6th Annual

Global Wellness Day
Saturday, June 10

“Choose to be Happy”

Join people from more than 100 countries to focus on spreading messages of...

Kindness

Happiness

Gratitude

Mindfulness
**SAFEGUARDING OUR PERSONAL DATA**

**Tuesday, June 6, 6:30 - 7:30 p.m. and Thursday, June 8, 1:00 - 2:00 p.m.**

Have you ever been pressured to provide personal information over the phone or via email; or gotten a call or letter announcing that you’ve suddenly won a large amount of money? Most of the time, those “too good to be true” opportunities are scams. Join **Kathleen Moore**, Better Business Bureau and Allianz’s Safeguarding Our Seniors program liaison, for this dynamic, informative presentation that raises awareness and understanding about scams and fraud. In this workshop you will learn how to:

- Recognize the red flags of email, phone and in-person scams
- Understand the resources available to you
- Be empowered to take action when a financial scam or fraud crosses your path

Register online or call 952-935-2202. Complimentary for all.

**INTEGRATIVE BACK HEALTH WORKSHOP**

**with Doug Merz, PT**

**Tuesday, June 13, 6:00 - 7:15 p.m.**

Last month Dr. Transfeldt told us why we have back pain and what causes it. Now **Physical Therapist Doug Merz** and The Marsh wellness professionals will discuss the new guidelines that prescribe integrative therapies (exercise, massage, yoga and acupuncture) as the first line of treatment for back pain, rather than medication. Doug will kick-off this workshop with a 30 minute lecture on the new recommendations. During the second part of the program, our wellness team will lead an experiential session highlighting some of the most effective integrative approaches for managing back health. **Register online or call 952-935-2202. $20/$25**

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**Global Wellness Day... Choose to be HAPPY!**

**Saturday, June 10**

It started with a simple question: How can I live a healthier and better life? Now, six years later, over 100 countries around the world offer complimentary classes on Global Wellness Day. The goal of turning everyone’s shared dream of “living well” is moving forward. With a theme of “Choose to be Happy,” we encourage you to take a break from your daily activities and find something healthy to do that makes you happy.

We invite you to bring a friend on Saturday, June 10, for a day of complimentary classes, refreshments and community. Please check-in at our welcome table in the morning. We are highlighting **two special classes at 10:30 a.m.** that day: **Tai Chi** and **Cardio Dance**. Stay after class and connect, pause with a cup of coffee and breakfast or lunch on the deck. Registration in advance for classes is recommended but not required. **To view the full schedule, visit TheMarsh.com/GlobalWellness. Register online or call 952-935-2202.**
Celebrating Summer . . .

Animal Frolics into Summer:
Qigong Forms to the Music
Fridays, June 9 - 30, 10:30 - 11:15 a.m.
Qigong is an ancient form of Chinese exercise that is used to align the mind and body with Qi (“Chi” or vital energy) to improve health and well-being. Using music and movement related to the tiger, deer, monkey, bear and crane, participants will explore movements with feeling and flow that will create a sense of vitality and balance. Instructor Stephanie Olson will provide modifications for both standing and seated movement. Register online or call 952-935-2202. 4-session series: Complimentary/$60. Per class: Complimentary/$20

Wednesday Night Pool Socials:
From Lap Pool to Music on the Marsh
Wednesdays, June 14, 21 and 28, 6:00 - 6:45 p.m.
The Lap Pool is “wild and wet” with each week featuring a fun workout theme led by new pool instructor Jill Mask. June 14 kicks off with a Caribbean Blast and an extra special welcome ... bring a friend and receive a drink ticket compliments of The Marsh. June 21 is Fabulous Fifties Cardio; June 28 is Cardio with a Splash. Finish class each week by heading upstairs for Music on the Marsh. The fun picks back up Wednesdays starting July 12 (no class July 5). Complimentary/$20

Family Splash ... and BBQ Too!
Saturday, June 24, 3:00 - 4:30 p.m.
Families rule the pool on this special family friendly afternoon in the Lap Pool. Aquatic staff will be on deck to provide a safe environment for your family fun! Parental supervision is required. Stop by the restaurant for a family friendly BBQ (additional cost). Complimentary for members (children & grandchildren)/ $10 per individual/$25 per family

Summer Solstice Meditation in the Therapy Pool
Tuesday, June 20, 7:00 - 7:45 p.m.
Join integrative aquatics specialist Nicola Kapala in a guided meditation. Follow your breath, listen to your heart, and soothe your mind. Register online or call 952-935-2202. $22/$25

Take it to the Deck! - Starting in June, weather permitting, some Studio classes may be moved to the deck! Check the Studio Schedule for an asterisk (*) and ask at the Front Desk to confirm the class location when you check in.

