

# *Ruth Stricker's* the Marsh Monthly

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## Balance Bylines

By Ruth Stricker

The Mind/Body Connection is so inherent and implied in our history and programming at The Marsh that it seems elementary to discuss it with you, our members and guests. However the fear in the air and the uncertainty of events unfolding this month merit some reminders on stress and the toll it can take on mind and body.

“Financial worries, other stresses are manifested physically” is the headline in an article in my morning paper *USA Today*. “As the market melts down, hurricanes wreak havoc, war grinds on and feelings of helplessness set in, stress goes up... bringing a host of unpleasant physical symptoms.”

We simply cannot separate the mind and the body - our thoughts and emotions have a direct effect on our physical health. *The Consumer Reports on Health* this month lists some warning signs that stress is taking a toll:

- 1) Unexplained physical symptoms, such as headaches, fatigue, muscle tension, teeth grinding, upset stomach and change in sex drive
- 2) Anger, depression, irritability, nervousness that's more than the circumstances warrant
- 3) More arguments with friends and family
- 4) Problems at work
- 5) Laying awake at night worrying
- 6) Eating more, especially unhealthy foods or skipping meals
- 7) Increased use of medications, smoking and drinking

While some stress reactions are dramatic, others are subtle and can take a slow stealthy toll on our health, and can continue long after the initial irritation has passed. Is the sky falling... or is it our perception... and what can we do about it?

Doctors are increasingly recommending stress reduction programs not only for anxiety but also for cancer, heart disease, insomnia, and pain. One such program that we offer here at The Marsh is Mindfulness Based Stress Reduction (MBSR). It is based on nonjudgmental awareness of the present moment,

includes meditation and yoga and focuses on an awareness of breathing and body sensations. To quote one of their Program Directors, “Many of our anxious thoughts are about the future. By stopping and identifying them for what they are, just thoughts, we begin to see that they might not be true.” (We are midway through our current MBSR course. Stop by the Front Desk to pick up information on the next series.) If a formal program isn't for you, the lesson here is to divide the stress in our lives into controllable and uncontrollable. The “controllables” are up to us and this is where The Marsh comes in. Your portfolio of coping strategies includes:

**“Frustration is sophisticated anger.”**

**EXERCISE** - to lower the levels of stress hormones and experience smaller increases in heart rate and blood pressure under duress. It also improves your mood, relieves tension and provides a therapeutic time-out.

**YOGA, TAI CHI, AI CHI, and MEDITATION** which induce various physiological changes and mental calm. We also have a new meditation class with Buddhist Monk, Bhante Santi (see page five) and a session on Quieting Your Mind and Body (see page three).

**SOCIAL SUPPORT** - share with your friends, family and pets (We're good at that at The Marsh).

**RELAXATION** - Enjoy a massage, our warm pool, the Mental Gym, the Meditation Tower, or a book group.

The above strategies also help us with anger which is being vented in every arena today... i.e. the presidential race, Wall Street, the Gulf States. You may have heard the expression, “frustration is sophisticated anger.” What are we to do? Research shows that we are liable to feel even angrier after we slam on the horn, cut off that truck, or send an angry email message. What are we to do? We know some things to do ... Beginning by taking a pause, a quiet time-out to discern what we can control and change and what is out of our hands.

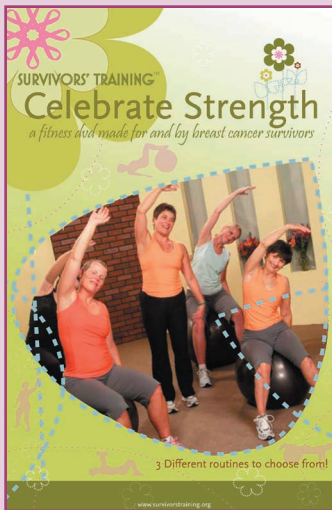
This month let us breathe, stretch, hum, visualize peace, sip a cup of tea, tell it to a friend, escape for a five-minute walk, take a long view of life, and celebrate what is right with the world ... and whatever we do, do it with sophistication.

