

AUGUST 2022



Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p>ALL EVENTS & CLASSES are Eastern Time.</p> <p>Please call Coach Trish with any questions (603) 447-3112 Or email: discoverhealthcoaching@gmail.com</p>						
	1	2	3	4	5	6
		<p>Self-Myofascial Release 10:30-11:30am</p>	<p>Movement for Longevity 5-6pm</p>		<p>Discover Yoga 9 – 10am</p>	
7	8	9	10	11	12	13
		<p>Self-Myofascial Release 10:30-11:30am</p>	<p>Movement for Longevity 5-6pm</p>		<p>Discover Yoga 9 – 10am</p>	
14	15	16	17	18	19	20
		<p>Self-Myofascial Release 10:30-11:30am</p>	<p>Movement for Longevity 5-6pm</p>	<p>FREE online Webinar: Wellness in the Workplace 6pm</p>	<p>Discover Yoga 9 – 10am</p>	
21	22	23	24	25	26	27
		<p>Self-Myofascial Release 10:30-11:30am</p>	<p>Movement for Longevity 5-6pm</p>		<p>Discover Yoga 9 – 10am</p>	
28	29	30	31	<p>Visit our website for more information and full details: <u>discoverhealthfmc.com</u></p>		
		<p>Self-Myofascial Release 10:30-11:30am</p>	<p>Movement for Longevity 5-6pm</p>			

AUGUST events & classes – Details

Discover Health FREE Webinar: “Wellness in the Workplace”

Thursday, August 18th at 6:00 pm EST

Wellness in the Workplace is your chance to ask questions and learn new techniques for improving your health. Our goal for this webinar is to help you find creative techniques to improve your workday and achieve workplace wellness. Whether your goals are company-backed or you're going solo, your efforts aren't wasted. Go the extra mile and invite your coworkers to join so together you can hold one another accountable.

Register at this link: <https://dhfmc.synduit.com/WWW0001>

Each month, we cover a different topic in our free educational webinar, hosted by Dr. Trish Murray or Health Coach Trish Chaput. Visit our website for additional topics and events.



Live online class schedule:

Self-Myofascial Release: Tuesday mornings (10:30 –11:30am) – with Lisa Buerk

Enhance your mobility through a rolling class using self-Myofascial release techniques.

Release, Relax, Renew, Recover with Self-myofascial release.

Movement for Longevity: Wednesday afternoons (5 – 6pm) – with Jim Chaput

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!**

Discover Yoga: Friday mornings (9 - 10am) – with Lisa Buerk

Experience the many benefits of yoga and guided meditation in a supportive environment with slow-paced sequences for safe alignment and practice of foundational poses. **Relax and unwind with yoga.**

All classes have movements that can be modified to suit your comfort level & ability.

Get all the details at: discoverhealthfmc.com/#Movement