

Ruth Stricker's the Marsh Monthly

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March 2008



Balance Bylines
By Ruth Stricker

This is the time of year when I join Bruce in Antigua, a wonderful little island in the Caribbean. While he is in residence for several months, I travel back and forth as my schedule permits. Inevitably, my first impression upon arrival and on viewing the seascape from our beach is, “It is so nice to see something that doesn’t change” – the sea, the sand, the rocky cliffs and the tiny island off shore. It is the same setting that we have been enjoying for thirty years and there is something so reassuring about it. It is then that I assess the stark contrast between the rat race I have left behind and the process of calming down to a slower tempo of time, activity, and reflection... the essence of being rather than doing.

The comfort of the constant (no change) and the ability to change (adaptation) are both assets. Eastern philosophy teaches us that “the constant is change and the change is constant.” The key is to appreciate and accept the constant while being resilient to the change. Perhaps that is what we are experiencing in the political arena right now... a litany of the past... future... experience... and change – a movement sweeping our country! While I withhold further comment on that, I find it compelling to discuss the upside of change as it relates to our health, happiness and well being.

The simple yet complex subject of happiness will be the theme of our anniversary speaker in April, Matthieu Ricard. Employing both neuroscience and cognitive psychology, he will help us understand that happiness comes from skills developed within us.

Since the advent of positive psychology in this last decade, the subject of happiness has been vigorously researched. While there are many approaches, and a variable on the exact numbers, most researchers agree that there is a theory regarding our potential for happiness. I will refer to the work of Sonja Lyubomirsky, a Harvard and Stanford trained research scientist and author of the just released book, *The How of Happiness, A Scientific Approach to Getting*

the Life You Want. Her research-based theory simply stated is this:

- 1) 50% of the differences among people’s happiness levels are due to their genetically determined set points,
- 2) 10% is due to differences in life circumstances or situations,
- 3) 40% is intentional activity, what we do in our daily lives and how we think.

As I mentioned, scientists will vary as to the exact percentage points, but they all agree on this theory. The key to happiness lies not in changing our genetic makeup (which is impossible) and not in changing our circumstances, i.e. income, marital status, health (which is usually impractical) but in our thinking and behavior patterns. What good news... what an opportunity! Happiness defined is the experience of joy, contentment or positive well-being combined with a sense that one’s life is good, meaningful and worthwhile. Happiness is not “out there for us to find” – it is inside us – a state of mind, a way of perceiving and approaching ourselves and the world around us.

We all have the potential to be happy, each in our own way but these are some of the traits of happier people. They are: more sociable and energetic, more charitable and cooperative, they show more flexibility in their thinking, they are more resilient in the face of hardship, have stronger immune systems and are physically healthier. They even live longer!

Imagine a 40% opportunity to maximize our own happiness! This is one of the reasons we come to The Marsh – to examine our attitudes and habits and perhaps to make some changes. It is not easy to change behavior. We behave the way we do for a reason and change requires overcoming those reasons. It means examining the barriers to change and plan for them. The constant is change and the change is constant. What are the constants that we accept and enjoy, what are the changes that we desire? This is the last month of a cold winter – a good time to think about that forty percent.

Think Spring,

Ruth Stricker

“Happiness is 40%.”

Living with Chronic Conditions... *A Balancing Act*

Fibromyalgia is a common condition characterized by chronic pain, fatigue and sleep disturbances. According to the American College of Rheumatology, this syndrome affects up to six million people in the U.S. In addition, people who have other chronic conditions, such as rheumatoid arthritis, lupus, spinal arthritis and others may be more likely to have symptoms of fibromyalgia.

This month, The Marsh is launching a series, *Living with Chronic Conditions: A Balancing Act*, which will cover self-care techniques for people living with these syndrome/diseases. Over the next few months we will cover:

- *Sleep*
- *Managing stress*
- *Exercise*
- *Healthy lifestyles*

In May of 1996, Dr. William C. Dement, the father of sleep from Stanford University got our attention when he said, "sleep is one-third of your life!" So, on Tuesday, March 25, Allan Ingenito, M.D., a neurologist, practicing at the Minneapolis Clinic of Neurology will address the sleep component.