Yours in serenity,

*Ruth Stricker*



# Breast Cancer Awareness Month



## An Expression of Hope

Wendy Rahn, University of MN professor, breast cancer survivor and founder of a nonprofit group called *Survivors' Training* will be at The Marsh for a special evening of storytelling, information and community. Wendy will also introduce us to her new Survivors' Training DVD, *Celebrate Strength, A Fitness DVD made for and by Breast Cancer Survivors*. With a grant from the Susan G. Komen Minnesota affiliate and in partnership with the Melpomene Institute, Wendy produced this DVD which includes Marsh Tai Chi instructors.

In November 2006, Wendy underwent a double mastectomy. While recovering, Wendy began researching her disease and found inspiration in a study that reported on the benefits of exercise for cancer survivors. Having given up exercise a decade earlier, the research inspired Wendy to begin exercising again. She realized that she felt so much better, and if she felt better, other cancer survivors could too – if they knew about the study.

“Exercise is a physiological expression of hope,” Wendy stated. So, in 2007, she started a nonprofit organization called Survivors' Training and launched a website to spread the news about the research findings and to help survivors improve their well-being, physical function and their odds of surviving cancer.

Join us **Monday, October 13, 7:00 p.m.** (reception to follow) Cost: \$10, which includes a complimentary DVD and refreshments (cash bar). Register in advance at the Front Desk.

## Knowledge is Power

This year, it is estimated that over 182,000 women in the United States will be diagnosed with breast cancer. Risk factors, such as age, family history, and age of menarche and menopause are difficult to modify. However, there are other factors associated with increased breast cancer risk that can be modified.

In partnership with WestHealth, join Madeline Gartner, MD, FACS and Joel French, Ph.D., Exercise Physiologist for an informative evening that will cover some of the the most common questions people ask about breast cancer, including:

- *Am I supposed to do a monthly self exam?*
- *What are the latest diagnostic and treatment options available and are they affordable?*
- *How does exercise reduce my breast cancer risk?*
- *Do integrative care therapies (massage, acupuncture, meditation) work?*

Dr. Gartner is listed in the 2006 edition of Guide to America's Top Surgeons published by the Consumers' Research Council of America. She received her medical degree from Loyola University and completed her general surgery residency at the University of Minnesota and currently practices at WestHealth in Plymouth.

Joel French holds a Ph.D. in Physiology from the University of Florida and recently completed a post-doctoral fellowship at the University of Minnesota where he studied heart disease. Joel has worked closely with physicians and other health care professionals providing testing and exercise-based rehabilitation services in hospitals, outpatient facilities and fitness centers.

Join us for one of the following presentations: **Thursday, October 30, 7:00 p.m. at The Marsh** or Wednesday, October 22 at WestHealth. Complimentary to all. Register in advance at the Front Desk.



## Nu Shu and Tai Chi Fans

Tai Chi Fan is one of many forms of Tai Chi. This month, popular Marsh Tai Chi Instructor Heather Reade has chosen the beautiful movements of the Tai Chi Fan form and the fascinating Nu Shu writings to honor those who have been touched by breast cancer.

Nu Shu literally means “women's writing”. This writing was secretly used to stay connected with life-long friends and family... offering support, womanly wisdom, inspiration and encouragement during life events. We will use the Nu Shu intention while exploring the Tai Chi Fan form.

The Tai Chi Fan form uses a fan to help us deepen our understanding of the principles of Yin and Yang and bring awareness to our own internal resilience. The fans also become our connection to others and the spirit of Nu Shu.

We will have two chances to experience Nu Shu and the Tai Chi Fan form. During each event, you will have the opportunity to inscribe on the fan, a special message of encouragement, hope and love... a dedication to someone who has inspired you.

**Candlelit Tai Chi Fan Form Class** - Our regular Monday evening Tai Chi class will extend an hour to allow time to explore the new movements. **Monday, October 6, 6:30 p.m.** Members \$30, Non-members \$40 (includes fan).

**Tai Chi Fan Workshop** - Delve deeper into the Tai Chi Fan form and learn more about Nu Shu in a three-series workshop. We will learn more movements from the form and refine our technique. The principles of Yin and Yang will also be further explored. **Saturdays, October 11, 18, 25, 1:30 - 3:30 p.m.** Members \$75, Non-members \$100 (includes fan).

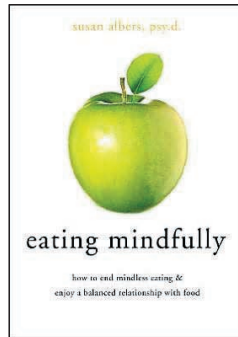
Please register in advance for both the class and the workshop.

