

JANUARY 2023



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	7
		<p>Self-Myofascial Release 10:30-11:30am</p>	<p>Movement for Longevity 5-6pm</p>		<p>Discover Yoga 9 – 10am</p>	
8	9	10	11	12	13	14
		<p>Self-Myofascial Release 10:30-11:30am</p>	<p>Movement for Longevity 5-6pm</p>		<p>Discover Yoga 9 – 10am</p>	
15	16	17	18	19	20	21
		<p>Self-Myofascial Release 10:30-11:30am</p>	<p>Movement for Longevity 5-6pm</p>	<p>FREE Webinar "How to Stop Overeating" 6pm</p>	<p>Discover Yoga 9 – 10am</p>	
22	23	24	25	26	27	28
		<p>Self-Myofascial Release 10:30-11:30am</p>	<p>Movement for Longevity 5-6pm</p>		<p>Discover Yoga 9 – 10am</p>	
29	30	31	<p>Visit our website for more information and full details: discoverhealthfmc.com</p>			
		<p>Self-Myofascial Release 10:30-11:30am</p>				

JANUARY events & classes – Details

Discover Health FREE Webinar: “How to Stop Overeating”

Thursday, January 19th at 6:00 pm EST

In the hustle and bustle of our busy lives, many of us eat too much and our health suffers as a result! During this experience, you will learn how to better assess, understand, and combat overeating.

Incorporating a mindfulness practice with eating routines provides many benefits including: overeating prevention, weight management, increased feelings of satisfaction, efficient absorption of nutrients, improved digestion, reduced food cravings and many more!

Join Coach Trish for this free webinar to learn how mindfulness can be used to help resist overeating.

Register at this link: <https://dhfmc.synduit.com/WSO0001>

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