Dr. Ingenito is a professor at several universities in the Twin Cities, including the University of Minnesota, where he is a member of the medical ethics committee. He also holds a JD from Duquesne University Law School.

Join us, **Tuesday, March 25, 7:00 p.m.** Complimentary to Members and Guests. Refreshments will be served. Please register in advance.



Allan Ingenito, MD

Sleep Deprived? Try Meditation

A study from the University of Kentucky, found that meditation could offset the sluggishness of sleep deprivation better than a nap. Researchers tested volunteers on a button-pressing speed task, and found that even novice meditation practitioners improved their performance far more after 40 minutes of meditation than after a 40-minute nap. Meditation helped even after a night of sleep deprivation.

The Marsh offers meditation classes in collaboration with the Center for Spirituality and Healing at the University of Minnesota. The next *Unwind Your Mind, Mindfulness Based Stress Reduction* (MBSR) series begins **Monday, March 24, 6:30 p.m.** Members \$365, Non-members \$410. Complimentary information session: **Saturday, March 8, 9:30 a.m.**

The next *Deepening Your Mindfulness Meditation* series begins April 8. This program is for those who have completed the MBSR class or who have experience with meditation and want to deepen or rekindle their mindfulness practice. **Tuesdays, April 8, 22 and May 6, 6:30 – 8:00 p.m.** Previous meditation is required and space is limited, so please register in advance at the Front Desk. Three-week series costs: Members \$90, Non-members \$130.

Sitting Meditation Practice Group is an ongoing offering. Join other meditation practitioners in the Meditation Tower every other Monday (March 3, 17, 31) and every Thursday at 6:30 – 7:30 p.m. to continue your meditation in a group setting. Complimentary to Members, Non-members \$10 per visit. All participants, please sign in at the Front Desk each time you come.

TC101: Exercise and Nutrition = Better Sleep

We all know that sleep is important to maintaining good health. But did you know that not getting enough sleep or getting poor quality sleep on a regular basis could put you at greater risk of developing high blood pressure, heart disease and other medical conditions? This month's TC101 will address the importance of sleep and how exercise and nutrition play important roles in improving your sleep patterns. Join Marsh Personal Trainer, Beth Cimmerer for a discussion of how exercise improves the quality of sleep. Then, Registered Dietitian Kim Plessel will provide several lifestyle tips, such as how the timing and types of food and beverage choices can help you get a good night's sleep. **Wednesday, March 5, 6:30 p.m. and Tuesday, March 18, 12:00 p.m.** Please register in advance at the Front Desk. Complimentary to Members, Non-members \$20.

Spring Labyrinth

Celebrate the first day of Spring and walk the labyrinth! This form of moving meditation allows time for personal reflection while following a path. **Thursday, March 20, 12:00 – 4:00 p.m.** in the Dragon Room. Complimentary to Members, Non-members \$10.

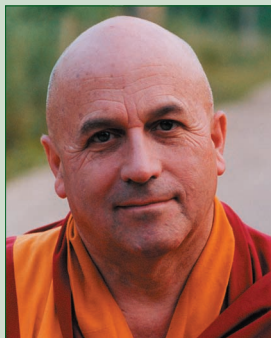


Quieting Your Mind and Body

Designed to promote restorative sleep, this popular class blends a moving meditation modality known as Ai Chi with live music to enhance your experience. Listen to flautist Laila Hollenbeck, enjoy the ambiance of a candlelit room and the restorative properties of our 94° therapy pool while Suzanne Rubenbauer guides you through meditation.

Ai Chi combines deep breathing with slow, broad movements of the arms, legs and torso in flowing continual patterns to encourage deep relaxation. **Tuesday, March 18 and April 1, 7:15 p.m.** Cost per session: Members \$20, Non-members \$30. Space is limited. Please register in advance at the Front Desk.

