

Classes



Fundamentals

10-class series, begins 9/7
Wednesdays 6-7:10PM
[More Info/Register](#)



Tai Chi

10-class series, begins 9/8
Thursdays 6-7:10PM
[More Info/Register](#)



Hatha Yoga

Tuesdays 6-7:15PM
Fridays 8-9:15AM
[More Info/Register](#)

Gentle Yoga

Thursdays 4:30-5:45PM
[More Info/Register](#)

SUMMER HEALTH CLASSES AT WHS



Preventing Cancer: Your Best Odds Lifestyle
Tues 7:45-9:10PM, 3-class series, beginning 7/19
In this informative series, Howard Jacobson, PhD, draws upon the latest research to share a new understanding of cancer prevention. The good news is, we now know how to prevent between 70-95% of all cancers. Not through "early detection," which has nothing to do with prevention, but through diet and lifestyle strategies. [Learn more...](#)

How to Defeat High Blood Pressure the Natural Way

Tues 7:45-9:10PM, 3-class series, beginning 8/16
Learn about dietary and lifestyle strategies, developed from the latest research, that have been proven safe and effective in defeating high blood pressure. [Learn more...](#)

Healthy Gut, Healthy Life: Heal Your Microbiome & Improve Your Digestion

Tues 7:45-9:10PM, 3-class series, beginning 9/13
Science has recently discovered the importance of our gut microbiome-the trillions of tiny critters that live in the digestive tract and do most of the heavy lifting in our digestion. [Learn more...](#)

SNEAK PEAK: Some of our upcoming fall classes



Yoga for Low Back w/Jyoti Shah, E-RYT

Sat 10:00-11:30AM, 6-class series, beginning 9/10
This Low Back Program Series is based on the two largest, most definitive studies and research conducted on the treatment of chronic lower back pain. [Learn more...](#)

MELT As A System w/Leigh Johnson, Certified Instructor

Thurs 7:30-8:45 PM, 3-class series, beginning 9/14
In this class you will learn how to MELT yourself at home, following MELT Maps to help you sequence the moves to focus on your individual body needs. [Learn more...](#)



Meditation & Healing w/Tom Spector, PhD

Tues 7:45-8:45, 2-class series, 10/25 & 11/1
Tom will present a three-part Meditation and Healing course for people with any level of experience. Learn what to do when



Preventing Cancer

3-class series

Tuesdays 7:45-9:10PM

[More Info/Register](#)

High Blood Pressure

3-class series

Tuesdays 7:45-9:10PM

[More Info/Register](#)

Healthy Gut, Healthy Life

3-class series

Tuesdays 7:45-9:10PM

[More Info/Register](#)



Senior Fitness

10-class series

Tues & Thurs 11-11:55AM

[More info/Register](#)

Pilates/Strength Training

10-class series

Tuesdays 10-10:55AM

[More Info/Register](#)

Mat Pilates

10-class series

Thursdays 12-12:55PM

[More Info/Register](#)

Personal Training
(Partner Personal Training,
Fitness Training,
Rehab Training)

WHS Quick Links



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



your mind won't let you meditate. [Learn more...](#)

WELLNESS RESOURCES

Your Brain on Meditation

Science has proven that meditation actually restructures your brain

by Kelly McGonigal

Nothing is quite as satisfying as a yoga practice that's filled with movement. Whether you prefer an intense and sweaty vinyasa practice, a gentle but deliberate Viniyoga practice, or something in between, all systems of hatha yoga provide a contented afterglow for the same reason: You sync your movement with your breath. When you do, your mind stops its obsessive churning and begins to slow down. Your attention turns from your endless to-do list toward the rhythm of your breath, and you feel more peaceful than you did before you began your practice.

For many of us, accessing that same settled, contented state is more difficult to do in meditation. It's not easy to watch the mind reveal its worries, its self-criticism, or its old memories. Meditation requires patience and-even more challenging for most Westerners-time. So, why would you put yourself through the struggle?

Quite simply, meditation can profoundly alter your experience of life. Thousands of years ago the sage Patanjali, who compiled the Yoga Sutra, and the Buddha both promised that meditation could eliminate the suffering caused by an untamed mind. They taught their students to cultivate focused attention, compassion, and joy. And they believed that it was possible to change one's mental powers and emotional patterns by regularly experiencing meditative states. Those are hefty promises.

But these days, you don't have to take their word for it. Western scientists are testing the wisdom of the masters, using new technology that allows researchers to study how meditation influences the brain.

The current findings are exciting enough to encourage even the most resistant yogis to sit down on the cushion: They suggest that meditation-even in small doses-can profoundly influence your experience of the world by remodeling the physical structure of your brain. Read on to find out how, and then put each finding into practice with meditations by yoga teachers Christopher Tompkins, Frank Jude Boccio, and Kate Vogt. ([source](#))

Health Myths - Foods You Think are Healthy but are Not

by Dr. Ann

Health myths abound when it comes to food. Many so called "health foods" are nothing more than nutritionally defunct, empty calories masquerading as the good guys you want them to be. What follows are the most notorious "health food imposters."

