural ways to help keep your mental health in optimum shape!

RSVP at <https://dhfmc.synduit.com/CYAW0001> Please share with everyone you think could benefit!

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### Detox Plus 5-week small group coaching class

Mondays 5-6pm EST, starting on January 11th

4 out of every 5 people suffer from: Bloating, Gas, IBS, Migraines, Joint Pain, Eczema, Fatigue or Brain Fog. A comprehensive elimination diet implemented over just 3 weeks empowers 80% of people to identify enemy foods, quiet Inflammation, and end their suffering!

Discover how to implement the Elimination Diet and learn which foods are working for (or against) you with our 5 Week ONLINE Group Class. Cost is \$150 per person for 5 weeks.

*To sign up or get more info on small group or individual coaching, contact Coach Trish  
By phone: (603) 447-3112 or email: [discoverhealthcoaching@gmail.com](mailto:discoverhealthcoaching@gmail.com)*

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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

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 enhance your daily life now and for years to come!

**Improve your balance, get up and down from the floor with ease and move with confidence!**

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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.**