Save the Date... Anniversary Speaker



Matthieu Ricard

The Marsh is pleased to welcome this year's anniversary speaker, Matthieu Ricard. Author of the book titled *Happiness*, Ricard is a Buddhist monk who had a promising career

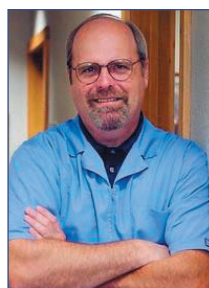
in cellular genetics before leaving France to study Tibetan Buddhism in the Himalayas 35 years ago. He is a bestselling author, translator to the Dali Lama, and photographer. Matthieu is also an active participant in the current scientific research on the effects of meditation on the brain.

Matthieu will speak at the Marsh on **Thursday, April 17, 7:00 p.m.** Look for more information in the coming month.

Award-winning Minnesota Author

Nathan Jorgenson

"*Waiting for White Horses* was born as a short story, something to read to my father as he lay in a nursing home bed ... just a way to help pass the time during some long bedside vigils," states award-winning author Nathan Jorgenson.



When his father passed away Nathan felt compelled to continue the story ... providing some closure for the loss of his best friend. About the same time Nathan suffered several other personal losses which filled his heart with the question, "just how vulnerable am I willing to be in order to hold on to the ones I love?" Two years and 500 pages later his book asks readers to answer the same question for themselves.

Join author Nathan Jorgenson in a discussion of his latest novel, **Tuesday, March 18, 1:00 p.m.** Complimentary to all; please register in advance at the Front Desk. Books are available in *The Shop at The Marsh*.



Discussions about slow cadence strength training have been filling our news programs of late. But this is not a new exercise concept – The Marsh has been providing this type of exercise regime since we introduced our Biometrics program in 1991. What makes the Classic Biometrics program work? It is the "super-slow" protocol, one of the most intense and effective exercise methods available today. Combine these 30-minute, three times a week exercise sessions with a healthy meal plan and unprecedented support and in six weeks you'll realize the benefits:

- ♦ **Tone muscle, gain strength and decrease body fat**
- ♦ **Reduce your dress and/or pant size**
- ♦ **Increase energy and vitality**
- ♦ **Lose weight, inches and lower cholesterol**

Our next program begins **March 10**. Space is limited in each session, so it's important to register early. The deadline to register for the March 2008 group is **March 4**.

Our April 08 session begins **April 7**. Learn more about this program at one of these two complimentary information sessions: **Tuesday, March 25, 11:30 a.m. and Wednesday, March 26, 6:30 p.m.** Please sign up for the information meetings at the Front Desk. For more information or to register for the March 08 program, please call Cece at 952-930-8508.

Member Spotlight:

Sue Rutledge's health and wellness journey began more than 20 years ago when she was diagnosed with Lupus. The diagnosis forced her to begin thinking about her health in a different way.

"I heard about a woman who taught exercise classes at Williston who also had Lupus. I don't think she knows this, but Ruth Stricker has been a role model and an inspiration," Sue stated.

Sue wanted to avoid taking the toxic drug prednisone, so she began a regimen of healthy eating and regular exercise to manage her disease. When she was diagnosed with breast cancer ten years ago, she used eastern and western medicine modalities to successfully beat the disease.

Then, late last year Sue realized her lifestyle choices weren't serving her well so she decided to use the Classic Biometrics program to help her get back on track. Sue said her trainer Ryan Ford was enthusiastic and encouraging. The nutrition component helped her reframe how she thought about food and calories... and having the Biometrics meals available in the restaurant kept her on track when she was feeling a little overwhelmed. The program worked for Sue... she lost several pounds, feels stronger and saw a transformation in her body!



The 52 Moves of Nia Workshop

Taught by Nia instructor Jill Goux, this workshop is designed for all students (new and experienced) to

breakdown the 52 moves of Nia. We will review feet, hands, steps, stances, kicks, blocks, punches, core movements, and the nine movement forms during this fun and informational workshop. There will be time to practice and ask questions and we will finish the workshop with a special Nia class. If you want to dive deeper into your understanding of the different moves of Nia, don't miss this fun-filled afternoon.

