

Community Education and Support

Wellspring: A Center For Extraordinary Living

1475 Mt. Hood Avenue, Woodburn

iamwellspring.com

Exclusive Italian Wine Dinner at Vitality

Saturday, March 13 / 6pm / \$75 per person

This 6-course dinner event with production by Tom Kelly features impeccably paired wines by the wine importer himself. There will be opportunities for wine purchases after the dinner. Only one seating available at 6pm. *Space limited, reservations required by calling 971-983-5280.*

Saturday Night Dinner Events at Vitality

March 6 Taste of Europe - France

March 20 Beer & Food

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.*

Irish Fare at Vitality

Enjoy Irish specials all day long.

Thursday Morning Classes at Vitality

March 4 Single pot cookery

March 11 Chutney

March 18 St. Patrick's Day Leftovers

March 25 Caesar Dressing Learn something new every Thursday morning! Weekly classes are FREE and open to the public. Each will begin at 11:35am. *Registration not required.*

Spring Into Spring with Pilates!

Tuesday, March 16 / 4:30 - 6 p.m. / \$25

Feel the benefits of the Pilates springs with this energizing workshop! We will do a series of exercises to tone and strengthen your leg muscles & abdominals in a safe & effective way. Increase your body awareness & learn how Pilates benefits can cross over in to all of your favorite activities! Class registration is limited to eight participants. *Call 971-983-5230 to register by March 9.*

WellspringHeart Immersion Retreat

March 13-19, 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.*

Female & Fabulous

Thursday, March 18 / 6-8 p.m.

Spring forward to a new you! Colorescience makeup artist, new spring fashions, 20% off all entire purchase, skincare consults, and makeover winners revealed!

Call The Source at 971-983-5201 for more information.

March Buff and Polish Special at The Spa / \$50

Make your body soft & smooth prior to receiving a healthy UV free tan with our body exfoliation & airbrush tan package! *Call 971-983-5270 for an appointment.*

Midweek Special at The Spa / \$50

Schedule a facial or massage on Tuesday, Wednesday or Thursday during March and get a smokin' deal. *Call 971-983-5270 for an appointment.*

Ongoing Classes Events/Classes/Programs At Wellspring

Prime Rib Wednesdays at Vitality

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

Slow-roasted prime rib 5-8pm each Wednesday. Receive a complimentary bottle of house wine when purchasing two entrees with a reservation. *Call 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"

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.*



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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.*

DiabetesLiving! Connections

Second Tuesdays monthly / 7 - 8 p.m. /

Wellspring Garden Room

This free, ongoing educational support group is for anyone with an interest in diabetes. Topics throughout the year include several self management aspects of diabetes care such as diet management, foot care, sick day rules, medications, blood glucose monitoring and latest research. *For more information contact Chrissy at 503-873-1560.*

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*

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.*