## Mindful Eating Book Group

*“What turns an everyday activity like eating into such an overwhelming process?”* You, along with Marsh Registered Dietitian Kimberly Plessel will attempt to answer that question in this six-session book group. Using the book *Eating Mindfully – How to End Mindless Eating and Enjoy a Balanced Relationship with Food* by Susan Albers, Psy.D., Kim will lead the group through the foundation of mindfulness and identify the types of monotonous eating patterns that impact our lives. Participants will be encouraged to try specific exercises on their own to promote a more mindful approach to eating and share their experiences and lessons learned in a group setting. Throughout this program we’ll aim to become more attentive and responsive to our mind, body, thoughts and emotions – so that we can enjoy a more balanced relationship with food.

Please join us, **Thursdays, October 16 - November 20, 1:00 - 2:30 p.m.** Members \$120, Non-Members \$150 (book included). Space is limited to 16 participants. Please register in advance at the Front Desk.

Look for Kim’s article on Mindful Holiday Eating in *MN Healthcare News* in November.



## Quieting Your Mind and Body

It’s back! Join Suzanne Ruebenbauer and flutist Laila Hollenbeck, for the popular *Quieting your Mind and Body*. Experience candlelight, live music, relaxing movement and guided meditation in the calming waters of our Therapy Pool. Past participants have reported experiencing more restorative and less interrupted sleep. **Thursday, October 23, 7:00 p.m.** Please register in advance at the Front Desk. Members \$20, Non-members \$30.

↳ **Intro to Water Fusion**, a combination of Water Yoga and Pilates, **Tuesday, October 7, 11:15 a.m.** and **Monday, October 13, 7:00 p.m.**



### *Yoga For Women Touched by Breast Cancer*

This special yoga series is designed for women with breast cancer. A complement to your treatment, this program helps re-establish flexibility and arm movement after surgery, reduce swelling, anxiety, stress, and fatigue, as well as improve posture and provide a greater sense of well-being.

Yoga Instructor Lura Shopteau will lead this, six-session series. Lura has years of experience with yoga and meditation and currently teaches yoga at the Daniel Abraham Center for Healthy Living at the Mayo Clinic in Rochester, MN.

**Thursdays, October 9 through November 20, 7:15 - 8:30 p.m.** Members \$100, Non-members \$125. No class October 30 - please join us for an informative breast cancer awareness presentation by Dr. Madeline Gartner and Joel French, Ph.D. Space is limited, so please register in advance at the Front Desk.

## BIOMETRICS<sup>®</sup>

ONE • ONE • ONE



## THE PLATEAU BUSTER!

The human body is incredibly adaptive and resilient, and strives for equilibrium (homeostasis) as a survival mechanism. It is at these times that we find ourselves at a stand-still. We can experience weight loss, strength and cardiovascular plateaus. If you’ve tried to lose weight before, you know the frustration.

Breaking through a plateau is simple: it requires change. Change your diet... your strength training... your cardiovascular activities... change something!

Biometrics is a program that uses a super-slow strength training protocol and a nutritional meal plan to change your shape and numbers. With over 25 years of scientific research behind it, Biometrics is a plateau-buster that will help you become stronger, leaner and healthier.

↳ Learn more about this program at one of these complimentary information sessions:

- **Wednesday, October 1, 6:30 p.m.**
- **Tuesday, October 28, 11:30 a.m.**
- **Wednesday, October 29, 6:30 p.m.**

Please register in advance for these info meetings by calling 952-935-2202. For more information, call Cece at 952-930-8508.

## *Pilates at Home Workshop: Using the Pilates Ball*

The **Pilates at Home** workshop is designed to prepare you for and maintain your progress between Matwork series and/or Pilates personal training at The Marsh. In months past, we have focused on spinal stability and the use of new tools such as the Magic Circle. This month, our workshop will focus on showing you ways to utilize the Pilates ball. This is another great tool to practice your Pilates Mat classes when you are away from The Marsh! Participants will learn 10 traditional mat exercises that you can do at home to complement your Marsh Pilates training. Plus, you will receive a booklet with pictures of the exercises and instructional cues to take with you.

