

**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

[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](#)



**Senior Fitness**

Tuesdays 11-11:55AM

Thursdays 11-11:55AM

[More Info/Register](#)

WHS brings together the best of many disciplines to our community. Val Profit said to me so many years ago (about 40), during the formation of this area's first wholistic center, that "in order to be 'wholistic' we have to have a foot in both camps" (traditional & scientific).

Stay tuned as we bring forward learning opportunities from an ever-expanding range of topics. We offer the finest instructors - these are classes that can change your life. ~Stewart Walker

**SUMMER WELLNESS CLASSES**

**Medical Research w/ Howard Jacobson, PhD**

-Healthy Gut, Wed 3:30-5PM, 5/10 & 5/17 - [Register](#)

-Preventing Cancer, Wed 3:30-5PM, 5/24 & 5/31 - [Register](#)

-Drop Bad Health Habits, Wed 3:30-5PM, 6/7 & 6/14 - [Register](#)



**Massage Therapy w/Stewart Walker, LMBT**

Head, Neck & Shoulder

Sat 10AM-5PM, 6/17 - [Register](#)

**Fermenting Fresh Food w/Leif Diamant, MED, LPC**

Sat 10:30AM-1:30PM, 6/3 - [Register](#)



**Meditation to Quiet the Mind & Open the Heart**

w/Jon Seskevich, RN, BSN, BA, CHTP

Sat 4-6:30PM, 6/24 - [Register](#)

**Summer Special Events**

**An Evening of Universal Chanting w/Jon Seskevich**

Saturday 7-9PM, 6/24 - [Register](#)

We are so pleased to host this amazing program. Jon's new CD "Universal Chanting!" will be available for purchase.



**WELLNESS ARTICLES**

**Saturated fat does not clog the arteries: coronary heart disease is a chronic inflammatory condition, the risk of which can be effectively reduced from healthy lifestyle interventions**

[More Info/Register](#)

**Pilates/Strength Training**

Tuesdays 10-10:55AM

[More Info/Register](#)

**Cardio Circuit**

Tuesdays 12:15-1:05PM

[More Info/Register](#)

**Mat Pilates**

Thursdays 12-12:55PM

[More Info/Register](#)

**Personal Training**

**(Partner Personal Training,**

**Fitness Training,**

**Rehab Training)**

British Journal of *Sports Medicine*

by Aseem Malhotra, Rita F Redberg, Pascal Meier

Coronary artery disease pathogenesis and treatment urgently requires a paradigm shift. Despite popular believe among doctors and the public, the conceptual model of dietary saturated fat clogging a pipe is just plain wrong. A landmark systematic review and meta-analysis of observational studies showed no association between saturated fat consumption and (1) all-cause mortality, (2) coronary heart disease (CHS), (3) CHD mortality, (4) ischemic stroke or (5) type 2 diabetes in healthy adults. Similarly in the secondary prevention of CHD there is no benefit from reduced fat, including saturated fat, on myocardial infarction, cardiovascular or all-cause mortality. It is instructive to note that in an angiographic study of postmenopausal women with CHD, greater intake of saturated fat was associated with less progression of atherosclerosis whereas carbohydrate and polyunsaturated fat intake were associated with greater progression. **([source](#))**

**WHS Quick Links**



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

**Excess Light Exposure May Take Toll on Muscles and Bones**

*The New York Times*

by Sunpreet Singh

Every day people are exposed to hours of artificial light from a variety of sources - computers, video games, office lights and, for some, 24-hour lighting in hospitals and nursing homes.

Now new research in animals shows that excessive exposure to "light pollution" may be worse for your health than previously known, taking a toll on muscles and bone strength.

Researchers at Leiden University Medical Center in the Netherlands tracked the health of rats exposed to six months of continuous light compared to a control group of rats living under normal light-dark conditions - 12 hours of light, followed by 12 hours of dark.

