

### New! "HOT UNDER THE COLLAR" -Acupressure for Menopause

This seminar will focus on the myriad of symptoms women experience in menopause. Issues of hot flashes, insomnia, weight gain and memory problems will all be addressed. The group will learn acupressure techniques and point selection to best control symptoms. Discussions will focus on aging gracefully and maintaining good health through simple application of pressure points.

Tuesday, December 6, 7:00 pm - 9:00 pm \$35

### MIND BODY CONNECTION- Power of the mind

Understand the impact your thoughts, emotions, words, and beliefs have on your physical health and the power of your mind has over wellness. Learn how anger, depression and holding onto grudges can affect you.

Presented by: Fran Spayne, MA, Holistic Therapist, Inspirational Life Coach, Reiki Master.

Saturday, November 5, 9:30 a.m. – 12:00 p.m. \$35

### New! MEN'S PELVIC HEALTH

Pelvic issues, such as incontinence are not conditions limited to women alone. Frequently, men experience many pelvic symptoms as a result of chronic prostatitis or post prostate surgery. Learn how to keep your bladder healthy and what Physical Therapy can do to help recover from the effects of prostate surgery. Wear comfortable clothes. Presented by Judy Curless, Chief PT Emerson Hospital Health Center Westford.

Tuesday, November 15, 7:00pm – 9:00pm \$35

**Call 978-287-3777 to register**

## Concord Public Schools

### Concord-Carlisle Regional School District

# WELLNESS AT WORK

## WORKSHOPS 2011-2012



### PREVIEW:

- *Yoga, Meditation, Prenatal Yoga*
- *Zumba, Qi Gong, Tai Chi*
- *Boot Camp!*
- *Self Defense*
- *Mindfulness Based Stress Reduction Adults & Teens*
- *Hypnosis for weight loss and smoking cessation*
- *Reiki*
- *Sleep 101*
- *Understanding your teen, grand parenting, new parents*
- *Healthy Couples, Men & Women's Health Issues*

Dear Colleagues:

Welcome to the 2011-2012 edition of Wellness at Work! The Wellness at Work program is designed to bring you opportunities to enhance your health and well-being. The Human Resources staff is delighted to announce a partnership with Emerson Hospital's new Integrative Wellness Center. This collaboration brings our employees over twenty different workshops on a variety of topics.

**Classes are located at Emerson Hospital's new Integrative Health & Wellness Center 310 Baker Ave Ext, Concord (unless otherwise noted).**

**Call 978-287-3777 to register for all workshops.**

Please note that some classes are ongoing--you can join at any time.

In this booklet you will find selected workshops. To see additional offerings go to:

<http://www.emersonhospital.org/HealthResources/HealthWellnessClasses.aspx>

Please call 978.318.1542 or email [k12personnel@colonial.net](mailto:k12personnel@colonial.net) if you have any questions.

In Health,

The Human Resources Office

loving relationship. We will also discuss the three negative cycles that keeps couples from creating a deeper emotional connection. The class involves DVD viewing, discussion, in-class exercises, and homework. Before attending, participants may want to read the first three chapters of Susan Johnson's, *Hold Me Tight: Seven Conversations for a Lifetime of Love*. *EFT is an empirically tested model of couple therapy that has been shown to have excellent outcomes with many different kinds of couples. You will be provided with a screening note to read before signing up to participate.*

Saturday, October 29, 10:00 am- 3:00 pm

\$250 per couple

**New! PARENTAL EXPECTATIONS**

This course will review the developmental expectations of the child of the *Being/Birth to 6 mos.* and *Doing stage from 6 mos. to 18 mos.*, assist with helpful and unhelpful parenting behaviors to interact with your child, as well as skills for supporting your own personal growing up. Presented by Kathy Bowen, Certified Professional Coach. Kathy is currently the President of the Center for Parents and Teachers, which helps her stay abreast of the latest trends and needs of parents.

2 sessions, 1 hour each

Wednesday November 2 and November 9

3:30 pm - 4:30 p.m. \$35



**Call 978-287-3777 to register**

### **New Series! UNDERSTANDING YOUR TWEENS AND TEENS**

#### **Q TIPS (How to Quit Taking It Personally from Tweens/Teens)**

Our children often seem upset or disrespectful with us during these emotionally charged teenage years. QTIP skills will assist you in not taking things personally so that you are better able to communicate and understand your teen.

Wednesday, October 26, 7:30 pm - 9:30 pm \$35

#### **ENJOY MEANINGFUL GRANDPARENTING**

This course will help you get a glimpse of your tween and teen grandchild's life. You'll gain a better understanding of the changing teen brain, how to bond at a distance, and maintain a healthy relationship with both generations. Monday, October 17, 10:30am. – 12:30 pm \$35

Programs presented by Kathy Bowen, Certified Professional Coach. She has worked with adults in transition, parents and children for over twenty years.

