

Classes/Events



Cardio Circuit Class

10-class series

Tues 12-12:50PM

[More info/Register](#)

Senior Fitness

10-class series

Tues & Thurs 11-11:55AM

[More info/Register](#)

Mat Pilates

10-class series

Thursdays 12-12:55PM

[More Info/Register](#)

Personal Training
(Fitness Training,
Sports Specific Training
& Rehab Training)



ZUMBA®

10-class series

Mondays 6-7:00PM

10-class series

Saturdays 9-10:00AM

[More info/Register](#)



New Classes

MELT Method Advanced Techniques

6-class series, Thursdays 7:30-8:45PM, 10/8-11/12

This 6-part series addresses at least the following topics: Upper Back, Low Back, IT Band, Hands & Feet and MELT Strength. [Learn more...](#)

Special Events

Friday Indian Music at WHS

Oct 9, 7:30-12:00PM, music begins 8PM

NC Raga Revival's October Program here at WHS features Partha Bose on sitar and Nikhil Tikekar on tabla, plus NC Raga Revival's collective until 10PM. After a tea break, the jam session begins at 11PM. Anyone is welcome to participate! NC Raga Revival showcases the Music of the Indian Diaspora and collaborations with other World Music artists. Suggested donation of \$20, or \$10 if you bring an instrument. These concerts are family friendly, no shoes, and no alcohol. [Learn more...](#)

Announcements

New Practitioner Joins the WHS Community

WHS has a new practitioner on our team! Howard Jacobson, MPH, PhD, writes, coaches, and consults on health and wellness. He has collaborated with some of the most courageous and brilliant minds in the research and medical fields, including: T. Colin Campbell, author of *The China Study*; Garth Davis, MD, author of *Proteinaholic*; Michael Rothberg, Vice-Chair for Research at the Cleveland Clinic's Medical Institute; and Pam popper, author of *Solving America's Healthcare Crisis*.

He has degrees in Health Studies and Public Health, and has 15 years of experience in marketing and performance coaching. With his breadth of knowledge, he is uniquely positioned to help provide information so that his clients may make more informed decisions about treatment options. By offering specific, evidence-based wellness strategies, he enables people to take control of their health destinies. Learn more about [Howard Jacobson](#) and what [he offers here at WHS](#).

New Instructor

WHS is happy to announce Shoshanna Dibetta, the newest addition to our WHS family. Shoshanna is a Certified Massage Therapist and Ayurvedic Practitioner and Bodywork Educator in private practice in Chapel Hill, NC. Learn more about [Shoshanna DiBetta and her Ayurveda classes](#) or visit her [website](#).



Tai Chi/Qigong Fundamentals

10-class series
Weds 6-7:10PM

[More Info/Register](#)



Gentle Yoga

Thurs 4:30-5:45PM

[More Info/Register](#)

Yoga Tues & Fri

Tues 6-7:15PM

Fri 8:30-9:45PM

[More Info/Register](#)



Plant Sale

See plant table out front under the old oak tree. Unusual plants that will be welcome additions to your home and garden.

[Learn more...](#)



Personal Training w/Kathy Lawrence
(Fitness Training & Sports Specific Training)

Wellness Resources

Can What You Eat Affect Your Mental Health?

By Kelli Miller - WebMD Health News

Aug. 20, 2015 - What's for dinner? The question is popping up in an unexpected place - the psychiatrist's office.

More research is finding that a nutritious diet isn't just good for the body; it's great for the brain, too. The knowledge is giving rise to a concept called "nutritional (or food) psychiatry."

"Traditionally, we haven't been trained to ask about food and nutrition," says psychiatrist Drew Ramsey, MD, an assistant clinical professor at Columbia University. "But diet is potentially the most powerful intervention we have. By helping people shape their diets, we can improve their mental health and decrease their risk of psychiatric disorders."

