

Ruth Stricker's the Marsh Monthly

Volume 25, Issue 8

August 2010



Balance Bylines

By Ruth Stricker

“Calling all children hiding out in their grown-up bodies. Come out wherever you are... and play in the sun!”

From my files, I've been waiting to share this for some time... and the month of August is perfect! After reviewing the Bylines for this past year, I found that most of them were pretty heavy on dealing with the stresses of living in these uncertain economic times and the impact that unhealthy stress has on our physical health. We know what worry and fear does to us... Our concern to avoid suffering in the future keeps us suffering in the present, and we lose the very thing we seek – a more satisfying state of mind. Whether we label these thoughts as fears or little nagging feelings, this is our self-talk, the mental chatter we carry on with ourselves. The ego-mind will always find more possibilities to fear, and new reasons to be anxious. Yes, we do need to think about the future and make plans... but if most of our attention is taken up with this mental chatter, there is not space nor time available for experiencing things as they are in the present.

My point is that August should be lite and free of guilt and nagging. It is family time, potato salad time, the last burst of summer activities. September will come soon enough, bringing us more structure and a different energy. You will notice in this newsletter that our program staff purposely scheduled fewer offerings so you can free your spirits, avoid the mental chatter and experience the present. Enjoy each other and have a good time. It is obvious that you are, as we have many *25 Day* folks with us full of energy and enjoying your hospitality.

David Letterman recently had actor Bill Murray on his show as a guest, obviously promoting his new movie “Get Low.” When asked what he had learned through the years about his successful career in comedy and acting, Murray replied, “Be yourself, be loose, slow down and relax – then you have room in your life for something else to happen.” Not bad

advice for all of us. When we are relaxed and loose we are more creative and open. Who knows what we've been missing!

And now for your August pondering I reprint an essay that one of Dan Danielson's students read in an assembly speech and shared with us eighteen years ago.

If I Had My Life to Live Over

I'd dare to make more mistakes next time. I'd relax. I would limber up. I would be sillier than I have been this trip. I would take fewer things seriously. I would take more chances. I would take more trips. I would climb more mountains and swim more rivers. I would perhaps have more actual troubles, but I'd have fewer imaginary ones.

You see, I'm one of those people who lives sensibly and sanely hour after hour, day after day. Oh, I've had my moments and if I had it to do over again, I'd have more of them. In fact, I'd try to have nothing else. Just moments, one after another, instead of living so many years ahead of each day. I've been one of those persons who never goes anywhere without a thermometer, a hot water bottle, a raincoat and a parachute. If I had to do it again, I would travel lighter than I have. If I had my life to live over, I would start barefoot earlier in the spring and stay that way later in the fall. I would go to more dances. I would ride more merry-go-rounds. I would pick more daisies.

Who said that we are entitled to a risk-free life? Certainly not our little sculpture friend who we pass every day in the lobby titled “Why Not?” Stop by and visit him this month. He may have a new challenge for you such as: Enjoy August, come out and play in the sun, be yourself, be loved, slow down and go barefoot as long as possible!

And now a disclosure: This pass (breather) is for August. You will note in this issue a preview of our September schedule which will again hold us accountable for commitment, discipline and routine! (grin)

Enjoy!

Ruth Stricker

TEAM MARSH

Walk, Run, Have Fun and Give Back to Your Community

Everywhere you turn there is another opportunity to get involved in a 5K (3.1 miles) walk or run. To help those of you who are interested in participating, but don't want to go it alone, we're introducing **Team Marsh Training** with Marsh Exercise Specialist **Mike Bialick**. Together, Team Marsh participants will train for and participate in several 5K Walk/Runs, beginning with the Lupus 5K on September 11 at French Regional Park in Plymouth. Here is what you get if you join Team Marsh to train for the Lupus event.

Meet and Moves

Five Wednesday night Meet and Moves, brief information meetings to share information and answer questions relevant to participating in a 5K, followed by a walk or run on the LRT Trail. Walkers and runners, teamed by ability, will be coached by Marsh exercise specialists.

Meeting topics include training strategies, nutrition, injury prevention, footwear, metabolic testing/heart rate monitor training and event information.

Team Marsh T-Shirt

T-shirt orders will be taken at the first Meet and Move. *Cost included in your Team Marsh participation fee.*

Pre-event Pasta Dinner

On Friday, September 10, gather with teammates for a pasta dinner in the restaurant. *Cost of meal included in your Team Marsh participation fee.*

Find information on upcoming Team Marsh events and training tips at www.TheMarsh.com and at our Front Desk.

