

# OCTOBER 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	5	6	7	8	9
		<p><b>Self- Myofascial Release</b>                      11am – Noon  <b>Nutrition Transition</b>  <b>8wk class 4</b>                      7-8pm</p>	<p><b>Movement for Longevity</b>                      5-6pm</p>		<p><b>Discover Yoga</b>                      9 – 10am</p>	
10	11	12	13	14	15	16
		<p><b>Self- Myofascial Release</b>                      11am – Noon  <b>Nutrition Transition</b>  <b>8wk class 5</b>                      7-8pm</p>	<p><b>Movement for Longevity</b>                      5-6pm</p>		<p><b>Discover Yoga</b>                      9 – 10am</p>	
17	18	19	20	21	22	23
		<p><b>Self- Myofascial Release 1</b>                      1am – Noon  <b>Nutrition Transition</b>  <b>8wk class 6</b>                      7-8pm</p>	<p><b>Movement for Longevity</b>                      5-6pm</p>	<p><b>FREE Webinar:</b>  <b>The Dangers of Candida</b>                      6pm</p>	<p><b>Discover Yoga</b>                      9 – 10am</p>	
24	25	26	27	28	29	30
		<p><b>Self- Myofascial Release</b>                      11am – Noon  <b>Nutrition Transition class</b>  <b>8wk class 7</b>                      7-8pm</p>	<p><b>Movement for Longevity</b>                      5-6pm</p>		<p><b>Discover Yoga</b>                      9 – 10am</p>	
31				<p><b>DISCOVER HEALTH</b>                      MOVEMENT MEMBERSHIP</p> <p>Get all the details at:  <a href="https://discoverhealthfmc.com/#Movement">discoverhealthfmc.com/#Movement</a></p>		

## OCTOBER events & classes – Details

### Discover Health FREE Webinar: “The Dangers of Candida” Thursday, October 21<sup>st</sup> at 6:00 pm EST

Candida can be a simple fix, the first step is identifying why overgrowth occurred in the first place, whether it be medication, food choices, or a weakened immune system. Understanding how foods affect the gut and how supplements can restore the balance of gut microbes will get you back to normal in no time!

Join Dr. Trish to change your health for the better! Thursday, October 21st At 6:00 pm EDT!  
[Register Today!](#)

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### NUTRITION TRANSITION 8-week online class Tuesdays (7-8pm) on Zoom

#### *Ready to make a transition in your approach to nutrition?*

You can still join us for our 8-week "Nutrition Transition" class!

Topics of discussion include options such as the Rainbow Concept, Paleo / ancestral eating, intermittent fasting and several variations of a Ketogenic approach (including the Wahl's Protocol and Ketoflex 12/3).

This small-group coaching class will help you clarify your goals and identify actions that will lead to your success. You will have the opportunity to experiment and find an approach that works best for you. Cost of the class is \$200 for 8 weeks. Signups in October will be pro-rated.

To register, call the office (603) 447-3112 or email Coach Trish at [discoverhealthcoaching@gmail.com](mailto:discoverhealthcoaching@gmail.com)

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DISCOVER HEALTH  
MOVEMENT MEMBERSHIP

#### *Live online class schedule:*

#### 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.**