

Pivotal Wellness Newsletter

Pivotal Wellness
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Pregnancy Sculpt Beginning in June

Julia is pregnant with twin girls! Because of her condition, she has been inspired to begin a class that helps you maintain a strong and healthy body during pregnancy and addresses the areas you need to while pregnant. Be ready to strengthen and stretch your way to a stress free and strong body!

Class Schedule:

Tuesdays at 10am-11am
 Wednesdays at 1pm-2pm
 Fridays at 12pm-1pm

Call or email to sign up for a class. Each class is \$25 a session. Bring a pregnant friend, co-worker or family member that would like to join you in this journey.

Welcome Jamie!

Jaime is very excited to be joining the Pivotal Wellness team. After graduating from The Academy of Natural Therapy in 2004 she stayed on to work at Eaton Therapeutic Center and gained an appreciation for the effects therapeutic massage can have on the body. Jaime specializes in postural evaluation, deep tissue massage, neuromuscular therapy, trigger point therapy and sports massage and injury. She is also a certified reflexologist and is excited to share the benefits of this great therapy.

Yoga in the Park

Gather at Pivotal on June 20th at noon for an informal Yoga in the Park session with Clara, the cost is free so come find out what benefits yoga can have for you!

BUG SPRAY & SUNSCREEN FOR SALE! HERE IS JUST A SMALL LIST OF THINGS THAT CAN BE FOUND IN OTHER BRANDS BETWEEN THE TWO THAT ARE CARCINOGENIC OR TOXIC:

- Octyl Methoxycinnamate
- Butyl Methoxydibenzoylmethane
- Para Amino Benzoic Acid
- Octyl Salicylate
- Trolamine Salicylate
- Phenyl Benzimidazole
- Menthyl Anthranilate
- Diocylbenzone
- Oxybenzone
- Cinoxate
- Homosalate
- Octocrylene
- Padimate O
- Avobenzone
- DEET
- Permethrin

So...check out our stuff!

The Doctor's Out!

Jill Gone	June 1st-June 4th
Dr. Brian Gone	June 3rd
Dr. Brian Gone	June 6th
Dr. Brian Gone	June 13th

RockerBoard Classes

Dr. Brian Hollstrom will be giving a class on the use and advantages of the rockerboard. Come find out how you can benefit from this simple yet effective tool. Classes will take place at Pivotal Wellness on: June 2nd, 16th and 30th from 6 pm to 7 pm. *Reserve your place now!*

June 2009

	1	2 <i>Rockerboard Class 6 pm</i>	3 Dr. Brian Gone	4	5 Jill is Back!!!!	6 Dr. Brian Gone
7	8	9	10	11	12	13 Dr. Brian Gone
14	15	16 <i>Rockerboard Class 6 pm</i>	17	18	19	20 <i>Yoga in the park 12pm</i>
21 Happy Father's Day	22	23	24	25	26	27 Dr. Brian in from 9-12pm
28	29	30 <i>Rockerboard Class 6 pm</i>				