Saturday, March 22, 1:00 to 3:30 p.m.
Members \$25, Non-members \$30. Please register in advance, 952-935-2202.



ASK OUR PROFESSIONAL:

Exploring the Benefits of Meditation

We've talked a lot about meditation this month and its incredible effect on the quality of our sleep. If you've never used meditation techniques or are interested in learning more about the diverse benefits of its practice, this month's *Ask Our Professional* is a great place to start. Join Marsh Massage Therapist, Eric Evaristo and Physical Therapist, Doug Merz for an informal discussion of the mental and physical benefits of meditation. The session will start with a brief overview and then transition into a guided meditation. This is a great way to introduce yourself to the benefits of meditation.

Tuesday, March 11, 12:30 p.m. and 5:30 p.m. Complimentary to Members, Non-members \$20. Please register in advance at the Front Desk.



Dine-O-Mite Night

Ring toss, face painting, games and Nintendo Wii! This month's *Dine-O-Mite Night* theme is a Carnival. Your children will enjoy an evening of fun, dinner and games while you enjoy some quiet time at The Marsh. The activities are designed for children 1-12 years of age, however children of all ages are invited to join us.

Friday, March 28, 6:00 – 8:00 p.m.
Members \$15, Non-members \$20. Cost includes dinner, games and Wii. Please register before March 26, 952-935-2202.

Rehabdominals

Licensed Physical Therapist Shawn Marquis, will lead this three-class series focusing on the transverse abdominal muscle and its relationship to core strength and spinal stability. **Wednesdays, March 12 - 26, 1:00 - 2:00 p.m.**
Members \$75, Non-members \$85.

Introduction to Movement Therapies

Introduction to Movement Therapies is a series specifically designed for those just starting their exercise program as a way to transition into activity and movement. **Wednesdays, April 2 - May 7, 5:00 - 6:00 p.m.**
Members \$135, Non-members \$150.

Shop at The Marsh...

The Shop at The Marsh's beautiful new Spring collection features this year's styles and trends we know you'll love!

This season's colors fill the spectrum... from simple black and white to bold colors such as yellow, lime green, cherry red and royal blue. As for the textures of the season, expect shimmer, shines and metallics, along with ruffles and linen pieces. These items and much more are now available in The Shop. Stop in and our helpful staff can assist you selecting the perfect springtime wardrobe.

Plus! The Easter Bunny is on its way! Build your baskets with candies, toys, books and more!



Marsh Member, Jane Chaffee

Pilates Foam Roller Workshops

Pilates Essentials Workshop

Occupational Therapist and Marsh Pilates Instructor Angela Kneale, OTR, uses the foam roller with many of her Pilates clients. She states that the rollers are inexpensive, easy-to-use and offer a wealth of benefits including: reduced back pain, shoulder stabilization, improved range of motion, better posture and body alignment and increased core strength.

Join us for one of these two foam roller workshops: **Wednesday, March 5, 1:30 - 3:00 p.m.** and **Wednesday, March 12, 7:15 - 8:45 p.m.**

Massage Workshop

Spending just a few minutes a day lying and rolling on a roller can help you feel more relaxed, aligned, and resilient. Self-massage techniques can improve flexibility, muscle function and help prevent injuries. It can also energize you before work or help you unwind in the evening.

Join us for one of these two foam roller workshops: **Wednesday, March 19, 7:15 - 8:45 p.m.** and **Wednesday, March 26, 1:30 - 3:00 p.m.**

Cost per session: Members \$60, Non-members \$75 (includes a high quality Pro-roller and instruction manual). Cost per class without roller: Members \$30, Non-members \$45. Space is limited; please register at the Front Desk.

Pilates Open Door

- **Monday, March 10, 10:00 a.m.** • **Wednesday, March 19, 7:00 p.m.**
- **Saturday, March 29, 12:00 p.m.**

Join us for a Pilates Open Door and schedule your complimentary private Pilates session. Call Carol Pehle for more information, 952-935-2202. Complimentary to Members and Non-members.

Striving to be a Better Golfer?

