

Healthy Happenings



Christina Myers
INTEGRATED HEALTH & WELLNESS

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and spirit meet to heal.

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Gentle Help For Pain, Strain, And Stress

*Chronic neck and /or back pain?
Aches, strain, and tension in your back, neck, and
hands from computer work?
Struggling to relax and STAY relaxed?*

These are a few amongst many common movement problems that can be solved gently with the Alexander Technique. Since its inception over 125 years ago, the Technique has helped countless people reduce tension, pain, stiffness, and stress; increase body awareness; and relearn how to use their body in ways resulting in a sense of grace, ease, and economy of movement traditionally seen in young children, great athletes, and gifted performers.

We can get so accustomed to the tension we carry with us throughout our day, that unless we are in pain, we rarely notice it. Yet it has a powerful impact on every movement we make. Our internal feedback system, or kinesthetic sense, which would normally tell us when something is going wrong, is no longer reliable, making it practically impossible for us to make changes in ourselves without causing new problems. An example of this is when you sit or stand up straight to alleviate that ache in your neck or shoulder only to notice you can't maintain that posture.

The hands-on guidance of the Alexander Technique is gentle, yet powerful and profound touch. This touch helps:

- Guide the body into greater balance
- Release muscular tension that causes pain and stiffness
- Calm the stress response of the nervous system
- Release the compression from the spine and joints
- Lengthen the body out of slumping positions

All these changes result in ease of movement, greater flexibility, improved breathing and a calmer state of mind.

Learn more about this gentle bodywork and see how it works in demonstrations at a presentation at Moonflower Coop on January 29th at 5:30 PM.

Want to explore more ways to soothe and heal your body? Join Christina Myers for **Awakening The Wisdom Of The Body**: a healing movement workshop series that uses guided and self-directed therapeutic movement to serve as a type of body/mind therapy.

Monday, Jan. 22: **Cultivating Inner Peace And Quiet**: learn to calm your stress response and soothe your nervous system

Monday, Feb. 12: **Your Inner Healer**: learn to connect to your own healing wisdom

Monday, Mar. 12: **Body As Compass**: learn how to connect with your inner guidance and have faith in its directions

MRH Annual Low Cost Blood Draw

Moab Regional Hospital is once again holding its Annual Low Cost Blood Draw during the month of January. The Blood Draw provides an opportunity for community members of Moab to receive important information about their health for a reduced cost. For just \$60, patients can receive the following tests:

- Complete Blood Count (no diff)
- Glycohemoglobin (A1C)
- TSH
- Lipid Profile
- Comprehensive Metabolic Panel



These tests can provide a window into the overall health of patients, especially for those who suffer from chronic diseases such as diabetes, heart disease, and other diseases having to do with organs like the liver and kidneys. A patient's family practice physician may use the results to help make informed decisions about patient care. The cost of the blood draw will be \$60, regardless of whether the patient is insured. Typically, this array of blood tests costs \$300-500 out-of-pocket.

Appointments are needed to receive a blood draw and they can be made by calling (435) 719-3500. Results for the blood panel will be available on the Patient Portal. The Patient Portal, which is accessed on the Moab Regional Hospital website, serves as a place for patients to look up the results of their tests and screens done at the hospital. MRH will not be mailing results to patients.

All workshops held at the MARC, 111 E 100 N from 6 PM-8:30 PM. \$35 per workshop or \$30 when you register for more than one program. Contact Christina Myers for more information and registration at 937-284-2190



OTHER HEALTHY CLASSES

Jan 29 FREE Class: The Alexander Technique: Gentle Help for Pain, Strain, & Stress- 5:30-7pm at Moonflower Coop, 39 E. 100 North. Struggling with recurring pain, tension, or stress that doesn't improve despite your best attempts to change it? Learn about a gentle, yet profound hands-on approach called the Alexander Technique, which can help you solve movement problems that cause you pain, stress & compromise your health, mood, & performance. Christina Meyers, a local counselor & bodywork practitioner, will conduct demonstrations with willing participants. For info: 435-259-5712

MONDAYS

10-11:30am Gentle Yoga- Join Star Kolb at Moab Yoga, 37 E Center St. Class is for all levels & abilities. For info: moabyoga.com

11:30am-12:30pm Posture Fitness at the Moab Recreation & Aquatic Center, 374 Park Ave

Noon-1pm Power Yoga- with Arne at Moab Yoga, 37 E. Center Street

5:30-6:45pm Yoga Basics with Meagan at Moab Yoga, 37 E. Center Street

TUESDAYS

9-10:30am Gentle Yoga- Join Star Kolb at Moab Yoga, 37 E Center St.

1-1:45pm Sheng Zhen Healing Gong- with certified teacher Lisa De Rees, by donation, at the Grand Center Vitality Room, 182 N. 500 West. 435-260-9678

5:30-7pm Yoga- with Porscha at Moab Yoga, 37 E. Center Street

5:30pm Kundalini Yoga & Gong Meditation- 125 E. 200 North, Historic Helen Taylor Home. Teacher: Gregory Lee Hood & Music Sound Therapist Annette Kearnl, PhD. By donation. For info: 713-817-7859

WEDNESDAYS

9-10:15am All Levels Yoga with Meagan at Moab Yoga, 37 E. Center Street

5:30-6:45pm All Levels Yoga with Kristi at Moab Yoga, 37 E. Center Street

5:30-6:30pm Posture Conditioning at the Moab Recreation & Aquatic Center, 374 Park Ave.

THURSDAYS

9-10:30am Yoga with Porscha at Moab Yoga, 37 E. Center Street

Noon-1pm Lunch Flow with Chelsea at Moab Yoga, 37 E. Center Street

5:30-6:45pm All Levels Yoga with Chelsea at Moab Yoga, 37 E. Center Street

5:30-7pm All Levels Sheng Zhen Gong - with certified teacher Don Leathers at the Moab Arts & Recreation, 111 E. 100 North. 435-259-8123.

5:30pm Kundalini Yoga & Gong Meditation- 125 E. 200 North, Historic Helen Taylor Home. Teacher: Gregory Lee Hood & Music Sound Therapist Annette Kearnl, PhD. By donation. For info: 713-817-7859

FRIDAYS

10-11am All Levels Pilates with Jenny or Jenna at Moab Yoga, 37 E. Center Street

SATURDAYS

8:30-9:45am All Levels Yoga with Arne at Moab Yoga, 37 E. Center Street

10am Kundalini Yoga & Gong Meditation at 125 E. 200 North, Historic Helen Taylor Home. Teacher: Gregory Lee Hood & Music Sound Therapist Annette Kearnl, PhD. By donation. For info: 713-817-7859

10:15-11:45am Yoga Basics- at Moab Yoga, 37 E Center St. Join Star Kolb for a calm paced yoga practice. For all levels. Drop-in rates & passes available. For info: Star 406-291-6408. www.moabyoga.com for current schedule or to sign up online.

SUNDAYS

9-10:15am All Levels Yoga with Kristi at Moab Yoga, 37 E. Center Street