### **New! HEALTHY COUPLES PROGRAMS**

#### **HOLD ME TIGHT- Creating Relationships That Last**

This program consists of the first two parts of an educational program, *Conversations for Connection* based on the theory and practice of Emotionally Focused Couples Therapy (EFT). EFT focuses on creating and strengthening the emotional bond between couples by identifying and transforming the key moments that foster an adult

### **PRENATAL YOGA for a healthier pregnancy**

Mixed-level yoga class designed to help mothers-to-be meet the challenges of pregnancy with strength, calm, and confidence. This class teaches postural strengthening, safe stretching, breathing, meditation, and relaxation techniques. Feel good and meet other expectant mothers. No previous yoga experience required. Led by certified Yoga instructor Natalie Engler.

\$85 for a six-week session beginning September 12 or November 7  
Mondays 7:00pm-8:30pm

### **YOGA & MEDITATION**

Reduce stress and tension, improve flexibility and strength, and learn breathing techniques for emotional balance. Wear loose, comfortable clothing and bring a yoga mat and a sturdy blanket. Not for expectant mothers. Class taught by Registered Yoga Teacher, Natalie Engler.

\$98 a seven-week session beginning September 12 or November 7  
Mondays 5:30pm-6:45pm

### **New! MODERATE YOGA**

Classes include stretching and toning, flowing on the breath, holding postures, finding meditation-in-motion, and relaxation. Wear comfortable clothing and bring a yoga mat. Not for expectant mothers. Previous yoga experience recommended. Taught by Nancy Dorenfeld, RYT, Kripalu certified instructor.



\$98 a seven-week session beginning September 13 or November 1

Tuesdays 10:00am – 11:15am

**New! GENTLE YOGA**

For beginners, people recovering from injuries, or those who simply want a gentle practice. Classes include gentle stretching, basic alignment, breathwork, postures and relaxation.

Bring a yoga mat. Not suitable for expectant mothers. Taught by Nancy Dorenfeld, RYT, Kripalu certified instructor.

\$98 for each seven-week session beginning September 16 or November 4    Fridays 9:30am – 10:45am

**ZUMBA® FITNESS-Ongoing flexible schedule of day and evening classes**

Zumba fuses hypnotic musical rhythms and tantalizing moves to create a dynamic workout system designed to be fun and easy to do. The routines combine interval - training sessions and resistance training to tone and sculpt your body while burning fat. Presented by Judy Quint, Certified Zumba instructor. Classes are held in locations in Sudbury and Concord.

Attend when convenient for you Monday-Saturdays by purchasing a 10 class card for \$100.

Call for current class schedule of days and times.

**QIGONG**

Qigong is an integration of physical postures, breathing techniques, and focused intentions. The gentle, rhythmic movements of Qigong reduce stress, build stamina, increase vitality, and enhance the immune system. The instructor is Ming Wu, PhD.

\$98 for an eight-week session beginning September 14 or November 9

Wednesdays 10:30am-11:30am

**REIKI Training Classes**

Discover this hands-on energy therapy that can be used to encourage relaxation, manage pain, provide comfort, and promote overall wellness. Learn to give Reiki to yourself, others, and pets. Reiki is simple, quick, and anyone can easily learn it. Receive reiki practitioner certification. Approved for five contact hours for nursing for each full day of attendance. Contact hours for massage therapy and social work also available.

**REIKI-LEVEL I Training**

Saturday, October 22, 9:00 am-3:00 pm    \$145

**REIKI-LEVEL II Training**

Sunday, October 23, 9:00 am-3:00 pm    \$160

**New! Advanced Reiki Techniques**

Practice techniques to balance your energy field, raise vibration, increase focus and intuition and provide protection. Learn meridian tapping to neutralize pain and stress. Learn the Reiki Resolution Technique to dissolve emotional blocks. Review Reiki II symbols and learn new applications. Receive a Booster Attunement and exchange Reiki. You leave class with tools to enhance your health, empower your mind, and enliven your spirit.

Prerequisite: Reiki Level I and II with any Reiki teacher  
Saturday, November 12, 9:00 am-3:00 pm    \$155

**HYPNOSIS FOR WEIGHT LOSS**

The natural and safe process of hypnosis uncovers the underlying emotions, feelings, thoughts and attitudes causing your weight challenges and guides you towards healthy eating patterns. Presented by Joseph Packard, board-certified hypnotherapist.

\$100 for 3 sessions. Thursdays 5:00pm-7:00pm

October 6, 13, 20 or December 1, 8, 15

**QUIT SMOKING WITH HYPNOSIS**

Hypnosis can be a solid tool to help you quit smoking by taking away the cravings and withdrawal. Presented by Joseph Packard, board-certified hypnotherapist.