Join Pilates Instructor, Lesley Koehnen, for one of these two offerings: **Wednesday, October 15, 6:30 - 8:00 p.m.** and **Friday, October 17, 1:00 - 2:30 p.m.** *Members \$30, Non-members \$45.*

*If you are interested in purchasing your own ball, please contact Carol Pehle, 952-935-2202, two weeks prior to this program.*

After taking the workshop, you can sign-up for our eight-week series of matwork classes for more in-depth practice. The next matwork classes begin:

**Beginning Mat: October 28 - December 16**  
**Tuesdays, 10:15 a.m.**

**Inter./Advanced Mat: October 27 - December 18**  
**Mondays, 10:15 a.m. and Thursdays, 10:15 a.m.**

## *Pilates Open Door*

- *Monday, October 6, 10:00 a.m.*
- *Wednesday, October 15, 7:00 p.m.*
- *Saturday, October 25, 12:00 p.m.*

Pilates, appropriate for all ages and abilities, is designed to work the deepest muscles of the body to help improve our overall health and wellness.

The practice allows us to identify and correct weaknesses and imbalances. *Join us for Pilates Open Door and schedule a complimentary private Pilates session. Call Carol for more information, 952-935-2202 ext. 8524. Complimentary to all.*



## *Ask Our Professional: Acupuncture: Discover the Spectrum of Benefits*

In the past, we have discussed the impact acupuncture has on chronic conditions, but did you know acupuncture has been known to help treat, alleviate or reduce common ailments such as stress, fatigue, allergies and the common cold?

It has also been shown to be a powerful form of complementary care in bringing relief to the symptoms of larger scale conditions such as Alzheimer's disease, Chronic Pain and Fibromyalgia. Acupuncturist, Kent Marsh will lead a discussion about acupuncture, **Monday, October 20, 1:00 p.m.** *Complimentary to Members, Non-members \$20. Sign up in advance at the Front Desk.*

## **Introduction to Movement Therapies**

This series is specifically designed for beginner exercisers. **Physical Therapist Doug Merz** and Marsh instructors will integrate the best of personal training, physical therapy, Pilates and Yoga into a six-week series... a perfect opportunity to safely transition into activity or try new forms of exercise. **Wednesdays, beginning October 8, 5:00 - 6:00 p.m.** *Members \$135, Non-members \$150.*

## *Woodrill Woods Fall Hike*

Join us for our annual Fall hike through the Woodrill Woods, **Saturday, October 4, 10:00 a.m.** Maps are available at the Front Desk. If you would like to carpool, please meet in the lobby of The Marsh at 9:30 a.m. *Register in advance at the Front Desk. Complimentary to Members and guests.*

## **Group Exercise Update:**

**Drums Alive!** - **Friday, October 3, 9:15 a.m., Thursday, October 9, 2:00 p.m., Wednesday, October 15, 7:00 a.m.**

**Circuit Training In and Out** - We've heard nothing but great things about this class. Have you tried it yet? Marsh Trainer Brad Worm will lead you through cardio, strength and endurance drills at various intensities in **Circuit Training In and Out, Saturdays, 9:15 a.m.**

**BodyPump Launch** - Pump up your exercise routine with BodyPump... energetic group strength training to music. Get all the benefits of strength training in a motivating, group environment. **BodyPump Launch October 6-26**, all new music and routines!  
**Introduction to BodyPump - Monday, October 6, 12:30 p.m. and Tuesday, October 7, 6:00 a.m. and Friday, October 10, 6:00 p.m.**



## Nostalgic 5K

Join our Marsh community for a run through one of the original Turkey Trot courses. Join Marsh Trainer Mike Bialick (race director), **Saturday, November 8, 8:30 a.m.** for the second annual Nostalgic 5K. *Complimentary to everyone! Please register at the Front Desk.*

## Stretch Out Strap Workshop

Most of us know that stretching helps avoid sports injuries. But did you know that stretching is important to stay healthy in other ways? For example, a regular stretching routine can help *ease everyday stresses and strains, improve your posture and flexibility and alleviate muscle pain symptoms.*

Learn how to use the Stretch Out Strap (SOS) and enjoy all the benefits of assisted stretching without a partner. Make stretching a part of your daily routine at home, at work, or on vacation.