Couch to 5K
Motivational & Fun Running Group
Tuesdays and Thursdays
June 6 - July 27, 7:00 - 7:45 a.m.
Here is your chance to join a fun run and train with people at your level. Through this 8 week program, Exercise Specialist and Wellness Coach Brenda Steger will get you from your couch to your first 5K! At the end of the program, everyone will be invited to participate in a 5K together. Brenda will help you slowly build confidence, endurance and strength to make that 5K distance attainable. No class July 4. Register online or call 952-935-2202. $85/$100

Join us for an Information Session...
Thursday, June 1, 7:00 - 7:30 a.m. Complimentary

Bike Ride to Minnehaha Falls
Saturday, June 10, 9:00 a.m.
This 18-mile round trip ride led by Diane Patridge leaves from Lake Harriet taking the trails to Minnehaha Falls, stopping for lunch at Sea Salt Eatery. It’s ideal for recreational riders, plus an option for a faster, longer ride for quicker-paced cyclists will be provided. Register online or call by June 9. $10/$15 (not including lunch)

Mark your calendars...
Saturdays, July 8, Dakota Trail Ride and August 12, Stone Arch Bridge and Target Center

Details at TheMarsh.com • Sign up for classes & events at 952-935-2202 or TheMarsh.com
Special Summer Mindfulness Based Living Series...

Mondays, June 5 - 26, 7:00 – 9:00 p.m.
This special summer Mindfulness Based Living will focus on how to cultivate more joy in your day-to-day living and relationships by providing guided experiences such as laughter yoga, loving kindness meditation and Tai Chi. Leveraging the outdoor deck, trails and beautiful views, many of our mindful practices will be brought outside. Exclusively offered at The Marsh, this signature program leverages 32 years of mind-body programming into a highly accessible introduction to mindfulness practices used to address common concerns such as managing stress, pain, feelings of anxiety and/or uncertainty. Instructors: Mary Anderson and Liz Anema. Register online or call 952-935-2202. $128/$150

The Gyrotonic® Method
The GYROTONIC® Method, practiced by professional tennis players such as Andy Murray, helps to create a healthier, more supple spine, increase range of motion, improve joint stability, strength, agility and athletic performance. Come and learn more about this program at these Open Houses:
• Thursday, June 1, 6:30 - 7:30 p.m.
• Saturday, June 10, 10:00 - 11:00 a.m.
• Wednesday, June 21, 12:00 - 1:00 p.m.
Complimentary

BIOMETRICS... A WEIGHT MANAGEMENT PROGRAM FOR BUSY PEOPLE
Summer is filled with picnics, celebrations and vacations. Committing to a six-week weight management program probably never crossed your mind. However, this may be the perfect time to begin our Biometrics program. Designed for busy people on the go, Biometrics meets people where they are. Our team of wellness professionals helps you manage your food strategies and exercise choices based on your social calendars, food preferences, and interests. Find success with your weight management goals this summer. Contact Evan Strewler at 952-930-8512 or estrewler@themarsh.com for more information and to get started.

Tasty Table Topics
Registered Dietitian Kathryn Hernke continually receives questions about the role nutrition has on our health. This month, she will be sharing information about some of the most common questions:
• Feed Your Gut, Feed Your Health - Tuesday, June 13, 11:30 a.m. - 12:15 p.m. and Monday, June 19, 6:30 - 7:15 p.m. Learn three tips to help manage your gut health. Complimentary /$10
• Creative Aroma and Flavor Using Herbs with Chef Lisa Thursday, June 22, 6:00 – 7:30 p.m. Bring your questions and be ready to sample! $17/$20
Kathryn is also available for individualized nutrition consults; call Health Education at 952-930-8545, or email her at khernke@themarsh.com to schedule an appointment.