Core Swing for Balance

Core strength and balance are fundamental to a better swing. Balance is the key to an efficient weight transfer and a consistent swing. With a strong core, you will generate power and hit the ball farther and straighter. No matter your age or ability; balance and core training, specific for golf will make you the player you strive to be.

Andrea Kellar, Interlachen Country Club's PGA teaching professional and Mary Ann Dobesh, fitness professional specializing in golf, Pilates and balance training, lead these popular golf clinics. Andrea will analyze your swing and give you the prescription you need to take your game to the next level. Mary Ann will share simple, effective exercises you can incorporate into your training programs.

Join Andrea and Mary Ann, **Mondays, April 7 and/or April 14, 1:30 - 2:30 p.m.** *Cost per session: Members \$35, Non-members \$45. Space is limited; please register in advance at the Front Desk, 952-935-2202.*



Women's Self-defense

Join popular self-defense instructors Dwayne Sigler, 3rd Degree Black Belt, and Candy Swanson, 4th Degree Black Belt, for a weekend of safety, empowerment and learning. In this two-day class you will learn how to avoid assaults,

control threatening situations and identify potentially harmful encounters. Join us **Saturday, March 8, 1:00 - 6:00 p.m.** and **Sunday, March 9, 1:00 - 4:00 p.m.** *No previous experience is necessary. We recommend this class for women 16 years and older. Members \$90, Non-members \$110. Register in advance at the Front Desk.*



THE MARSH'S INDOOR TRIATHLON

The Marsh's Indoor Triathlon is on **Saturday, March 8.** Join us for a fun cross training challenge! This event includes swimming or rowing for 20 minutes, biking 20 minutes, and walking or running 20 minutes. The Marsh's Indoor Triathlon can also be done as a mini triathlon (*10 minutes per activity*) or as a relay. Truly an event for everyone... providing motivation, support and fun! *Try the Makoto for two minutes – your score will be added into your total score!*

For more information about the Indoor Triathlon, pick up a flyer at the Front Desk or contact Dan Ottney, 952-930-8507.

Bridge Lessons

Popular American Contract Bridge League accredited teacher, Dennis Higdem, will teach another session of this popular program. This six-week bridge class is for those intermediate-level bridge players who want to improve their techniques.

Held **Tuesdays, March 25 - April 29, 1:00 - 3:00 p.m.** *Cost for the six-week series: Members \$110, Non-members \$160. Space is limited. Please sign up at the Front Desk.*



The cattail indicates classes that are free to Members. This month we have 22 complimentary programs.

Member Information...

New Face at The Marsh...



Sharon Ruhland, Community Relations Director
The Marsh warmly welcomes Sharon Ruhland as our Community Relations Director. Sharon brings to The Marsh extensive experience in communications and community relations. Sharon will work closely with our Membership and Marketing Departments and will represent The Marsh working with various industry, community, and civic organizations.

Sharon's experience includes seventeen years of experience in government, politics, communications, and outreach, most recently as the Minnesota Chief of Staff for former U. S. Senator Mark Dayton. She has also served as a Communications Director/Press

Secretary and as a political campaign manager.

"I am thrilled to have the opportunity to transfer my experience and background toward communicating the mission and purpose of The Marsh to the community. I believe in the Marsh philosophy of balance, wellness, and fitness and look forward to continuing to integrate it into my life." Sharon has a great passion for travel, reading, and boating. Sharon and her husband Joe have three children and spend much of their "free time" at basketball and soccer games, but make time to sneak away to the lake whenever possible!



Dan Ottney, Programming Assistant

Dan originally came to The Marsh as a Training Center intern this past summer... and now we are thrilled to welcome him back as Programming Assistant. Dan graduated from the University of Wisconsin - Eau Claire in December with a Bachelor's Degree in Kinesiology - Fitness Management.

Dan will be contributing to the development of our programs including Biometrics. In addition, you will also see him as the Trainer on Duty throughout each

week. Please join us in welcoming Dan back to The Marsh.

Spring... and Love is in the air...