Join Occupational Therapist and Marsh Pilates Instructor Angela Kneale, OTR, **Wednesday, October 22, 7:15 – 8:45 p.m.** *Members \$50, Non-members \$75 (includes stretch strap, valued at \$17.95). Register in advance at the Front Desk.*



## Aquatic Workouts-on-the-Go

Take your pool resistance training workouts “on-the-go” this year as you head to places warm and sunny. We’re keeping it simple using Therabands. In less than an hour, you will learn and experience a safe, effective workout that will increase your strength and improve your balance. Therabands are light-weight, versatile, and easy to pack. Join Marsh Aquatics Director Jillian Markus, **Monday, October 20, 12:30 – 1:30 p.m.** *Members \$30, Non-members \$45 (includes Theraband and instruction booklet). Please register in advance at the Front Desk.*

## Meditation

In 1994, Dr. Herbert Benson, one of the nation’s foremost authorities on mind/body came to The Marsh and shared his work on the *Relaxation Response* and how it can counteract the harmful affects of stress. Since then, we have provided many opportunities to learn and practice meditation.

Beginning **October 10**, Buddhist Monk, Bhante Sathi will lead a weekly meditation class, **Fridays at 6:30 p.m.** Bhante believes meditation is a path to maintaining peace through mindfulness. This one-hour class focuses on cultivation and maintenance of physical and mental health and includes instruction and an informal discussion.

Marsh Member Susan Johnson recently introduced us to Bhante’s teaching, and suggested that he share his thoughts and philosophies at The Marsh. Originally from Sri Lanka, Bhante currently lives in Mankato and has taught in the United States since 1999. As a Buddhist Monk, Bhante Sathi does not charge for meditation instruction. This gives practitioners the opportunity to practice dana, or selfless generosity (donations). Bhante can only pay his living expenses through the generosity of students who attend his classes.



## LIFE TRANSITION SERIES: FINDING YOUR OWN WAY

Best-selling author and respected Executive Coach Richard Leider has designed a three-part series that will help you find your way through life’s

transitions. Join us for this small group coaching experiential, which will begin with the following session on **Wednesday, October 8.** *(You may attend one or all three sessions - details at the Front Desk).*

**BEING IN TRANSITION** - What makes you want to get out of bed in the morning? With so many of us in transition these days, the answer to that question seems increasingly difficult to answer. This session will help you discover the power of purpose.

- Discover your purpose
- Clarify your natural gifts and passions
- Discover new ways to navigate transitions

Please join us for the entire series:

**Wednesdays, October 8, November 5 and January 7 7:30 - 8:00 a.m., Program: 8:00 - 10:00 a.m.**

*Members \$300, Non-members \$360. Per session: Members \$125, Non-members \$150. Call 952-935-2202 for more information.*

## Shop at The Marsh

This month, The Shop at The Marsh is featuring its collection of Fall outerwear and travel accessories.

It is the perfect time to browse our elegant array:

- Leather jackets, comfy coats and more!
- Scarves in various materials, colors and styles.
- Fashionable and functional travel bags and accessories



*Find your style today in The Shop at The Marsh!*

*Member, Anne Miller*

## New Faces at The Marsh...



Please join us in welcoming Personal Trainer **Jennifer Dehn**. Jennifer completed her Bachelor's degree at Winona State University, majoring in Cardiopulmonary Rehabilitation and enjoys working with individuals that are transitioning back into exercise after cardiac rehabilitation. Jennifer will also participate in our Trainer on Duty program in the Training Center. Welcome!



We are pleased to introduce Personal Trainer **Rochelle McKenzie**. Rochelle earned her Bachelor's degree at Minnesota State University – Mankato where she was the captain of the Women's Swimming and Diving Team. Currently, she is working toward her Masters Degree in Exercise Physiology. Rochelle is excited to be joining The Marsh because it encompasses the whole person – an approach to fitness that she values as well. Stop by the Training Center to introduce yourself to Rochelle.