During the study, the rats exposed to continuous light had less muscle strength and developed signs of early-stage osteoporosis. They also got fatter and had higher blood glucose levels. Several markers of immune system health also worsened, according to the report published in the medical journal *Current Biology*. **([source](#))**

**Instructors  
and Practitioners**

**Melanie Dean**

[Website](#)

**Dr. Jay Dunbar**

[Website](#)

**Howard Jacobson**

[Website](#)

**Betsy Templeton**

[Website](#)

**Stewart Walker**

[Website](#)

## MAY 2017 CALENDAR

MON	TUES	WEDS	THURS	FRI/SAT
1	2 10-10:55AM Pilates/Strength 11-11:55AM Sr. Fitness  6-7:15PM Yoga	3  6-7:10PM Focus on Wu/Hao	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 <hr/> 6
8	9 10-10:55AM Pilates/Strength 11-11:55AM Sr. Fitness  <b>NO YOGA CLASS</b>	10  3:30-5PM Healthy Gut 6-7:10PM Focus on Wu/Hao	11 11-11:55AM Sr. Fitness 12-12:55PM Mat Pilates  <b>NO YOGA CLASS</b> 6-7:10PM Tai Chi	12 <b>NO YOGA CLASS</b> <hr/> 13
15	16 10-10:55AM Pilates/Strength 11-11:55AM Sr. Fitness  6-7:15PM Yoga	17  3:30-5PM Healthy Gut 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 8-9:15AM Yoga <hr/> 20
22	23 10-10:55AM Pilates/Strength 11-11:55AM Sr. Fitness  6-7:15PM Yoga	24  3:30-5PM Prevent Cancer 6-7:10PM Focus on Wu/Hao	25  <b>NO FITNESS CLASSES</b> 4:30-5:45PM Gentle Yoga 6-7:10PM Tai Chi	26 8-9:15AM Yoga <hr/> 27
29	30  <b>NO FITNESS CLASSES</b>  6-7:15PM Yoga	31  3:30-5PM Prevent Cancer 6-7:10PM Focus on Wu/Hao		



# JUNE 2017 CALENDAR

MON	TUES	WEDS	THURS	FRI/SAT
			1  <b>NO FITNESS CLASSES</b>  4:30-5:45PM Gentle Yoga 6-7:10PM Tai Chi	2 8-9:15AM Yoga <hr/> 3 10:30AM-1:30PM Fermenting Fresh Food
5	6  10-10:55AM Pilates/Strength 11-11:55AM Sr. Fitness  6-7:15PM Yoga	7  3:30-5PM Drop Bad Habits 6-7:10PM Focus on Wu/Hao	8  11-11:55AM Sr. Fitness 12-12:55PM Mat Pilates  4:30-5:45PM Gentle Yoga 6-7:10PM Tai Chi	9 8-9:15AM Yoga <hr/> 10
12	13  10-10:55AM Pilates/Strength 11-11:55AM Sr. Fitness  6-7:15PM Yoga	14  3:30-5PM Drop Bad Habits 6-7:10PM Focus on Wu/Hao	15  11-11:55AM Sr. Fitness 12-12:55PM Mat Pilates  4:30-5:45PM Gentle Yoga 6-7:10PM Tai Chi	16 8-9:15AM Yoga <hr/> 17 10AM-5PM Massage class
19	20  10-10:55AM Pilates/Strength 11-11:55AM Sr. Fitness  6-7:15PM Yoga	21  6-7:10PM Focus on Wu/Hao	22  11-11:55AM Sr. Fitness 12-12:55PM Mat Pilates  4:30-5:45PM Gentle Yoga 6-7:10PM Tai Chi	23 8-9:15AM Yoga <hr/> 24 4-6:30PM Meditation 7-9PM Universal Chanting
26	27  10-10:55AM Pilates/Strength 11-11:55AM Sr. Fitness  6-7:15PM Yoga	28  <b>NO TAI CHI CLASSES UNTIL SEPTEMBER</b>	29  11-11:55AM Sr. Fitness 12-12:55PM Mat Pilates  4:30-5:45PM Gentle Yoga 6-7:10PM Tai Chi	30 8-9:15AM Yoga