

Ongoing Classes



Tai Chi

Thurs 6-7:10PM

[More Info/Register](#)

Tai Chi/Qigong Fundamentals

Weds 6-7:10PM

[More Info/Register](#)

Focus on Wu/Hao Style

Weds 6-7:10PM, 2/8

[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](#)



NEW SPRING CLASSES

Active Recovery: Low Back and Hip Pain w/Leigh Johnson

4-class series, Wednesdays 4:30-5:30PM, begins 3/22

Introduction to Herbs w/Dr. Joanne Morse

Saturday 10:00 AM-2:00PM, 5/6

Advanced Herbal Therapeutics

Saturday 10:00 AM-2:00PM, 5/13

American Heart Association CPR

Basic Life support, Tuesday 2:00-5:30PM, 5/9

Massage for Head, Neck and Shoulders

Saturday 10:00-5:00PM, 6/17

FEATURED HEALTH CLASSES

Healthy Gut, Healthy Life: Heal your Microbiome

2-class series, Wednesdays 3:30-5:00PM, 5/10 & 5/17

Preventing Cancer: Your Best Odds Lifestyle

2-class series, Wednesdays 3:30-5:00PM, 5/24 & 5/31

Motivational class: How to Drop Your Bad Health Habits

2-class series, Wednesdays 4:30-5:30PM, 6/7 & 6/14

UPCOMING FITNESS CLASSES

Cardio Circuit

8-class series, Tuesdays 12:15-1:05PM

Pilates/Strength Training

10-class series, Tuesdays 10-10:55AM

WELLNESS ARTICLES

"Fermented Foods May Be a Key Component of an Anti-Cancer Diet"

by Dr. Mercola

Slowly but surely, scientists are increasingly starting to focus on the influence of nutrition on cancer. Mounting evidence supports the notion that a diet high in healthy fats and low in net carbohydrates

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

Pilates/Strength Training
10-class series
Tuesdays 10-10:55AM
[More Info/Register](#)

Cardio Circuit
8-class series
Tuesdays 12:15-1:05PM
[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!
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and/or Google+.

Instructors and Practitioners

Melanie Dean
[Website](#)

Dr. Jay Dunbar
[Website](#)

Howard Jacobson
[Website](#)

Leigh Johnson
[Website](#)

Betsy Templeton
[Website](#)

Dr. Joanne Morse
[Website](#)

Stewart Walker
[Website](#)

(total carbs minus fiber, i.e. non-fiber carbs) may significantly lower your risk by improving mitochondrial and metabolic function.

Fermented foods are also gaining recognition as an important anti-cancer adjunct. The beneficial bacteria found in fermented foods have been shown particularly effective for suppressing colon cancer, but may also inhibit cancer of the breast, liver, small intestine and other organs.

For example, butyrate, a short-chain fatty acid created when microbes ferment dietary fiber in your gut, have been shown to induce programmed cell death of colon cancer cells, and cultured milk products may reduce your risk of bladder cancer about 29 percent.

Cultured Raw Milk Does Your Body Good. In the case of cultured dairy, lactobcillus and bifidobacterium are primary sources of probiotics in cultured milk products, and these beneficial bacteria have been shown to induce changes reflecting an increase in carbohydrate metabolism. ([source](#))

"How to Become a 'Superager'"

The New York Times
by Lisa Feldman Barrett

Think about the people in your life who are 65 or older. Some of them are experiencing the usual mental difficulties of old age, like forgetfulness or a dwindling attention span. Yet others somehow manage to remain mentally sharp. My father-in-law, a retired doctor, is 83 and he still edits books and runs several medical websites.

Why do some older people remain mentally nimble while others decline? "Superagers" (a term coined by the neurologist Marsel Mesulam) are those whose memory and attention isn't merely above average for their age, but is actually on par with healthy, active 25-year-old's. My colleagues and I at Massachusetts General Hospital recently studied superagers to understand what made them tick.

Our lab used functional magnetic resonance imaging to scan and compare the brains of 17 superagers with those of other people of similar age. We succeeded in identifying a set of brain regions that distinguished the two groups. These regions were thinner for regular agers, a result of age-related atrophy, but in superagers they were indistinguishable from those of young adults, seemingly untouched by the ravages of time.

What are these crucial brain regions? If you asked most scientists to guess, they might nominate regions that are thought of as "cognitive" or dedicated to thinking, such as the lateral prefrontal cortex. However, that's not what we found. Nearly all the action was in "emotional" regions, such as the midcingulate cortex and the anterior insula.

My lab was not surprised by this discovery, because we've seen modern neuroscience debunk the notion that there is a distinction between "cognitive" and "emotional" brain regions. ([source](#))

MARCH 2017 CALENDAR

MON	TUES	WEDS	THURS	FRI/SAT
		1 6-7:10PM Tai Chi Fund.	2 11-11:55AM Sr. Fitness 12-12:55PM Mat Pilates 4:30-5:45PM Gentle Yoga 6-7:10PM Tai Chi	3 8-9:15AM Yoga 4
6	7 10-10:55AM Pilates/Strength 11-11:55AM Sr. Fitness 6-7:15PM Yoga	8 6-7:10PM Tai Chi Fund.	9 11-11:55AM Sr. Fitness 12-12:55PM Mat Pilates 4:30-5:45PM Gentle Yoga 6-7:10PM Tai Chi	10 8-9:15AM Yoga 11
13	14 10-10:55AM Pilates/Strength 11-11:55AM Sr. Fitness 6-7:15PM Yoga	15 6-7:10PM Tai Chi Fund.	16 11-11:55AM Sr. Fitness 12-12:55PM Mat Pilates 4:30-5:45PM Gentle Yoga 6-7:10PM Tai Chi	17 8-9:15AM Yoga 18
20	21 10-10:55AM Pilates/Strength 11-11:55AM Sr. Fitness 6-7:15PM Yoga	22 4:30-5:30PM Active Recov. 6-7:10PM Tai Chi Fund.	23 11-11:55AM Sr. Fitness 12-12:55PM Mat Pilates 4:30-5:45PM Gentle Yoga 6-7:10PM Tai Chi	24 8-9:15AM Yoga 25
27	28 10-10:55AM Pilates/Strength 11-11:55AM Sr. Fitness 6-7:15PM Yoga	29 4:30-5:30PM Active Recov. 6-7:10PM Tai Chi Fund.	30 11-11:55AM Sr. Fitness 12-12:55PM Mat Pilates 4:30-5:45PM Gentle Yoga 6-7:10PM Tai Chi	31 8-9:15AM Yoga

APRIL 2017 CALENDAR

MON	TUES	WEDS	THURS	FRI/SAT
3	4 10-10:55AM Pilates/Strength 11-11:55AM Sr. Fitness 6-7:15PM Yoga	5 4:30-5:45PM Active Recov. 6-7:10PM Tai Chi Fund.	6 11-11:55AM Sr. Fitness 12-12:55PM Mat Pilates 4:30-5:45PM Gentle Yoga 6-7:10PM Tai Chi	7 8-9:15AM Yoga 8
10	11 10-10:55AM Pilates/Strength 11-11:55AM Sr. Fitness 6-7:15PM Yoga	12 4:30-5:45PM Active Recov. 6-7:10PM Tai Chi Fund.	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 15
17	18 10-10:55AM Pilates/Strength 11-11:55AM Sr. Fitness 6-7:15PM Yoga	19 6-7:10PM Tai Chi Focus	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 22
24	25 10-10:55AM Pilates/Strength 11-11:55AM Sr. Fitness 6-7:15PM Yoga	26 6-7:10PM Tai Chi Focus	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 29