## Let's Talk Books

### The Book Thief by Markus Zusak

It's 1939 Nazi Germany and the story of an adventuresome, plucky young girl, eager to learn, who steals books. This is a very well told story of everyday Germans living in perilous times. **Tuesday, October 14, 7:00 p.m.** *Member's Lounge* and **Tuesday, October 21, 1:00 p.m.** *East Studio. Complimentary to everyone.*

## Welcome New Members...

Curtis Dunnavan	Jane Kleinman	Roxanne Shanedling
Patsy Emmer	Carolyn Meyers	Kristin Sullwold
Mike Flores	Mary Jane Miller	Cammie Sweeney
Elise Howell	Perry Schwartz	Dianne Vogen
Wanda Joy	Gail See	

## October and November Guest Days

*Wednesday, October 15 and Sunday, October 26  
Saturday, November 8 and Thursday, November 20*

## Kids Korner...



### Kids Club Halloween

Wear your wildest costume and join us for a special Halloween story, followed by a fun craft project and spooky games. Plus, kids will be led on a trick-or-treat adventure throughout the building! *Children under three must be accompanied by an adult.* **Thursday, October 30, 10:00 - 11:00 a.m.** *Space is limited, register by October 19 at the Front Desk. Members' child/grandchild \$6, Non-members' child/grandchild \$8.*

### Dine-O-Mite Night Returns!

Join us for a jam-packed Dine-O-Mite Night filled with fun Fall crafts and ghoulish games. After a tasty dinner provided by the restaurant, the children will start their craft projects: apple prints and pumpkin decorating. During this time, parents are invited to exercise in the training center, relax with a visit to the spa, or enjoy dinner in the restaurant. **Friday, October 17, 6:00 - 8:00 p.m.** *Activities are designed for children of all ages. Members \$15 per child, Non-members \$20 per child (price includes child's dinner) Please register at the front desk no later than Wednesday, October 15.*

## Members' Corner

- The Shop at The Marsh will be closed the following days to set up for the holiday season. **Sunday, November 2 and Monday, November 3**
- We are pleased to share that The Marsh was ranked among the top 100 fitness facilities by *Club Industry's Fitness Business* trade publication in its listing of Peak Performers.
- Many of us are aware of the police reports in the western suburbs. To protect yourself from theft and damage to your vehicle, please take your valuables with you or keep them out of sight or locked in your trunk.



*The cattail indicates classes that are free to Members. This month we have 26 complimentary programs.*



# OCTOBER

# 2008

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY



**the Marsh**  
A Center for Balance and Fitness

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952-935-2202 • www.themarsh.com

