

# MARCH 2023



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

## MARCH events & classes – Details

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### *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.

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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!**

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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.**

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*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](https://members.discoverhealthfmc.com/product/discover-movement-membership)