*Gather for Team Marsh Training on **Wednesdays, August 11 – September 8, 7:00 p.m.** Sign up for Team Marsh at the Front Desk or call 952-935-2202. Five-week session cost: \$55/\$75 Note: You can join this group even if you will not be participating in the Lupus Walk for Hope and 5K Trail Run.*



Bruce Nimmer and Brad Vajgrt

One Member's Story...

Since February, Marsh member **Bruce Nimmer** has run two 5Ks and ridden in a 30 mile Iron Man Bike Ride. Impressive, given the fact he is 72. Even more impressive given where he was three Februarys ago—hospitalized with a compound fracture to his right femur, a broken right hip, broken ribs and a host of other

injuries resulting from a serious motor vehicle accident. "I've come from wondering if I would ever be active again to thinking I can do anything I want," he said.

When Bruce left the hospital, he chose to begin his rehab work with Merz Physical Therapy, concluding that the expertise at Merz, combined with the facilities at The Marsh and the energy of the members made this the right place to begin the journey back to fitness.

In the summer of 2008, with his initial rehab behind him, Bruce began working with Marsh Exercise Specialist **Brad Vajgrt**. Brad's ability to help him perform a variety of exercises based on what his body needed at any given time allowed him to see steady improvement in his strength, balance and flexibility. It also made his time spent exercising more interesting and more effective than it would have been if he had done it on his own.

By the beginning of this year, Bruce was feeling strong enough to jog. With Brad's support and encouragement, he decided to train to run a 5K on

Valentine's Day. With Brad at his side, he trained...he ran...and he successfully finished the race—almost three years to the day after his car accident.

Now, just as it was before the accident, regular exercise is a regular part of Bruce's life.

Brad is duly impressed, noting, "In fifteen years of working with clients, Bruce's turnaround is the most impressive I've ever seen."



Join the Lupus Walk for Hope and 5K Trail Run

In honor of our founder and owner Ruth Stricker, who lives with Lupus, Marsh members and staff are participating in the Lupus Walk for Hope 5K Trail Run. Sign up today to be on the Marsh team by going to www.Lupusmn.org. You do not have to participate in Team Marsh Training to join our team. Everyone is welcome.

The 5K Trail Run is **Saturday, September 11, 10:30 a.m.** preceded by a 10:15 a.m. welcome and warm up. Registration begins at 9:00 a.m. The registration fee for the run is \$25. There is no charge to participate in the walk. *Sign up for the Friday night Team Marsh Pasta Dinner in our restaurant or call 952-930-8520.*

Other TEAM MARSH 5K events:

September 11: Lupus Walk for Hope 5K Trail Run

November 6: The Marsh Nostalgic 5K

October 2: Twin Cities 5K/10K

December 4: Reindeer Run



Living with MS

Wendy Booker, a mountain climber and marathon runner living with multiple sclerosis (MS), and **Yelena V. Usmanova, MD** from the South Metro MS Center at the Minneapolis Clinic of Neurology, offer information and inspiration for individuals living with MS and their family and friends. The two speakers are featured during *Living*

with Multiple Sclerosis and Fulfilling Your Dream. Presented by Teva Neuroscience. Call 800-887-8100 to reserve your spot. Registration begins at 5:30 p.m. on August 3. Dinner and program are from 6:00 – 8:00 p.m. Complimentary.

Prevent Age-related Muscle Wasting

A July 5 *StarTribune* story about sarcopenia (age-related muscle wasting) featured Marsh member **Dean Constantine** and his trainer, Marsh Exercise Specialist **Mike Bialick**. The article references a recent Harvard University study which concludes that even the very elderly can improve their muscle mass, strength and gait after just eight weeks of high-intensity strength training.” You can read this article on our home page at TheMarsh.com or pick up a copy at the Front Desk. We encourage you to discuss the importance of strength training with your exercise specialist or class instructor and make it part of your preventative health plan.

Physical Therapy Workshop: Protect Your Back During Daily Activity

Join **Merz Physical Therapist Shawn Marquis** for a three class series to teach you core stabilization techniques for protecting your back. The classes will focus on breathing, the lower abdominal muscles and their relationship to core strength, spinal stability and function. The techniques you learn will help you properly utilize your abdominal muscles during daily exercise and activity. The classes are held from 1:00 p.m. - 2:00 p.m. on **Wednesdays, August 11, 18 and 25**. \$75 for Merz patients and Marsh members; \$85 for non-members. Register at the Front Desk.

