

Women's Wellness Calendar of Events in 2017

www.revfitnessforwomen.com 802.989.0096



January

Stress and its Effects on Mental Health: Depression and Anxiety

Naturopathic Physician, Courtney Bowers, of Integrated Medicine in Middlebury
Monday, January 9, 7PM

Shed Pounds and Gain Confidence: A weight loss and body confidence program begins Tuesday, January, 17th 6PM at Champlain Valley Union High School

February: American Heart Month

In honor of **National Wear RED Day**: free blood pressure screening at REV Fitness from 2:30 until 4:30 PM on Friday, February 3rd.

The Hidden Mind/Body/Money Connection: Discover the 3 Aspects of Your Biggest Money Blocks You Must Unlock, to REALLY Change. Colleen Smith, Life Empowerment Coach, provides tools and information leading to powerful progress. Tuesday, February, 21st 6:30PM. FREE! Registration required.

March

Our Pelvic Floor- Holding It All Together! Thursday, March 9, 6:30 PM

Get the "Low-Down" from Judy Holmes, MS, PT, owner of Middlebury Physical Therapy. Learn the anatomy and function of the pelvic floor, and common concerns such as bladder and bowel incontinence, and pelvic pain. Discover treatment options and behavior modification techniques, AND, have your questions answered.

Judy Holmes has been a Physical Therapist for 35 years and has treated pelvic floor issues for 17 years. Her practice is located at 295 Colonial Drive, in Middlebury.

FREE! Registration required: revfitnessforwomen@gmail.com or Michele Butler at 989-0096.

April

Walk and Talk! Join registered dietitian Amy Rice, of Champlain Nutritional Services, and Michele Butler, certified personal trainer and owner of REV Fitness for Women, for a "Talk and a Walk". Thirty minutes of nutrition and exercise "talk" followed by thirty minutes of "walk and talk" gives participants a motivating shot of information with a dose of social walking – a terrific exercise for the body and soul. Four outings, beginning Thursday, April 6, at 4PM. \$50. Registration required.

Knee Pain- What to Do? Join Julia Child, PT, CLT, owner of Middlebury Physical Therapy, as she walks us through basic anatomy of the knee joint and its relationship with the rest of the body in movement. Learn tips on how to be nice to our knees while exercising. Monday, April 10, 6:30 PM. FREE. Must register.

May

Community Suicide Prevention Walk. Join TEAM REV to raise money for suicide prevention programs in Vermont. Our second year! May 21st, meet at Middlebury Park and Recreation, 154 Creek Road, Middlebury. Sign up to walk or just donate.

June

Celebrate National Best Friends Day – June 8th Invite a friend workout FREE at REV Fitness from Sunday June 4th to Saturday June 10th. Give your friend a gift of fitness-come workout and enjoy the health benefits of strength and endurance training-together!
