

# OCTOBER 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 <b>Self-Myofascial Release</b> 10:30-11:30am	4 <b>Movement for Longevity</b> 5-6pm	5	6 <b>Discover Yoga</b> 9 – 10am	7
8	9	10 <b>Self-Myofascial Release</b> 10:30-11:30am	11 <b>Movement for Longevity</b> 5-6pm	12	13 <b>Discover Yoga</b> 9 – 10am	14
15	16	17 <b>Self-Myofascial Release</b> 10:30-11:30am	18 <b>Movement for Longevity</b> 5-6pm	19	20 <b>Discover Yoga</b> 9 – 10am	21
22	23	24 <b>Self-Myofascial Release</b> 10:30-11:30am	25 <b>Movement for Longevity</b> 5-6pm	26	27 <b>Discover Yoga</b> 9 – 10am	28
29	30	31 <b>Self-Myofascial Release</b> 10:30-11:30am	<p>Visit our website for more information and full details: <a href="http://discoverhealthfmc.com">discoverhealthfmc.com</a></p>			

## OCTOBER classes –Details



DISCOVER HEALTH  
MOVEMENT MEMBERSHIP

### *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)