Do you know someone who just got engaged or is planning a wedding? Did you know you can find superb bridal and wedding offerings around the entire building?! Contact Betsy Ellwanger, Conference and Catering Director for ideas and information on planning an engagement party, bridal shower or groom's dinner. Schedule a luxurious bridal party retreat in The Marsh Spa complete with fabulous food from The Marsh Restaurant... or stop into The Shop at The Marsh to find the perfect bridal accessories and gifts! The options are endless... For more great wedding planning ideas, call Betsy, 952-930-8537.



March and April Guest Days
Wednesday, March 12 and Sunday, March 23
Saturday, April 12 and Tuesday, April 22

Children's Swim Lessons

Spring session begins **March 25**. Lessons are available on Tuesday afternoon, Thursday afternoon/evening and late Sunday afternoon. Call Diane Pattridge for more information, 952-935-2202.

Aquababies and Aquatots

Enjoy the activities, skills and fun as you and your child swim in the Therapy Pool. **Sundays, March 30 - June 8, 4:30, 5:00 and 5:30 p.m.** Space is limited. Members \$150, Non-members \$180.

Welcome New Members...

Cathy Borbas	Mary Haigh	Priscilla McGunnigle
Danielle Cheek	Adeline Hardy	Jennifer Mortenson
Judy Clasen	Barbara Hirsch	Kitty Mullen
Bill Cooper	Pamela Irrgang	Tami Parker
Maryanne Dennis	Gigi Jabbour	Nan Peterson
Mary Dunn	John Knoll	Robyn Ruark
Judith Fansler	Lydia Kulesov	Beth Scheunemann
Heather Frazier	Henry Langer	Steven Springer
Ann Gehrman	Patricia Langer	Mark Stanley
Chad Gehrman	Jennifer Larson	David Waller
Charles Gehrman	Hewon Lee	Linda Watson
Jenya Gehrman	Judy Mandile	Zach Woodbury
Kristina Gilbert	George McGunnigle	

Members' Corner

- **Indoor Triathlon Parking and Equipment** - Please remember that the Indoor Triathlon is **Saturday, March 8** and utilizes the Concept II Rowing Machines, most of the lap pool and the upright bikes from 7:30 a.m. - 1:00 p.m.
- The new carpet, an environmentally friendly product that exceeds the California stringent indoor quality standards for low VOC (*volatile organic compound*) emissions, was installed in the East and West Studios last month! Thank you for your patience and understanding during this time.
- **New Upright Bikes** - We have purchased four new Star Track upright bicycles to replace our current upright bikes. We've selected these bikes because of their user-friendly features. We have also added another recumbent (*we now have four*) to the Training Center. Please ask the Trainer-on-Duty (TOD) to help you with these new pieces of equipment. We want everyone to be set up with the proper seat height and know how to select the program that meets your personal fitness goals.
- We have various sizes of lockers available to rent in both the men's and women's locker rooms. These lockers offer added convenience and are very affordable. Please call the membership office at 952-930-8510 to secure a locker.