Save the Date...  
Nostalgic 5K - November 8  
Nia Workshop - November 22

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p><b>5</b> Aquababies and Aquatots 4:00 - 5:45 p.m.</p>	<p><b>6</b> Pilates Open Door 10:00 a.m. Intro to BodyPump - 12:30 p.m. Tai Chi Fan Intro 6:30 p.m.</p>	<p><b>7</b> Intro to BodyPump - 6:00 a.m. Intro to Water Fusion 11:15 a.m.</p>	<p><b>8</b> Yom Kippur begins at sundown Introduction to Movement Begins - 5:00 p.m. Life Transitions Series: Finding Your Own Way 7:30 a.m.</p>	<p><b>2</b> Oktoberfest Celebration 6:00 - 8:30 p.m. Pasta Night - 5:00 - 8:00 p.m.</p>	<p><b>3</b> Drums Alive 9:15 a.m. Fresh Catch Fridays</p>	<p><b>4</b> Marsh Runners 9:00 a.m. Circuit Training In and Out - 9:15 a.m. Nia 10:30 a.m. Woodrill Woods Fall Hike 10:00 a.m. Family Splash 4:00 p.m. Prime Rib Special</p>
<p><b>12</b> Columbus Day Aquababies and Aquatots 4:00 - 5:45 p.m.</p>	<p><b>13</b> New Biometrics Session Begins An Expression of Hope 7:00 p.m. Intro to Water Fusion 7:00 p.m.</p>	<p><b>14</b> Let's Talk Books 7:00 p.m.</p>	<p><b>15</b> Guest Day! Drums Alive 7:00 a.m. Introduction to Movement 5:00 p.m. Pilates at Home Workshop 6:30 - 8:00 p.m. Pilates Open Door 7:00 p.m.</p>	<p><b>23</b> Mindful Eating Book Group 1:00 p.m. Quieting Your Body and Mind 7:00 p.m. Yoga for Women Touched by Breast Cancer 7:15 - 8:30 p.m. Pasta Night - 5:00 - 8:00 p.m.</p>	<p><b>17</b> Pilates at Home Workshop 1:00 - 2:30 p.m. Dine-O-Mite Night 6:00 p.m. New Meditation Class 6:30 p.m. Fresh Catch Fridays</p>	<p><b>18</b> Marsh Runners 9:00 a.m. Circuit Training In and Out - 9:15 a.m. Tai Chi Fan Workshop 1:30 p.m. Family Splash 4:00 p.m. Prime Rib Special</p>
<p><b>19</b> Aquababies and Aquatots 4:00 - 5:45 p.m.</p>	<p><b>20</b> Aquatic Workouts-on-the-Go 12:30 p.m. Ask Our Professional: Acupuncture: Discover the Spectrum of Uses 1:00 p.m.</p>	<p><b>21</b> Let's Talk Books 1:00 p.m.</p>	<p><b>22</b> Introduction to Movement 5:00 p.m. Stretch Out Strap Workshop 7:15 p.m.</p>	<p><b>24</b> New Meditation Class 6:30 p.m. Fresh Catch Fridays</p>	<p><b>25</b> Marsh Runners 9:00 a.m. Circuit Training In and Out - 9:15 a.m. Nia 10:30 a.m. Pilates Open Door - 12:00 p.m. Tai Chi Fan Workshop 1:30 p.m. Family Splash 4:00 p.m. Prime Rib Special</p>	<p><b>26</b> Guest Day! Inter./Adv. Mat Classes begin - 10:15 a.m. Girls Night Out 5:00 p.m.</p>
<p><b>26</b> Guest Day! Aquababies and Aquatots 4:00 - 5:45 p.m.</p>	<p><b>27</b> Biometrics Information Meeting - 11:30 a.m.</p>	<p><b>28</b> Beginning Mat Classes begin - 10:15 a.m. Biometrics Information Meeting - 11:30 a.m.</p>	<p><b>29</b> Introduction to Movement 5:00 p.m. Biometrics Information Meeting - 6:30 p.m.</p>	<p><b>30</b> Kids Club Halloween 10:00 a.m. Mindful Eating Book Group 1:00 p.m. Knowledge is Power Breast Cancer Awareness 7:00 p.m.</p>	<p><b>31</b> Halloween New Meditation Class 6:30 p.m. Fresh Catch Fridays</p>	<p>Stop by the Front Desk for a listing of our Breast Cancer Awareness Month activities. Please join us for whatever you can fit into your schedule.</p>

## In This Issue...

- **Knowledge is Power:**  
*Breast Cancer Awareness*
- **Nu Shu and Tai Chi Fans**
- **Mindful Eating Book Group**
- **Aquatic Workouts-on-the-Go**
- **Pilates at Home Workshop**
- **Nostalgic 5K Run/Walk**
- **Dine-O-Mite Night!**



## An Outdoor Oktoberfest Celebration for Friends and Families!

What's not to love?! Fresh air, friendly conversation and feel-good food while you create heart-warming memories on The Marsh deck with views of the season's stunning colors. The Marsh Restaurant will prepare traditional German cuisine outside on the grill, including:

- **Brats and sausages • German potato salad**
- **Sauerkraut • And much more!**

Warm up with a cup of hot cider... or stick with the customary beer. Join us for this Autumn feast, **Thursday, October 2, between 6:00 and 8:30 p.m.** *Cost: \$10 (beer and wine not included).*

*To celebrate this popular cuisine, The Marsh Restaurant will feature German-inspired entrees, specials, wines and beers throughout the month.*

## Girls Night Out

*Has your Fall schedule started to settle into a routine?* Shake things up and bring your girlfriends to The Marsh for **Girls Night Out!**

Join us on **Monday, October 27**, for an exciting evening of activity, relaxation and pampering (not to mention a great alternative to Monday Night Football). We'll start with an energizing half-hour session of our popular *Drums Alive* class. Then you will move into the relaxing waters of our 94-degree Therapy Pool for a 20 minute Ai Chi session to prepare your body and mind with a relaxing Spa service of your choice that is to follow. Wine and other refreshments will be provided along with a gift from The Marsh!

Come early to prepare for a great evening. *Check-in is from 5:00 – 5:30 p.m. in The Marsh Spa. (Participants must participate in all activities to receive this offer).* *Cost: \$25 registration fee plus the cost of your Spa service. Call The Marsh Spa, 952-935-8905 to register.*

