

Classes Offered



Dr. Jay Dunbar
Tai Chi

Thurs 6-7:10PM

[More Info/Register](#)

Tai Chi/Qigong
Fundamentals

Weds 6-7:10PM

[More Info/Register](#)



Gigi Lee
Hatha Yoga

Tuesdays 6-7:15PM

Fridays 8-9:15AM

[More Info/Register](#)

Gentle Yoga

Thursdays 4:30-5:45PM

[More Info/Register](#)



Readers Want to Know

In order to make the e-newsletter more interactive and responsive to needs of our readers, we're starting a new section called "Readers Want to Know." The process is simple. Click on the link below and post your question(s). We'll try to find a relevant article or a statement from someone in our community who has some expertise on the subject. Then you'll see it in one of our e-newsletters. So scratch your heads a little, come up with a good question or two, and let's go. [Click here...](#)

FALL CLASSES

Tai Chi/Qigong Fundamentals w/Dr. Jay Dunbar

Experience Tai Chi (Taijiquan) and Qigong in this entry level series that explores the basics of breathing, movement and the ancient philosophy that informs both these practices. [Learn more...](#)

BodyTalk w/Toni Stevens, Certified Instructor

Saturday 9:30AM-6PM, 10/6

In just 10 minutes a day, you'll gain a stronger immune system, improved focus and experience less stress in your life. [Learn more...](#)

Feldenkrais - Awareness Through Movement

w/Debby Gross, Certified Instructor

Free Intro, Sun 10-11:30AM, 10/21

6-class series, Sun 10-11AM, begins 11/4

Learn how to better integrate the connections between mind and body that contribute to chronic pain. [Learn more...](#)

StressProof: Resilience as a Trainable Skill

w/Glenn Murphy, MSC

Sun 3-6PM, 10/7

This concise, 3-hour workshop helps to create profound and lasting immunity to many forms of psychological stress. [Learn more...](#)

AHA CPR w/Melanie Dean, Certified Instructor

Basic Life Support, Tues 1:30-4:30PM, 10/30

Friends & Family, Tues 2:30-5PM, 11/13

With CPR Training you can be a critical life-saving link for the survival of a cardiac arrest victim. See which class better suits your needs. [Learn more...](#)

WELLNESS ARTICLES

Why You Feel Tired All the Time

Medical News Today - by Hannah Nichols

Do you often ask yourself, "Why am I so tired all the time?" If so, this article

Melanie Dean
Senior Fitness

Tuesdays 11-11:55AM
Thursdays 11-11:55AM
[More Info/Register](#)

Pilates/Strength Training

Tuesdays 10-10:55AM
[More Info/Register](#)

Mat Pilates

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

Personal Training

Partner Personal Training
Rehab Training
Fitness Training

WHS Quick Links



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and/or Google+.

**Instructors
and Practitioners**

Melanie Dean, M.Sc, CSCS
[Website](#)

Dr. Jay Dunbar
[Website](#)

Deborah Gross, LMBT,
Certified Instructor
[Website](#)

Gigi Lee
Certified Instructor

Glenn Murphy, MSC
[Website](#)

Toni Stevens,
Certified Instructor
[Website](#)

Stewart Walker, LMBT
[Website](#)

may be the perfect read for you; we have compiled a list of some of the most common reasons for tiredness and what you can do to bounce back into action.

According to the Centers for Disease Control and Prevention (CDC), around 15.3 percent of women and 10.1 percent of men regularly feel very tired or exhausted in the United States.

Tiredness can cause an array of problems. For example, around 1 in 25 adult drivers report falling asleep at the wheel each month. About 72,000 crashes and 44,000 injuries each year are a result of drowsy driving, and that's not to mention the estimated 6,000 fatal crashes caused by drowsy drivers.

Everyone feels tired at some point in their lives - whether it's due to a late night out, staying up to watch your favorite TV show, or putting in some extra hours at work. Often, you can put your finger on the reason you're not feeling your best, but what about those times when you can't pinpoint the cause of your tiredness? What makes you feel tired then?

Medical News Today has researched the possible explanations for why you could be feeling so drained and the steps that you can take to feel re-energized.

1. Lack of sleep

A lack of sleep may seem an obvious reason for feeling tired, yet 1 in 3 U.S. adults are consistently not getting enough of it.

Tiredness increases the risk of accidents, obesity, high blood pressure, depression, and heart disease.

People aged between 18 and 60 years need 7 or more hours of sleep every day to promote optimal health, according to The American Academy of Sleep Medicine and the Sleep Research Society.

Getting under the recommended hours of sleep each night is not only associated with fatigue, impaired performance, and a greater risk of accidents, but it also has adverse health outcomes. These include obesity, high blood pressure, depression, heart disease, stroke, and an increased risk of death. **(source)**

The Agony of the Feet as You Get Older

U.S.News.com - by Stacey Colino, Contributor

While people often pay attention to how their feet look once sandal season comes around, they give their feet little TLC the rest of the year. Meanwhile, we pound our feet on the pavement or place three to four times our body weight on them when we jog. And we often subject our feet to tight or poorly fitting shoes or precarious heels. Given these stresses and strains, it's a wonder the human foot - with its 26 bones, 33 joints and complex matrix of ligaments, tendons and muscles - doesn't launch a full-scale rebellion.

But sometimes it does, especially as we get older. Indeed, a study in a 2016 issue of *Maturitas* found that foot pain affects 1 in 4 adults after age 45, and it's at least somewhat disabling in two-thirds of those cases. Even worse, foot pain in older adults is associated with a 62 percent increased risk of recurrent falls, according to a study in a 2017 issue of *Gerontology*. "As we get older, our muscles and tendons lose elasticity, which can contribute to foot pain," says Beth Gusenoff, a podiatric surgeon and clinical assistant professor in the department of plastic surgery at the University of Pittsburgh



Medical Center.