Trainer Talk: How Hard Should You Workout?
Tuesday, June 27, 1:30 - 2:30 p.m.
We want to help you make the most of your time exercising at The Marsh – and keep you safe. Join Exercise Specialist Dustin Burgemeister, MS, for a lively conversation about how to regulate your exercise routine. Learn about HIIT, interval training, cardio equipment, strength training and get advice on selecting the right classes for you. Dustin will provide insightful tips for how you can listen to your body for clues on the right intensity for you. Complimentary/$10

Integrative Movement for Parkinson’s

Studio Exercises: Monday, June 12, 1:00 - 2:00 p.m. • Warm Water Movement: Monday, June 19, 1:00 - 2:00 p.m. • Tai Chi to Music: Monday, June 26, 1:00 - 2:00 p.m.
Research indicates that activities including water exercise, tai chi, agility training, walking, music and dancing are all beneficial for individuals with Parkinson’s. It helps to engage in exercise routines that challenge the heart and lungs as well as encourage movements such as trunk rotation, proper posture, and good alignment/biomechanics. Daily exercise can result in enhancing the quality of life and delay the progression of symptoms. Join our Marsh exercise specialists for this integrative series. Explore and experience tai chi to music, warm water movement, and studio exercises for balance, coordination, and overall mobility. Caregivers are encouraged to attend (Complimentary).
For more information, please contact Mary LeSourd at 952-930-8511 or mlesourd@themarsh.com. Register online or call 952-935-2202. $26/$30 per session or $66/$77 discounted rate for all three workshops.
So You Think You Can’t Dance?
Friday, June 2, 10:30 - 11:30 a.m. and Thursday, June 15, 6:00 - 7:00 p.m.
Music moves us and dance helps us manage our energy and lifts our spirits. If that isn’t reason enough for you to explore one of our dance classes, perhaps some research on brain health will. We know that dancing is good for the brain! Add the social aspect with dance and you have an optimal brain health activity.

Don’t be afraid to come and dance with us. The beauty of our classes is that we believe that everyone has a unique style and we celebrate the freedom of movement. Need a little more encouragement to get started and feel comfortable? Join Liz Anema for this easy introduction to the many types of dance offered at The Marsh. Register online or call 952-935-2202. Complimentary/$20 per class.

Shoulders & Neck Rolling with Yin Yoga
Saturday, June 10, 1:30 – 3:30 p.m.
Popular yoga instructor Amanda Straka is teaching a summer workshop series that focuses on learning rolling techniques, deeper myofascial release and working your connected web. This class focuses on neck, shoulder and thoracic spine release and mobility using rolling with therapy balls and the props and asanas of Yin Yoga. Register online or call 952-935-2202. $34/$40.

Early Summer Swim Clinic in the Lap Pool
Saturdays, June 3, 10 & 17, 8:00 – 9:00 a.m.
Triathlon season is here! Join Master Swim Coach Barb Scouler for this three-week swim clinic for focused on streamlining, body position, breathing, arm stroke, kicking ... freestyle and backstroke. Instructor evaluation, feedback and video are also offered. Ideal for intermediate swimmers. Handouts for future workouts included. $69/$81.

Water Walking in the Lap Pool
Tuesdays, June 13 – July 25 (no class July 4) 11:00 – 11:45 a.m.
Water Walking is a great way to build endurance, improve balance, and help correct muscle imbalances. It also helps you stay active if you are recovering from an injury. Instructor: Sara Bisso. Complimentary/$20 per class.

WaterPlay Workshop
Saturday, June 24, 11:00 a.m. - 12:00 p.m.
Expand your physical and mental agility! Based on the neuroscience of mind/body connection, WaterPlay uses simple, fun exercises to promote range of motion, balance and ways of moving with ease. Utilizing the properties of warm water therapy and thought-provoking activities, we cultivate a mindset and daily practice to foster wellbeing moment-to-moment. Led by Integrative Specialist Nicola Kapala. Register online or call 952-935-2202. $15/$25.

