

NOVEMBER 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 Self-Myofascial Release 10:30-11:30am	2 Movement for Longevity 5-6pm	3	4 Discover Yoga 9 – 10am	5
6	7	8 Self-Myofascial Release 10:30-11:30am	9 Movement for Longevity 5-6pm	10	11 Discover Yoga 9 – 10am	12
13	14	15 Self-Myofascial Release 10:30-11:30am	16 Movement for Longevity 5-6pm	17 FREE online Webinar: Your Diet & Your Skin 6pm	18 Discover Yoga 9 – 10am	19
20	21	22 Self-Myofascial Release 10:30-11:30am	23 Movement for Longevity 5-6pm	24	25 Discover Yoga 9 – 10am	26
27	28	29 Self-Myofascial Release 10:30-11:30am	30 Movement for Longevity 5-6pm	<p>Visit our website for more information and full details: <u>discoverhealthfmc.com</u></p>		

NOVEMBER events & classes – Details

Discover Health FREE Webinar: “Your Diet and Your Skin”

Thursday, November 17th at 6:00 pm EST

The new healthy tips you’ll walk away with will leave you looking AND feeling fantastic!

During this experience, you’ll learn why the recipe for a perfect complexion starts in your kitchen. Beyond the typical advice of “just eat more vegetables,” I’ll be explaining the science behind why certain foods help with specific skin problems. You’ll finally understand what the deal is with “inflammatory foods.” You will walk away with a wealth of fun facts about avocados, chocolate, tomatoes, and tons more!

Free yourself from the financial burden of keeping up with the latest beauty products and part ways with your concealer, face masks and wrinkle serums.

Register at this link: <https://dhfmc.synduit.com/WSD0001>

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: members.discoverhealthfmc.com/product/discover-movement-membership