

Pivotal Wellness Newsletter

Welcome Jill Hockhalter!

All the way from North Dakota, we are excited to introduce the newest member of our wellness team. She is a massage therapist, energy worker and doula. She has a holistic approach to wellness and bodywork. She has been a member of Associated Bodywork and Massage Professionals for 8 years and has had training in Lomi Lomi (Hawaiian massage), Healing Touch, Vibrational Medicine, Deep Tissue, Myofascial release, Prenatal, Postnatal and Infant Massage. When she is not in the office, Jill #2, as she is fondly referred to by our staff and clients, is a proud mother of FOUR beautiful children and co-owns Tasty Harmony (a raw food, vegan restaurant) located in Old Town. Please don't hesitate to take advantage of yet another amazing practitioner here at Pivotal!

Time to Prepare for Allergies!

Your body needs some preparation for the change in seasons. Join Dr. Alan and two local yoga instructors on Friday, April 3rd from 6-7:30pm at Tasty Harmony for an informative, interactive open house. This will be a yoga, clean-eating, cleanse which will effectively clear out toxins, reinvigorate the digestive system, and enhance the liver's ability to detoxify. All the ingredients work together to create a gentle yet very effective cleanse. Advantages of the cleansing include better absorption of nutrients from the diet and can also increase your energy and contribute to a strong immune system.

The program will begin on April 15th and run until the 29th. See the flyer for any additional information!

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:
April 7th and April 21st in the back room from 6:30pm to 7:30pm.

Reserve your place now!

The Doctor's Out!

Dr. Brian will be out:

April 11th

April 13th-15th

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*Stress alters brain function and limits quality of life.

Stress alters brain cell properties, which can disturb the cognitive processes such as learning and memory, consequently limiting the quality of life. The Hippocampus is crucial for memory formation and is highly sensitive to stress.

Abnormalities of the spine can attribute to this due to altered afferent input.

*Kim JJ, Diamond DM. The stressed hippocampus, synaptic plasticity and lost memories. Nature Reviews Neuroscience 2002;3:453.

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5	6	7 RockerBoard Class 6-7pm	8	9	10	11 Dr. Brian's Gone
12	13 Dr. Brian's Gone	14 Dr. Brian's Gone	15 Dr. Brian's Gone	16	17	18
19	20	21 RockerBoard Class 6-7pm	22	23	24	25
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