\$100 for 3 sessions. Thursdays, 7:00pm -9:00pm

October 6, 13, 20 or December 1, 8, 15

**New! SLEEP 101**

Sleep often seems elusive to so many of us with busy schedules. This workshop will cover the importance of each stage of sleep for physical, emotional and cognitive well-being and the amount of sleep each age group needs. Tips and strategies for falling asleep, staying asleep, and improving your sleep hygiene will be discussed. Presented by

Catherine Collins, RN, MS, C.H.E.S. Also, Dr. Gary Stanton, Emerson Hospital Neurologist will discuss common sleep problems such as insomnia and sleep apnea, along with their standard medical diagnosis and treatments, and the use of traditional and ear acupuncture as Integrative Therapies for these problems.

Monday, October 17, 7:00 p.m. - 9:00 p.m. \$35

Call 978-287-3777 to register

**TAI CHI**

Tai Chi, an ancient Chinese martial art, is practiced to achieve therapeutic benefits such as reduce pain, fatigue and stiffness and to promote balance and overall strength. The instructor is Ming Wu, PhD.

\$98 for an eight-week session

Intermediate/Advanced Level: Wednesdays 9:30am-10:30am

Session begins September 14 or November 9

**New! Beginner Level:** Thursdays, 6:00pm-7:00pm

Sessions begins September 15 or November 10

**BOOT CAMP –ALL LEVELS WELCOME**

*Do the words "Boot Camp" scare you?* Our Boot Camp won't! This Boot Camp is for everyone who wants to have fun while getting fit! Beginners improve their fitness level and confidence! Fit participants are challenged to push themselves further! Everyone has fun and gets stronger! The camp will start with 10 minutes of warm-up, followed by 40-45 minutes of intense circuit training, including: strength conditioning, cardio, group games, team competition, abs and end with 5-10 minutes of stretching. Taught by Fitting Fitness In™ Certified Personal Trainers.

\$180 FOR EACH FOUR-WEEK SESSION (12 CLASSES/SESSION)

MONDAY, WEDNESDAY, FRIDAY: 6:30 AM – 7:30 AM

Session 1: Sept 12 – Oct 7

Session 2: Oct 17 – Nov 18 **\*Special five-week session "Gear up for the Weight Gain Season" \$225**

Session 3: Nov 28 – Dec 23

Call 978-287-3777 to register

**PRACTICAL AND EFFECTIVE SELF-DEFENSE**

for adults, teens, and children

Learn physical and verbal techniques for self-defense in this ongoing Japanese martial arts class: Seirenkai Jujitsu and Karate. Each session builds on the one prior for returning students. Beginners can start at any session. Taught by Len and Johanna Glazer, 3rd-degree black belts from The Concord Self-Defense Academy.

10 week session begins September 18, 2:00-3:00pm (kids class grades 1-5) or 3:00-4:30pm (middle school to adult).

**New! Evening class:** Beginning Thursdays, September 22, 7:30-9pm (middle school to adult). Taught by Sensei Stephen Lisauskis, 4<sup>th</sup>-degree black belt.

\$150 for an individual student once a week  
\$200 for two classes per week (20% discount for additional family members)

**Call 978-287-3777 to register**

**MINDFULNESS-BASED STRESS****REDUCTION PROGRAMS:**

This highly effective 8-week program was developed by Jon Kabat-Zinn at the University of Massachusetts Medical Center for the treatment of stress related disorders. Participants will learn how to develop their own practice of centering, grounding and living life in the present moment.

Attend an introductory lecture:

Tuesday, September 20, 10:00 a.m. - 12:00 p.m.  
or Sunday, September 25, 9:00 a.m. - 11:00 p.m.  
\$25 (cost will be applied to the full program)

Eight-week program begins Sundays, October 2, 9:00 a.m.-11:00 p.m. or  
Tuesdays, September 27, 10:00 a.m. - 12:00 p.m. (plus all day November 5, 9:00 a.m.-2:30 p.m.)

\$540 plus \$45 for required course materials/CD set

**New! Stress Reduction and Focusing Tools for Teens**

The teenage years are often tumultuous times of rapid change. This course will provide your teen with a new set of skills so they can weather this journey with more awareness.

Attend an introductory lecture:

Sunday, September 25, 11:15 a.m. - 1:15 p.m. \$25 (cost will be applied to the full program)

Eight-week program begins Sundays, October 2, 11:00 a.m. - 1:00 p.m. (plus all day November 5, 3:00 p.m. - 8:30 p.m.)

\$420 (discount for siblings) plus \$45 for required course materials/CD set

These programs presented by Patricia Howard. Patricia has completed the Practicum in Mindfulness Based Stress Reduction Teacher Training at The Center for Mindfulness at the University of Massachusetts Medical Center.