Nearly 1 in 4 Americans have some type of mental illness each year. The CDC says that by 2020, depression will rank as the second leading cause of disability, after heart disease. [Read more...](#)

Severe Depression Linked with Inflammation in the Brain

By David McNamee

Clinical depression is associated with a 30% increase of inflammation in the brain, according to a new study published in *JAMA Psychiatry*. Inflammation is the immune system's natural response to infection or disease. The body often uses inflammation to protect itself, such as when an ankle is sprained and becomes inflamed, and the same principle also applies to the brain. However, too much inflammation is unhelpful and can be damaging.

Increasingly, evidence is suggesting that inflammation may drive some depressive symptoms, such as low mood, loss of appetite and reduced ability to sleep.

What the new study set out to investigate was whether inflammation is a driver of clinical depression independent of other physical illness.

Researchers from the Centre of Addiction and Mental Health's (CAMH) Campbell Family Mental Health Research Institute in Toronto, Canada, used positron emission tomography (PET) to scan the brains of 20 patients with depression and 20 healthy control participants.

In particular, the team closely measured the activation of microglia - immune cells that play a key role in the brain's inflammatory response.

The PET scans showed significant inflammation in the brains of the people with depression, and the inflammation was most severe among the participants with the most severe depression. The brain of people who were experiencing clinical depression exhibited an inflammatory increase of 30%.

[Learn more...](#)

Social Anxiety Disorder Linked to High Serotonin Levels Throwing Treatment with SSRI into Serious Question

By Dr. Mercola

Depression and other mental health problems are at epidemic levels judging

WHS Quick Links



Help WHS get the word out!
Please review us on Yelp
and/or Google+.

Instructors and Practitioners

Melanie Dean
[Website](#)

Shoshanna DiBetta
[Website](#)

Dr. Jay Dunbar
[Website](#)

Howard Jacobson
[Website](#)

Leigh Johnson
[Website](#)

Kathy Lawrence
[Website](#)

Cathy Miller
[Website](#)

Betsy Templeton
[Website](#)

Stewart Walker, LMBT
[Website](#)

by the number of antidepressants prescribed each year. According to CDC data, one in 20 Americans over the age of 12, report some form of depression, and 11 percent of the US population over the age of 12 is on antidepressant medication. This despite overwhelming evidence showing that antidepressants do not work as advertised.

At best, antidepressants are comparable to placebos. At worst they can cause devastating side effects, including deterioration into more serious mental illness, and suicidal or homicidal tendencies.

Virtually all of the school and mass shooters, for example, have been on antidepressants. Antidepressants are also prescribed to pregnant women, which can have serious repercussions for the child.

Research shows boys with autism are three times more likely to have been exposed to antidepressants known as selective serotonin reuptake inhibitors (SSRIs) in utero than non-autistic boys. Those whose mothers used SSRIs during the first trimester were found to be at greatest risk.

Recent research into the mechanisms driving anxiety and social phobias now turn conventional drug treatment with SSRIs on its ear. [Learn more...](#)

Our Vision

"Wholistic" is a big umbrella and, accordingly, WHS keeps expanding its vision. The service - to which WHS is committed - brings together accomplished practitioners, instructors, and performers, in a beautiful facility with peaceful country environs, to support your optimal learning, healing, and renewal of inner resources. Our vision of Wholistic is going radical because there are so many essential parts of our lives that are almost never addressed by "holistic" centers or, for that matter, current offerings of WHS. Let's begin the conversations and educational opportunities for financial well-being, sexuality, serious diseases such as obesity, diabetes, cancer and heart attacks, organic gardening, the healing intimacy of the natural world and essential components of human spirituality begin!!!