Flavored yogurt products: Although these "healthy favorites" provide some calcium, B vitamins, and essential amino acids, they are loaded with added sugar - in many cases more than is typically found in a standard dessert. "Yogurt" products, through slick packaging and clever marketing,

Instructors and Practitioners

Melanie Dean
[Website](#)

Dr. Jay Dunbar
[Website](#)

Leigh Johnson
[Website](#)

Jyoti Shah
[Website](#)

Tom Spector
[Website](#)

Betsy Templeton
[Website](#)

Stewart Walker, LMBT
[Website](#)

have very successfully garnered what is referred to as the "health halo effect" - meaning consumers naturally assume any product with "yogurt" on its label is wholesome and good for you. The only truly healthy yogurt is low-fat plain. If you prefer it sweetened, combine with some berries or cut up fruit or add a teaspoon or two of maple syrup or honey.

Meal Replacement/Energy Bars: While some are a bit more wholesome than others (15 vs. 40 or so ingredients), these popular, modern day favorites are the ultimate in 100% pure factory made, processed foods. In my book, they are not food, but food-like artifacts that are generally high in sugar and/or unhealthy fats. Have a handful of nuts and a piece of fruit as a real, healthy alternative. (If you must - Kashi, Nature's Path, Luna, or Pria are the best options.)

Infused Water: Like yogurt, "water" has the health-halo effect and the beverage industry is currently exploiting it to the max. Water infused with all sorts of supposedly healthy extras, like vitamins, minerals, antioxidants, and herbs are the fastest growing beverage products. Most of them are nothing more than sugar-fortified drinks like their first cousins, soda with a smidge of a few added vitamins. There is zero evidence that extracting nutrients from their native context (foods) and adding them to water has any health benefit (and may even have risks). If you use these products, you are paying several 100 times more than you would for tap water (which is more rigorously monitored than bottled water). By the way, pure water is the only beverage that provides 100% of what we need and why we have to drink to stay alive - namely H₂O. ([source](#))

JULY 2016 CALENDAR

| MON | TUES | WEDS | THURS | FRI/SAT |
|-----|---|------------------------------------|---|---------------------------------|
| | | | | 1 8-9:15AM Yoga <hr/> 2 |
| 4 | 5 10-10:55AM Pilates/Strg 11-11:55AM Sr. Fitness 6-7:15PM Yoga | 6 6-7:10PM Focus on Wu/Hao | 7 11-11:55AM Sr. Fitness 12-12:55PM Mat Pilates 4:30-5:45PM Gentle Yoga 6-7:10PM Tai Chi | 8 8-9:15AM Yoga <hr/> 9 |
| 11 | 12 10-10:55AM Pilates/Strg 11-11:55AM Sr. Fitness 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 6-7:10PM Tai Chi | 15 8-9:15AM Yoga <hr/> 16 |
| 18 | 19 10-10:55AM Pilates/Strg 11-11:55AM Sr. Fitness 6-7:15PM Yoga 7:45-9:10PM P. Cancer | 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 6-7:10PM Tai Chi | 22 8-9:15AM Yoga <hr/> 23 |
| 25 | 26 10-10:55AM Pilates/Strg 11-11:55AM Sr. Fitness 6-7:15PM Yoga 7:45-9:10PM P. Cancer | 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 8-9:15AM Yoga <hr/> 30 |

AUGUST 2016 CALENDAR

| MON | TUES | WEDS | THURS | FRI/SAT |
|-----|--|------|---|---------------------------------|
| 1 | 2 10-10:55AM Pilates/Strg 11-11:55AM Sr. Fitness 6-7:15PM Yoga 7:45-9:10PM P. Cancer | 3 | 4 11-11:55AM Sr. Fitness 12-12:55PM Mat Pilates 4:30-5:45PM Gentle Yoga NO TAI CHI | 5 8-9:15AM Yoga <hr/> 6 |
| 8 | 9 10-10:55AM Pilates/Strg 11-11:55AM Sr. Fitness 6-7:15PM Yoga | 10 | 11 11-11:55AM Sr. Fitness 12-12:55PM Mat Pilates 4:30-5:45PM Gentle Yoga NO TAI CHI | 12 8-9:15AM Yoga <hr/> 13 |
| 15 | 16 10-10:55AM Pilates/Strg 11-11:55AM Sr. Fitness 6-7:15PM Yoga 7:45-9:10PM High BP | 17 | 18 11-11:55AM Sr. Fitness 12-12:55PM Mat Pilates 4:30-5:45PM Gentle Yoga NO TAI CHI | 19 8-9:15AM Yoga <hr/> 20 |
| 22 | 23 10-10:55AM Pilates/Strg 11-11:55AM Sr. Fitness 6-7:15PM Yoga 7:45-9:10PM High BP | 24 | 25 11-11:55AM Sr. Fitness 12-12:55PM Mat Pilates 4:30-5:45PM Gentle Yoga NO TAI CHI | 26 8-9:15AM Yoga <hr/> 27 |
| 29 | 30 10-10:55AM Pilates/Strg 11-11:55AM Sr. Fitness 6-7:15PM Yoga 7:45-9:10PM High BP | 31 | | |