

DECEMBER 2018

MON	TUES	WED	THUR	FRI	SAT
<p>Joy Wellness Center serves non-patients living in the following zip codes: 21211, 21212, 21213, 21214, 21215, 21218, 21206, 21234 and</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>To schedule an appointment or for more information, please call: 410-467-7140 ext. 240 2800 Kirk Avenue Baltimore, MD 21218</p>			<p>1 No Private Appointments</p> <p>WELLNESS CENTER CLOSED</p>
<p>3 Private DSM</p> <ul style="list-style-type: none"> Joy Yoga: 11am — 12:15pm 	<p>4 Private DSM, N, R</p> <ul style="list-style-type: none"> Joy Yoga: 10:15am—11:30am 	<p>5 Private DSM, CS, A</p> <ul style="list-style-type: none"> Meditation Made Easy: 10:30am—11:30am Living Well with Hypertension (5): 1:30pm—4pm Yoga for Life Balance: 5:30— 6:45pm Nutrition Class: 5:30—7pm 	<p>6 Private DSM, A</p> <ul style="list-style-type: none"> Joy Yoga: 10:00—11:15am Discovering Your Best Self-Integrative Health Coaching (1): 2pm—3:30pm 	<p>7 Private DSM</p> <ul style="list-style-type: none"> Chair Yoga: 10:00 — 11:15am 	<p>8 No Private Appointments</p> <p>WELLNESS CENTER CLOSED</p>
<p>10 Private DSM</p> <ul style="list-style-type: none"> Joy Yoga: 11am — 12:15pm 	<p>11 Private DSM, M, N</p> <ul style="list-style-type: none"> Joy Yoga: 10:15am—11:30am Acupuncture Circle: 11:30am—12:30pm 	<p>12 Private DSM, CS</p> <ul style="list-style-type: none"> Meditation Made Easy: 10:30am—11:30am Living Well with Hypertension (6): 1:30pm—4pm Yoga for Life Balance: 5:30— 6:45pm Nutrition Class: 5:30—7pm 	<p>13 Private DSM, A</p> <ul style="list-style-type: none"> Joy Yoga: 10:00—11:15am Discovering Your Best Self-Integrative Health Coaching (2): 2pm—3:30pm 	<p>14 Private DSM</p> <ul style="list-style-type: none"> Chair Yoga: 10:00 — 11:15am Life Balance Weight Management Post-core (closed group): 12pm—1pm 	<p>15 No Private Appointments</p> <p>WELLNESS CENTER CLOSED</p>
<p>17 Private DSM</p> <ul style="list-style-type: none"> Joy Yoga: 11am — 12:15pm 	<p>18 Private DSM, N, M</p> <ul style="list-style-type: none"> Joy Yoga: 10:15am—11:30am 	<p>19 Private DSM, CS, A</p> <ul style="list-style-type: none"> Meditation Made Easy: 10:30am—11:30am Living Well with Hypertension (7): 1:30pm—4pm Yoga for Life Balance: 5:30— 6:45pm Nutrition Class: 5:30—7pm 	<p>20 No Private Appointments</p> <ul style="list-style-type: none"> Joy Yoga: 10:00—11:15am Discovering Your Best Self-Integrative Health Coaching (3): 2pm—3:30pm 	<p>21 No Private Appointments</p> <ul style="list-style-type: none"> Chair Yoga: 10:00 — 11:15am 	<p>22 No Private Appointments</p> <p>WELLNESS CENTER CLOSED</p>
<p>24 Private DSM</p> <p>WELLNESS CENTER CLOSED</p>	<p>25 Private DSM, N</p> <p>WELLNESS CENTER CLOSED</p>	<p>26 Private DSM, CS, A</p> <p>WELLNESS CENTER CLOSED</p>	<p>27 Private DSM, CS</p> <p>WELLNESS CENTER CLOSED</p>	<p>28 Private DSM</p> <p>WELLNESS CENTER CLOSED</p>	<p>29 No Private Appointments</p> <p>WELLNESS CENTER CLOSED</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.