OCTOBER 2015 CALENDAR

MON	TUES	WEDS	THURS	FRI/SAT
			1 11-11:55AM Sr. Fitness 12-12:55PM Mat Pilates 4:30-5:45PM Gentle Yoga 6-7:15PM Tai Chi 7:30-8:45PM MELT (4/4)	2 8:30-9:45AM Yoga <hr/> 3
5	6 11-11:55AM Sr. Fitness 12-12:50PM Cardio Class 6-7:15PM Yoga 7:30-9PM Ayurveda (1/3)	7 6-7:15PM Fundamentals	8 11-11:55AM Sr. Fitness 12-12:55PM Mat Pilates 4:30-5:45PM Gentle Yoga 6-7:15PM Tai Chi 7:30-8:45PM MELT T. (1/6)	9 8:30-9:45AM Yoga <hr/> 10
12	13 11-11:55AM Sr. Fitness 12-12:50PM Cardio Class 6-7:15PM Yoga 7:30-9PM Ayurveda (2/3)	14 6-7:15PM Fundamentals	15 11-11:55AM Sr. Fitness 12-12:55PM Mat Pilates 4:30-5:45PM Gentle Yoga 6-7:15PM Tai Chi 7:30-8:45PM MELT T. (2/6)	16 8:30-9:45AM Yoga <hr/> 17 9-10AM ZUMBA
19 6-7PM ZUMBA	20 11-11:55AM Sr. Fitness 12-12:50PM Cardio Class 6-7:15PM Yoga 7:30-9PM Ayurveda (3/3)	21 6-7:15PM Fundamentals	22 11-11:55AM Sr. Fitness 12-12:55PM Mat Pilates 4:30-5:45PM Gentle Yoga 6-7:15PM Tai Chi 7:30-8:45PM MELT T. (3/6)	23 8:30-9:45AM Yoga <hr/> 24 9-10AM ZUMBA
26 6-7PM ZUMBA	27 11-11:55AM Sr. Fitness 12-12:50PM Cardio Class 6-7:15PM Yoga	28 6-7:15PM Fundamentals	29 11-11:55AM Sr. Fitness 12-12:55PM Mat Pilates 4:30-5:45PM Gentle Yoga 6-7:15PM Tai Chi 7:30-8:45PM MELT T. (4/6)	30 8:30-9:45AM Yoga <hr/> 31 9-10AM ZUMBA

NOVEMBER 2015 CALENDAR

MON	TUES	WEDS	THURS	FRI/SAT
2 6-7PM ZUMBA	3 11-11:55AM Sr. Fitness 12-12:50PM Cardio Class 6-7:15PM Yoga	4 6-7:15PM Fundamentals	5 11-11:55AM Sr. Fitness 12-12:55PM Mat Pilates 4:30-5:45PM Gentle Yoga 6-7:15PM Tai Chi 7:30-8:45PM MELT T. (5/6)	6 8:30-9:45AM Yoga <hr/> 7 9-10AM ZUMBA
9 6-7PM ZUMBA	10 11-11:55AM Sr. Fitness 12-12:50PM Cardio Class 6-7:15PM Yoga	11 6-7:15PM Fundamentals	12 11-11:55AM Sr. Fitness 12-12:55PM Mat Pilates 4:30-5:45PM Gentle Yoga 6-7:15PM Tai Chi 7:30-8:45PM MELT T. (6/6)	13 8:30-9:45AM Yoga <hr/> 14 9-10AM ZUMBA
16 6-7PM ZUMBA	17 11-11:55AM Sr. Fitness 12-12:50PM Cardio Class 6-7:15PM Yoga	18 6-7:15PM Fundamentals	19 11-11:55AM Sr. Fitness 12-12:55PM Mat Pilates 4:30-5:45PM Gentle Yoga 6-7:15PM Tai Chi	20 8:30-9:45AM Yoga <hr/> 21 9-10AM ZUMBA
23 6-7PM ZUMBA	24 NO CLASSES HOLIDAY WEEK	25 NO CLASSES HOLIDAY WEEK	26 NO CLASSES HOLIDAY WEEK	27 NO CLASSES HOLIDAY WEEK
30 6-7PM ZUMBA				