

# AUGUST 2018

| MON   | TUES   | WED   | THUR  | FRI   | SAT   |
|---|--|---|---|---|---|
| <p>To schedule an appointment or for more information, please call: <b>410-467-7140 ext. 240</b><br/> <b>2800 Kirk Avenue Baltimore, MD 21218</b></p> | <p>Suggested donations are \$3-5. Please be sure to donate, as we rely on donations. Check out the back of this page explaining our services!</p>        | <p><b>1</b> Private DSM, CS</p> <ul style="list-style-type: none"> <li>Yoga Nidra 10:130am—11:30am</li> <li><b>NO YOGA FOR LIFE BALANCE</b></li> <li>Nutrition Class: 5:30—6:45pm</li> </ul>      | <p><b>2</b> Private DSM, A</p> <ul style="list-style-type: none"> <li>Joy Yoga: 10:00—11:15am</li> <li>Discovering Your Best Self: Integrative Health Coaching (3) 2pm—3:30pm</li> </ul>      | <p><b>3</b> Private DSM</p> <ul style="list-style-type: none"> <li>Chair Yoga: 10:00 — 11:15am</li> </ul>   | <p><b>4</b> No Private Appointments</p> <p><b>WELLNESS CENTER CLOSED</b></p>  |
| <p><b>6</b> Private DSM</p> <ul style="list-style-type: none"> <li>Joy Yoga: 11am — 12:15pm</li> </ul>  | <p><b>7</b> Private DSM, R, N</p> <ul style="list-style-type: none"> <li>Joy Yoga: 10:15am—11:30am</li> </ul>  | <p><b>8</b> Private DSM</p> <ul style="list-style-type: none"> <li>Yoga Nidra 10:130am—11:30am</li> <li>Yoga for Life Balance: 5:30– 7:00pm</li> <li>Nutrition Class: 5:30—6:45pm</li> </ul>      | <p><b>9</b> Private DSM, A</p> <ul style="list-style-type: none"> <li>Joy Yoga: 10:00—11:15am</li> <li>Discovering Your Best Self: Integrative Health Coaching (4) 2pm—3:30pm</li> </ul>      | <p><b>10</b> Private DSM</p> <ul style="list-style-type: none"> <li>Chair Yoga: 10:00 — 11:15am</li> <li>Life Balance Weight Management Post-core (closed group): 12pm—1pm</li> </ul> | <p><b>11</b> No Private Appointments</p> <p><b>WELLNESS CENTER CLOSED</b></p>   |
| <p><b>13</b> Private DSM</p> <ul style="list-style-type: none"> <li>Joy Yoga: 11am — 12:15pm</li> </ul>   | <p><b>14</b> Private DSM, N</p> <ul style="list-style-type: none"> <li>Joy Yoga: 10:15am—11:30am</li> <li>Acupuncture circle: 11:30am—12:30pm</li> </ul> | <p><b>15</b> Private DSM, A</p> <ul style="list-style-type: none"> <li>Yoga Nidra 10:130am—11:30am</li> <li>Yoga for Life Balance: 5:30– 7:00pm</li> <li>Nutrition Class: 5:30—6:45pm</li> </ul>  | <p><b>16</b> Private DSM, A</p> <ul style="list-style-type: none"> <li>Joy Yoga: 10:00—11:15am</li> <li>Discovering Your Best Self: Integrative Health Coaching (5) 2pm—3:30pm</li> </ul>     | <p><b>17</b> Private DSM</p> <ul style="list-style-type: none"> <li>Chair Yoga: 10:00 — 11:15am</li> </ul>  | <p><b>18</b> No Private Appointments</p> <p><b>WELLNESS CENTER CLOSED</b></p>   |
| <p><b>20</b> Private DSM</p> <ul style="list-style-type: none"> <li>Joy Yoga: 11am — 12:15pm</li> </ul>   | <p><b>21</b> Private DSM, N, M</p> <ul style="list-style-type: none"> <li>Joy Yoga: 10:15am—11:30am</li> </ul>   | <p><b>22</b> Private DSM, CS</p> <ul style="list-style-type: none"> <li>Yoga Nidra 10:130am—11:30am</li> <li>Yoga for Life Balance: 5:30– 7:00pm</li> <li>Nutrition Class: 5:30—6:45pm</li> </ul> | <p><b>23</b> Private DSM, CS, A</p> <ul style="list-style-type: none"> <li>Joy Yoga: 10:00—11:15am</li> <li>Discovering Your Best Self: Integrative Health Coaching (6) 2pm—3:30pm</li> </ul> | <p><b>24</b> Private DSM</p> <ul style="list-style-type: none"> <li>Chair Yoga: 10:00 — 11:15am</li> <li>Life Balance Weight Management Post-core (closed group): 12pm—1pm</li> </ul> | <p><b>25</b> No Private Appointments</p> <p><b>WELLNESS CENTER CLOSED</b></p>   |
| <p><b>27</b> Private DSM</p> <ul style="list-style-type: none"> <li>Joy Yoga: 11am — 12:15pm</li> </ul>   | <p><b>28</b> Private DSM, N</p> <ul style="list-style-type: none"> <li>Joy Yoga: 10:15am—11:30am</li> <li>Acupuncture circle: 11:30am—12:30pm</li> </ul> | <p><b>29</b> Private DSM</p> <ul style="list-style-type: none"> <li>Yoga Nidra 10:130am—11:30am</li> <li>Yoga for Life Balance: 5:30– 7:00pm</li> <li>Nutrition Class: 5:30—6:45pm</li> </ul>     | <p><b>30</b> Private DSM</p> <ul style="list-style-type: none"> <li>Joy Yoga: 10:00—11:15am</li> </ul>  | <p><b>31</b> Private DSM</p> <ul style="list-style-type: none"> <li>Chair Yoga: 10:00 — 11:15am</li> </ul>  | <p><b>Joy Wellness Center serves non-patients living in the following zip codes:</b><br/> <b>21211, 21212, 21213, 21214, 21215, 21218, 21206, 21234 and 21239</b></p> |

