

Classes/Events



ZUMBA®

10-class series
Mondays 6-7:00PM

10-class series
Saturdays 9-10:00AM
[More info/Register](#)



Focus on Wu/Hao Style

10-class series
Weds 6-7:10PM

[More Info/Register](#)



Cardio Circuit

8-class series
Tues 12-12:50PM

[More info/Register](#)

Senior Fitness

10-class series
Tues & Thurs 11-11:55AM

[More info/Register](#)

New Classes

Reverse and Prevent Type 2 Diabetes with Howard Jacobson

3-class series, Tuesdays 7:40-9:10PM, beginning January 19th

Discover the actual cause of type 2 diabetes and what diet and lifestyle changes can reverse many cases of diabetes in six months. [Read more...](#)

How to Defeat High Blood Pressure Naturally with Howard Jacobson

3-class series, Tuesdays 7:40-9:10PM, beginning February 9th

Learn the causes of high blood pressure and get the skills for preparing a delicious low blood pressure diet on a regular basis. [Read more...](#)

Meditation and Healing with Tom Spector

3-class series, Tuesdays 7:40-9:10PM, beginning March 29th

This three-part Meditation and Healing course is designed for people with any level of experience. Learn what to do when your mind won't let you meditate.

[Read more...](#)

Wellness Resources

Do You Have Type 2 Diabetes?

by Howard Jacobson

If so, you've probably been told three "facts":

1. You have an incurable disease.
2. You need to be treated with medications to keep your blood sugar under control.
3. You need to avoid sugar and starch and eat more protein and fat.

This medical approach to diabetes doesn't seem to be working very well for our public health. Are we treating diabetics and improving health outcomes? Or is the progression of diabetes an all but inevitable decline into worse symptoms, more medication, and greater impairment?

Many well-designed and peer-reviewed research studies indicate:

- Most diabetics who are treated by Western Medicine get worse, not better, over time.
- Some of the treatments themselves may contribute as much to declining health as the disease itself.
- Reversal of this deadly condition is often possible.

Myth #1: Type 2 diabetes is an incurable disease

This myth is half true. If you live in the Western world and consume a high fat, high protein diet, you may view type 2 diabetes as a "disease." [Read more...](#)

Mat Pilates

10-class series
Thursdays 12-12:55PM
[More Info/Register](#)

Personal Training
([Fitness Training](#),
[Sports Specific Training](#)
& [Rehab Training](#))

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](#)

Cathy Miller
[Website](#)

Betsy Templeton
[Website](#)

Stewart Walker, LMBT
[Website](#)

Too Little Sleep May Quadruple Your Risk for Colds

By Alan Mozes - [WebMD Health News](#)

When you're run down from lack of sleep, you really are more apt to catch a cold, a new study finds. Investigators exposed 164 adults to a cold virus and found better-rested folks are more likely to resist infection. Those who slept fewer than six hours a night were more than four times as likely to catch a cold as those who got more than seven hours of shuteye.

"The role that sleep has on the immune system is well-established, though not completely understood," said study lead author Aric Prather, an assistant professor of psychiatry at the University of California, San Francisco. [Read more...](#)

Beetroot Juice Can Benefit Your Muscles

By Dr. Mercola

Beetroots, also known simply as beets or table beets in the US, are a sweet, surprisingly concentrated source of nutrition. The first clue they're loaded with nutrition is their bright red color, which indicates the presence of powerful phytonutrients called betalains. Betalains include reddish-purple betacyanin pigments and yellowish betaxanthin pigments. Many of the betalain pigments in beets have been shown to provide antioxidant, anti-inflammatory, and detoxifying effects.

Newer research suggests that, in addition, compounds in beets may improve muscle performance, offering allure not only for athletes but also for maintaining muscle function as you age. [Read 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!!!

JANUARY 2016 CALENDAR

MON	TUES	WEDS	THURS	FRI/SAT
				1 8:30-9:45AM Yoga <hr/> 2
4	5 11-11:55AM Sr. Fitness 12-12:50PM Cardio Class 6-7:15PM Yoga	6	7 11-11:55AM Sr. Fitness 12-12:55PM Mat Pilates 4:30-5:45PM Gentle Yoga 6-7:10PM Tai Chi	8 8:30-9:45AM Yoga <hr/> 9
11	12 11-11:55AM Sr. Fitness 12-12:50PM Cardio Class 6-7:15PM Yoga	13 6-7:10PM Focus on Wu/Hao	14 11-11:55AM Sr. Fitness 12-12:55PM Mat Pilates 4:30-5:45PM Gentle Yoga 6-7:105PM Tai Chi	15 8:30-9:45AM Yoga <hr/> 16
18	19 11-11:55AM Sr. Fitness 12-12:50PM Cardio Class 6-7:15PM Yoga 7:40-9:10PM Diabetes	20 6-7:10PM Focus on Wu/Hao	21 11-11:55AM Sr. Fitness 12-12:55PM Mat Pilates 4:30-5:45PM Gentle Yoga 6-7:105PM Tai Chi	22 8:30-9:45AM Yoga <hr/> 23
25	26 11-11:55AM Sr. Fitness 12-12:50PM Cardio Class 6-7:15PM Yoga 7:40-9:10PM Diabetes	27 6-7:10PM Focus on Wu/Hao	28 11-11:55AM Sr. Fitness 12-12:55PM Mat Pilates 4:30-5:45PM Gentle Yoga 6-7:10PM Tai Chi	29 8:30-9:45AM Yoga <hr/> 30

FEBURARY 2016 CALENDAR

MON	TUES	WEDS	THURS	FRI/SAT
1	2 11-11:55AM Sr. Fitness 12-12:50PM Cardio Class 6-7:15PM Yoga 7:40-9:10PM Diabetes	3 6-7:10PM Focus on Wu/Hao	4	5 8:30-9:45AM Yoga <hr/> 6
8	9 11-11:55AM Sr. Fitness 12-12:50PM Cardio Class 6-7:15PM Yoga 7:40-9:10PM High BP	10 6-7:10PM Focus on Wu/Hao	11 11-11:55AM Sr. Fitness 12-12:55PM Mat Pilates 4:30-5:45PM Gentle Yoga 6-7:10PM Tai Chi	12 8:30-9:45AM Yoga <hr/> 13
15	16 11-11:55AM Sr. Fitness 12-12:50PM Cardio Class 6-7:15PM Yoga 7:40-9:10PM High BP	17 6-7:10PM Focus on Wu/Hao	18 11-11:55AM Sr. Fitness 12-12:55PM Mat Pilates 4:30-5:45PM Gentle Yoga 6-7:10PM Tai Chi	19 8:30-9:45AM Yoga <hr/> 20
22	23 11-11:55AM Sr. Fitness 12-12:50PM Cardio Class 6-7:15PM Yoga 7:40-9:10PM High BP	24 6-7:10PM Focus on Wu/Hao	25 11-11:55AM Sr. Fitness 12-12:55PM Mat Pilates 4:30-5:45PM Gentle Yoga 6-7:10PM Tai Chi	26 8:30-9:45AM Yoga <hr/> 27
29				