Water Workouts-to-Go
Tuesday, June 20, 8:30 – 9:30 a.m.
Start or maintain your water workout all summer long no matter where you are ... pool, lake, resort or home. Learn 6-8 basic water exercises for a total body stretch and a 10 minute cardio workout in shallow and deep water. Simple to remember, fun and effective, we will focus on proper postural mechanics. You will receive a pair of lightweight webbed gloves and an easy-to-follow laminated guide. Instructor: Diane Pattridge. Register online or call 952-935-2202. $26/$30.

Summer Swim Lessons - Three-Week Sessions!
Group Swimming Lessons for children 3 - 16 years old, 30 minute classes Tuesdays & Thursdays, 3:30 - 6:00 p.m.
(3 week sessions, 6 classes) $108/$126
• Session 1: June 13 - June 29
• Session 2: July 11 - July 27
• Session 3: August 1 - August 17
A fun and safe environment. Warm pools, highly experienced instructors and individualized attention. Register online or call, 952-935-2202.
Father’s Day Gift Ideas...

Gift Certificates
Give a Marsh Gift Card in any denomination, beautifully packaged and ready to present to Dad to use anywhere in The Marsh he desires. Available online or in The Spa.

In The Spa ...

Gentlemen’s Grooming Essentials
It is perfectly natural for men to want to look and feel their best and The Marsh Spa is a great place to care of all your grooming essentials.
• Men’s Haircut & Style (45 min. - $40) • Gentleman’s Facial (50 min. - $95) • Waxing (back or chest - 50 min. - $60) • Sports Massage (50 min. - $90) • MANicure (25 min. - $30) • Men’s Pedicure (35 min. - $50)

This month, in honor of Father’s Day, men receive a complimentary glass of wine or beer with every service.

Men’s Alpha FIT Clarisonic
Surprise your dad this Father’s Day with the men’s sonic facial cleansing brush for cleaner skin and a closer shave. $219

In The Shop ...

Find the perfect Father’s Day gift in The Shop! Featuring gadgets, books, sun protective clothing and the ever popular Marsh logo wear!

Let’s Talk Books

Circling the Sun by Paula McLain
Tuesday, June 13, 1:00 - 2:00 p.m.
Passionate, wild, and willful, Beryl Markham’s life is the stuff of legend: fast horses, famous lovers, high-flying dreams. Novelist Paula McLain brings the famous aviatrix and her beloved Kenya of the 1920’s to full and glorious life.

What’s in Bloom: Thimble Weed, Harebell, Beard Tongue, Prairie Phlox and Golden Alexander

Members’ Corner...
• Summer Group Fitness Class Schedules begin June 12. Please pick up the weekly schedules at the Front Desk or view them on our online at TheMarsh.com.
• Summer Break Membership: 1 to 3 month memberships are available for students returning home for summer. Please inquire at the Membership office.
• Call our Severe Weather Hotline at 952-930-8597 (press 2) for updates on our status during severe storms. We also post updates on TheMarsh.com.
• Fourth of July Building Hours: 7:00 a.m. - 3:00 p.m. Restaurant, Shop, Spa and Kids Club are closed.
• Just a friendly reminder to keep your valuables secured in the trunk of your car.

New Members...

Kojo Amoo - Gottfried
Lucy Bruntnen
James Cada
Daniel Goldman
Jim Howard
Diane McKane

Barry McKane
Kim Parker
Carol Pedersen
Michael Pedersen
Linda Peterson
Nancy Rademacher
Mary Beth Russell

Tom Sasman
Pam Sasman
Deborah Schee
Kim Schmid
Deborah Williams
Charles Williams
Nancy Woodburn

In The Restaurant...

Spring Seafood Spectacular
Join us Thursday nights, 5:00 – 9:00 p.m. for a fun evening of seafood specials and half-priced wine. Meet our chefs, Lisa and Dave and learn more about each dish. Look for soft shell crab, ceviche and jumbo shrimp.

Music on The Marsh

Wednesdays, 5:30 – 7:30 p.m.

June 7: Gourmet Jazz
June 14: Jay Gordon
June 21: Benny Weinbeck
June 28: Jim Kessler

In the Shop...

Author Talk: Boathouses of Lake Minnetonka
by Karen Melvin & Melina Nelson
Friday, June 9, 11 a.m. - 1:00 p.m.
Come and hear the stories about the vintage boathouse on Lake Minnetonka. Book signing follows. Complimentary
**JUNE 2017**

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