### HEALING ARTS

#### Acupuncture Circle (1 hour)

- Gentle group treatment where acupuncturists insert hair-thin needles in 5 specific points of each ear to encourage relaxation
- Helpful with relief of illness, anxiety, stress, and fatigue

#### Acupuncture (P)

- Gentle, full body treatment where acupuncturists insert hair-thin needles anywhere on the outside of the body to encourage relaxation
- Helpful with relief of illness, anxiety, stress, and fatigue

#### Massage Therapy (P)

- Therapists press, rub, and manipulate the body using light to medium pressure
- Helpful with relief of arthritis, stress, anxiety, muscle pain, and decreasing muscle tension

#### Cranio-Sacral (P)

- Practitioners apply light pressure and holding over muscles from head to lower spine to restore the natural position of bones
- Helpful with relief of stress from chronic pains, migraines, headache, neck, and back pain

#### Reflexology (P)

- An ancient Chinese practice of applying various degrees of pressure over reflex points of hands and feet reflecting organs of the body.
- Helpful with relief of chronic pains, joint stiffness, improve circulation, and promote natural healing

**\*\*NOTE: Patients may receive one (1) private massage OR private cranio sacral appointment per month.**

### NUTRITION

#### Nutrition Counseling (P)

- Maryland University of Integrative Health Intern led *personalized* nutrition consults
- Helpful with weight loss, lowering blood pressure, and controlling glucose levels

#### Diabetes Self-management (P)

- Learn about the effects of diabetes and pre-diabetes
- Learn how to treat, diet, exercise, and manage diabetes

#### Diabetes Conversations (1 hour)

- Learn about the effects of diabetes and pre-diabetes
- Learn how to treat, diet, exercise, and manage diabetes

#### Living Well with Diabetes (6 week series)

- Nurses from Good Samaritan Hospital discuss diabetes education to increase control and management

#### Get Heart Smart Series (1 hour 30 min)

- Participants learn about risk factors and effects of heart disease, treatment, and tips on healthy eating, exercise, and stress management
- Healthy snacks provided

#### Nutrition Classes and Lectures/ Cooking and Food

##### Demo(1 hour)

- Each class has a different nutritional focus
- Healthy food provided

#### Life Balance Weight Management Program(1 hour)

- Weight loss support group for pre-diabetic patients

### MOVEMENT

#### Yoga for Life Balance (1 hour 15 minutes)

- Through gentle yoga postures, breathing practices, and relaxation techniques, this class offers tools to counteract the harmful effects of stress.

#### Chair Yoga (1 hour 15 min)

- Simple yoga postures performed from a chair to increase balance, eliminate body toxins, and increase posture and flexibility

#### Joy Yoga (1 hour 15 min)

- A yoga practice that incorporates flowing postures and alignment.

#### Exercise/ Stretching Class (1 hour)

- Exercise class for all levels that includes aerobics strength training and full body stretching.

#### Zumba Class (45 min/ 1 hour)

- an aerobic fitness program featuring movements inspired by various styles of Latin American dance and performed primarily to Latin American dance music

#### Explore the Core

- A beginner Pilates class on the mat. Pilates routine generally includes exercises that promote core strength and stability, muscle control and endurance, including exercises that stress proper posture and movement patterns. Great to reduce chronic back pain!

#### Walking Programs (seasonal)

- Interactive walk lead around the community
- Helpful with maintaining a healthy weight, preventing heart disease, high blood pressure, type-2 diabetes, strengthening bones, and increasing your mood

#### Gardening (seasonal)

- Plant, water, maintain, and harvest our 100% organic garden to be distributed to patients, volunteers, and staff
- Helpful with reducing stress and general fitness

### STRESS REDUCTION

#### Individual Wellness Orientation (1 hour)

- Prior to participating in series classes and private sessions, patients referred to Joy Wellness are required to have a Wellness Orientation discussing policies and welcoming you to our center

#### Fresh Start Smoking Program(2 hours)

- A 4 week series class designed to help you move toward a fresh start with smoking.

#### Mindfulness Meditation for Chronic Pain 8 week Series (1 hour 30 mins)

- Learn how to experience mindfulness meditation .
- Mindfulness meditation has been shown to decrease pain in chronic pain sufferers by 50%.

#### Yoga Nidra (45 min)

- A guided meditative technique to relax the brain and body to quiet the mind
- Helpful with insomnia, high blood pressure, stress, illness, and fatigue.

#### Reiki (60 min)

- Gentle, non-intrusive, hands-on energy practice that supports healing and personal development.
- Effectively relieves stress, decreases pain and accelerates healing on mental, emotional and physical levels.