MARCH EVENTS

2008

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
2 Aquababies and Aquatots 4:00 - 6:15 p.m.	3 Sitting Meditation Practice Group - 6:30 p.m.	4 <i>March Biometrics Deadline</i> Pilates for Men 7:00 p.m.	5 Pilates Foam Roller Essential Workshop 1:30 - 3:00 p.m. TC101: Exercise and Nutrition 6:30 p.m.	6 Sitting Meditation Practice Group - 6:30 p.m. Pasta Night - 5:00 - 8:00 p.m.	7 Fresh Catch Fridays	1 Marsh Runners 9:00 a.m. Family Splash 4:00 p.m.	
9 Women's Self-defense 1:00 - 4:00 p.m. Aquababies and Aquatots 4:00 - 6:15 p.m.	10 <i>March Biometrics Session Begins</i> Pilates Open Door 10:00 a.m.	11 Ask Our Professional: <i>Exploring the Benefits of Meditation</i> 12:30 and 5:30 p.m. Pilates for Men 7:00 p.m.	12 Guest Day! Rehabdominals 1:00 - 2:00 p.m. Pilates Foam Roller Essentials Workshop 7:15 - 8:45 p.m.	13 Sitting Meditation Practice Group - 6:30 p.m. Pasta Night - 5:00 - 8:00 p.m.	14 Fresh Catch Fridays	15 Marsh Runners 9:00 a.m. Body Rhythms 10:30 a.m. Family Splash 4:00 p.m.	
16 Aquababies and Aquatots begin - 4:00 - 6:15 p.m.	17 <i>St. Patrick's Day</i> Sitting Meditation Practice Group - 6:30 p.m.	18 TC101: Exercise and Nutrition 12:00 p.m. Award-winning Minnesota Author <i>Nathan Jorgenson</i> 1:00 p.m. Quieting Your Mind and Body 7:15 p.m.	19 Rehabdominals 1:00 - 2:00 p.m. Pilates Foam Roller Massage Workshop 7:15 - 8:45 p.m.	20 Spring begins Spring Labyrinth Walk 12:00 - 4:00 p.m. Sitting Meditation Practice Group - 6:30 p.m. Pasta Night - 5:00 - 8:00 p.m.	21 Good Friday Fresh Catch Fridays	22 Marsh Runners 9:00 a.m. Nia Workshop - 1:00 p.m. Family Splash 4:00 p.m.	
23 Guest Day! Happy Easter! Easter Brunch 10:00 a.m. - 3:00 p.m. Easter Hours: 7:00 a.m. - 3:00 p.m. Spa, Shop and Kid's Club: Closed No Studio Classes	24 Unwind Your Mind (MBSR) series begins 6:30 p.m.	25 <i>Children's Swim Lessons begin</i> Biometrics Information Meeting - 11:30 a.m. Bridge Lessons begin 1:00 - 3:00 p.m. Sleep Clinic - 7:00 p.m.	26 Rehabdominals 1:00 - 2:00 p.m. Pilates Foam Roller Massage Workshop 1:30 - 3:00 p.m. Biometrics Information Meeting - 6:30 p.m.	27 Sitting Meditation Practice Group - 6:30 p.m. Pasta Night - 5:00 - 8:00 p.m.	28 Dine-O-Mite Night 6:00 - 8:00 p.m. Fresh Catch Fridays	29 Marsh Runners 9:00 a.m. Flo Motion - 10:30 a.m. Pilates Open Door 12:00 p.m. Family Splash 4:00 p.m.	
30 Aquababies and Aquatots begin - 4:00 - 6:15 p.m.	31 Sitting Meditation Practice Group - 6:30 p.m.	Coming in April... <ul style="list-style-type: none"> • Quieting Your Mind and Body - April 1 • Introduction to Movement Therapies begins - Wednesday, April 2 • Deepening Your Mindfulness Meditation Series - Tuesdays, April 8, 22 and May 6 • Matthieu Ricard - Thursday, April 17 • Core Swing Golf Clinics - Mondays, April 7 and/or April 14 					Denote events that may affect parking



A Center for Balance and Fitness
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Easter Brunch

Enjoy a bountiful brunch buffet with your friends and family this Easter. Indulge in mouth-watering selections, such as:

- *Broiled Organic Salmon with Dill Hollandaise*
- *Hand carved Prime Rib of Beef and
Apple Wood Smoked Ham*
- *Marsh Scrambled Eggs with Spinach,
Sun Dried Tomatoes and Brie*
- *Made-to-Order Omelets*
- *Creamy Reggiano Baked Hash Browns*
- *Belgian style Waffles with Strawberries
and Whipped Cream*
- *Bananas Foster French Toast with
Caramel Cinnamon Sauce and Walnuts*
- *Eggs Benedict*
- *Apple Wood Smoked Bacon and Sausage*
- *Fresh Seasonal Fruits and Salads*
- *Fresh Baked Muffins, Cinnamon Rolls
Caramel Rolls and Assorted Pastries*



Sunday, March 23, 10:00 a.m. - 3:00 p.m.

*\$24.95 adults and \$11.95 for children 10 and under
(free for children under three years old).*

Reserve your space by calling 952-930-8560.