

Community Education and Support

Wellspring: A Center For Extraordinary Living

1475 Mt. Hood Avenue, Woodburn

iamwellspring.com

Wellspring Saturday Marketplace

Saturdays, 10 a.m.–2 p.m. / June through September

Farmer's, fun, and fitness! **Kick-off June 5**

For more information call 971-983-5302.

Saturday Night Dinner Events at Vitality

July 10 100-Mile Dinner / Everything from within 100 miles

July 24 Local Artist Appreciation Night

There's something new every week in Vitality. Our three-course dinner events are \$25 per person and feature extraordinary, themed menus by Chef Eric. *Reservations recommended. Call 971-983-5280.*

Thursday Morning Classes at Vitality

July 1 Smoking Techniques

July 8 Summer braising

July 15 Salmon Burger

July 22 Veggie Burger

July 29 Flat Breads

Thursday morning! Weekly classes are FREE and open to the public. Each will begin at 11:35am. *Registration not required.*

No Initiation Fee!

Join the Fitness Center at Wellspring in July or August and pay no initiation fee! PLUS your name will be entered in to a drawing for a free 80-minute massage. *Call 971-983-5230 for more information.*

Get Saucy with Chrissy!

Tuesday, July 6 / 6–7 p.m. / Wellspring / Special summer rate \$10 per person

Leave those high fat dressings behind and learn how to create your own low fat sauces, dips and spreads that not only provide great flavor, but good nutrition. *Call 971-983-5212 to register by June 30.*

WellspringHeart Immersion Retreat

July 17-23, 2010

The WellspringHeart Immersion Retreat is a one-week experience filled with healthy activities and learning based on WellspringHeart, a revolutionary program that enlists lifestyle changes - nutrition, exercise, stress reduction and group support - to reverse heart disease. Participants of an Immersion Retreat are guests in private bungalows at the Oregon Garden Resort in Silverton, and are transported to Wellspring Center For Extraordinary Living for the majority of the curriculum, including cooking demonstrations, fitness training and delicious meals at Vitality Food & Spirits. *Call 971-983-5212 for more information or to register.*

Living Healthy Workshop

Wednesdays, July 14 - August 18 / 9-11:30am /

Wellspring / Free

Disease doesn't have to steal your lifestyle. This 6-week workshop teaches real-life skills for living a full, healthy life with a chronic health condition such as heart disease, diabetes, arthritis, pain or asthma. Classes are fun and interactive. Participants share their successes and build a common source of support. The workshop builds confidence around managing health, staying active and enjoying life. *Pre-registration required by calling 971-983-5212.*

Product stock-up special!

Wellspring Spa

During the month of July 10% off one item; 20% off two items; or 30% off three products!

Treat Yourself Thursdays

Wellspring Spa

\$100 Facial & Massage Package during the month of July. *Call 971-983-5270 for an appointment.*

Ongoing Classes Events/Classes/Programs At Wellspring

Weekly Dinner Specials at Vitality

Every Monday, Wednesday, Friday / 5-8pm / \$15.99 per person

Monday—Pasta

Wednesday—Prime Rib

Friday—Fish & Chips

Includes salad and dessert!

Call Vitality at 971-983-5280 for reservations.

Fitness Studio Classes

Monday-Saturday / Free to member, \$10 per class for drop-ins, \$75 for a 10 class punch-card (do not be a Fitness Center member to purchase)

We've got just what you're looking for! Yoga, Group Training, FLOW, Pilates and more. *Call 971.983.5230 for days and times or log on to iamwellspring.com*

Personal Fitness Coaching

By appointment only.

Integrative personal trainers, yoga and Pilates instructors are available for private instruction. *Call 971-983-5230.*

Stress Relief Group Class

Tuesdays, 5 -6pm "The Basics"



Community Education and Support

Wednesdays, 5 -6pm “Beyond Basics” \$10 per class or \$75 for 10 classes

Better understand the stress response, your unique stress triggers, and the risks associated with unhealthy coping choices. Experience the relaxing, refreshing effect of a guided practice. Develop a personal relaxation practice by learning to integrate stress relief techniques into your daily life. *Call 971.983.5212 for more information.*

Wellness Coaching

\$498 for 3 months of coaching

What’s your story? Wellness Coaching starts with an in-depth conversation between you and your coach. What does wellness look like to you? What activities do you enjoy? What have you identified as your “blocks” to healthy living? Our Wellness Coaches will work with you to formulate a specific plan toward optimal wellness that focuses on your dreams for your best self, with specific and achievable goals along the way. Appointments can be conducted by phone or in person. *Call 971-983-5230 for an appointment.*

Wellspring Connections

Second Wednesday of each month / 6:30-7:30 p.m. / Wellspring Resource Library

This free, ongoing educational support group provides a positive place for valuable support and connection with people who are managing their health, and coping with chronic illness. This group is for all people who are managing chronic disease and symptoms such as diabetes, heart disease, cancer, fibromyalgia, chronic pain,

depression, and more. *Note: This support group replaces the former DiabetesLiving! Connections group. For more information contact Darlene Jost Babin, Group Support Facilitator at 971-983-5212.*

Alzheimer’s Caregivers Support Group

Third Mondays monthly / 2-3pm

If you’re caring for a loved one afflicted at home, in a care facility or by long distance, join this group for mutual support and hear speakers on topics such as behavior, legal issues, nutrition, services available, coping and self care. *For more information contact facilitator Mary Reitan at 503.502.4509*

Healthy Back Class

Thursdays / 1:30-2:15pm / Wellspring / \$120 for 12 weeks

Increase muscular strength and endurance in your back while increasing range of motion and flexibility. Exercises focus on postural alignment and deep breathing with easy-to-follow instruction. *Call 971-983-5212 to pre-register.*

Mindful Movement for Parkinson’s

Tuesdays / 1-2pm / Wellspring / \$120 for 12 weeks

An exercise class for adults with Parkinson’s Disease, Mindful Movement will enable participants to increase flexibility, strength, balance, coordination, voice power and speech clarity. Join others with Parkinson’s and take steps toward living a fuller life. *Call 971-983-5212 to pre-register.*

Tukwila Center for Health & Medicine

693 Glatt Circle, Woodburn

Foot Care Service

Tuesdays / 8:30am-2pm / \$30

Toenail clipping, foot massages and care provided in a relaxing environment. Volunteers schedule appointments and provide rides to and from the clinic. The Foot Clinic is open to anyone in need of foot care. *Call 503-982-4878 Monday-Friday from 8:30am-4:30pm for an appointment.*