It's important to make your foot health a priority, especially as you get older because "a healthy foot is a catalyst for mobility and a healthy lifestyle," Gusenoff says. "Your feet really are your base of support."

Here are six things you may not know about your aging feet - but should.

Obesity can increase your risk of suffering from foot pain. A study in a 2017 issue of the journal Obesity Research & Clinical Practice found that as people's body mass index, or BMI, increases from the normal range to obesity, so do the odds that they will have foot pain as they get older; this is true for men and women. With excess weight on the body, "the foot can't handle the mechanical load that's being put on it," Gusenoff says.

Unfortunately, the obesity issue can create a vicious cycle, whereby obesity increases the risk of foot pain, which makes people less likely to engage in weight-bearing physical activities, which can lead to more weight gain, and so on, notes Dr. Clifford Jeng, medical director of the Institute for Foot and Ankle Reconstruction at Mercy Medical Center in Baltimore. Consider this extra incentive to shed excess pounds. [\(source\)](#)

SEPTEMBER 2018 CALENDAR

MON	TUES	WEDS	THURS	FRI/SAT/SUN
3 6-9PM Rental	4 10-10:55AM Pilates/Strength 11-11:55AM Sr. Fitness 6-7:15PM Yoga 7:30PM Tai Chi Practice	5 6-7:10PM Fundamentals	6 11-11:55AM Sr. Fitness 12-12:55PM Mat Pilates 4:30-5:45PM Gentle Yoga 6-7:10PM Tai Chi	7 NO YOGA 10-11:30AM Rental <hr/> 8 <hr/> 9
10 6-9PM Rental	11 10-10:55AM Pilates/Strength 11-11:55AM Sr. Fitness 6-7:15PM Yoga 7:30PM Tai Chi Practice	12 6-7:10PM Fundamentals	13 11-11:55AM Sr. Fitness 12-12:55PM Mat Pilates 4:30-5:45PM Gentle Yoga 6-7:10PM Tai Chi	14 8-9:15AM Yoga 10-11:30AM Rental <hr/> 15 <hr/> 16
17 6-9PM Rental	18 10-10:55AM Pilates/Strength 11-11:55AM Sr. Fitness 6-7:15PM Yoga 7:30PM Tai Chi Practice	19 6-7:10PM Fundamentals 7:30-8:30PM Meetup	20 11-11:55AM Sr. Fitness 12-12:55PM Mat Pilates 4:30-5:45PM Gentle Yoga 6-7:10PM Tai Chi	21 8-9:15AM Yoga 10-11:30AM Rental <hr/> 22 <hr/> 23
24 6-9PM Rental	25 10-10:55AM Pilates/Strength 11-11:55AM Sr. Fitness 6-7:15PM Yoga 7:30PM Tai Chi Practice	26 6-7:10PM Fundamentals	27 11-11:55AM Sr. Fitness 12-12:55PM Mat Pilates 4:30-5:45PM Gentle Yoga 6-7:10PM Tai Chi	28 8-9:15AM Yoga 10-11:30AM Rental <hr/> 29 <hr/> 30

OCTOBER 2018 CALENDAR

MON	TUES	WEDS	THURS	FRI/SAT/SUN
1 6-9PM Rental	2 10-10:55AM Pilates/Strength 11-11:55AM Sr. Fitness 6-7:15PM Yoga 7:30PM Tai Chi Practice	3 6-7:10PM Fundamentals	4 11-11:55AM Sr. Fitness 12-12:55PM Mat Pilates 4:30-5:45PM Gentle Yoga 6-7:10PM Tai Chi	5 8-9:15AM Yoga 10-11:30AM Rental <hr/> 6 9:30AM-6PM BodyTalk <hr/> 7 3-6PM StressProof
8 6-9PM Rental	9 10-10:55AM Pilates/Strength 11-11:55AM Sr. Fitness 6-7:15PM Yoga 7:30PM Tai Chi Practice	10 6-7:10PM Fundamentals	11 11-11:55AM Sr. Fitness 12-12:55PM Mat Pilates 4:30-5:45PM Gentle Yoga 6-7:10PM Tai Chi	12 8-9:15AM Yoga 10-11:30AM Rental <hr/> 13 <hr/> 14
15 6-9PM Rental	16 10-10:55AM Pilates/Strength 11-11:55AM Sr. Fitness 6-7:15PM Yoga 7:30PM Tai Chi Practice	17 6-7:10PM Fundamentals	18 11-11:55AM Sr. Fitness 12-12:55PM Mat Pilates 4:30-5:45PM Gentle Yoga 6-7:10PM Tai Chi	19 8-9:15AM Yoga 10-11:30AM Rental <hr/> 20 <hr/> 21 10-11:30AM Intro Feldenkrais
22 6-9PM Rental	23 10-10:55AM Pilates/Strength 11-11:55AM Sr. Fitness 6-7:15PM Yoga 7:30PM Tai Chi Practice	24 6-7:10PM Fundamentals	25 11-11:55AM Sr. Fitness 12-12:55PM Mat Pilates NO YOGA NO TAI CHI	26 NO YOGA NO YOGA RENTAL <hr/> 27 <hr/> 28
29 6-9PM Rental	30 10-10:55AM Pilates/Strength 11-11:55AM Sr. Fitness 1:30-4:30PM BLS CPR 6-7:15PM Yoga 7:30PM Tai Chi Practice	31 NO FUNDAMENTALS		