RELAX FOR A CAUSE

The Spa at The Marsh is pleased to introduce a new fundraising program to support non-profit groups in our community. The program, *Relax for a Cause*, allows you to raise funds for your organization simply by encouraging friends and family to enjoy a service in the spa. For every \$50 someone supporting your non-profit group spends on Spa services, The Marsh will donate \$5 to your organization. Find all the details for participating in this program online at SpaAtTheMarsh.com For more information, call our Spa desk at 952-935-8905.



The Marsh Health Services At-a-Glance

People are often surprised when they discover the range of programs delivered through our Health Services

department. There is probably no better place to get an at-a-glance view of all of our offerings than under the *Health* section of our website. This page is your portal to information on the following programs, people and services at The Marsh. Click on those that interest you.

- *Weight Loss Programs*
- *Rehabilitation Programs*
- *Nutrition Counseling*
- *Personal Training*
- *Assessments*
- *Professional Staff:*
Cardiologist, Health Services Director, Dietitian and Exercise Specialists

Weight Loss Program Start Dates...



If you want to complete our popular Biometrics One-on-One weight loss program before the holidays, the time is now!

This customized program begins with a one-on-one consultation and assessment with our exercise physiologist and dietitian. Participants are given a meal plan, on-going nutrition support and three 30 minute sessions each week with an exercise specialist. Dates and times are based on individual schedules. *Cost: \$875/ \$1175*

To learn more about this proven six-week program, attend one of our **complimentary** information sessions. *Dates and times will be posted at the Front Desk, on the website and in the September newsletter.*

Marsh Lite

A Weight Loss & Fitness Group

The Fall session of *Marsh Lite: A Weight Loss and Fitness Group*, begins **September 16**. Individuals enrolled in this 12-week program meet Thursday evenings (6:00 p.m. check-in; 6:30 p.m. program) for weight checks, health and wellness education by our professional staff and peer support. *Cost: \$120/\$150 for series or \$15/\$20 per session.*

To register or learn more about either program, contact Joel French at 952-930-8512 or jfrench@themarsh.com

Guest Speakers Discuss a Whole Family Approach to Emotional Health

Two medical doctors, **Henry Emmons**, author of *The Chemistry of Joy* and a consulting psychiatrist with Allina Medical Clinic in Northfield, and **Read Sulik**, assistant commissioner for the Chemical and Mental Health Services Administration with the Minnesota Department of Human Services, will discuss a whole family approach to emotional health during the final event in our summer-long *Growing Healthy Families* series. They will offer insights and ideas for developing healthy family systems for supporting the emotional health and wellbeing of all of its members.

The evening also features age-appropriate interactive activities utilizing music and aromatherapy for children age 3 and up and childcare for children as young as six weeks.

The *Growing Healthy Families* series is presented in collaboration with the **Integrative Medicine Program at Children's Hospital and Clinics of Minnesota** and **The Penny George Institute for Health and Healing at Allina Health**. Sponsors for the evening's event include **Wyndmere Naturals** and **Lakewinds Natural Foods**.

Tuesday, August 10, 6:00 – 8:00 p.m.

\$15/\$20 per family. Register at the Front Desk or by calling 952-935-2202. To reserve childcare call the Kids Club, 952-930-8520.



Franklin Method® Programs with Angela Kneale

After receiving an excellent response to occupational therapist Angela Kneale's Franklin Method workshop at The Marsh last month, we've added two more workshops to the schedule—one in August focused on the pelvic bones and joints and one in September focused on the spine.

The Franklin Method teaches the practical elements of body design, emphasizing imagery for maximum efficiency. "Body posture and movement are imagery driven, and if the image doesn't correspond to the way the body is designed, the result will be a steady decline in function," explains Kneale. By contrast, she says, the best way to improve function is to start with an image that corresponds to how the body is designed. Kneale is the only person in Minnesota certified to teach Franklin Method.

Wednesday, August 11 Pelvic Bone Workshop

7:00 – 8:30 p.m.

Learn to protect your lower back, knees and feet and improve their functionality by increasing the power, alignment, and flexibility of the pelvic joints and muscles.

- Experience effortless alignment and balance for the whole body
- Discover and apply the dynamic alignment of the sacrum
- Learn ball and imagery exercises to train and balance the pelvic joints and muscles

Cost: \$20/\$30; \$45.69/\$55.69 with Franklin Method Balls. Purchase of balls not required. Register by calling the Front Desk at 952-935-2202 by August 9.

Wednesday, September 15 Spine Workshop

7:00 – 8:30 p.m.

A masterpiece of design, the spine contains over one hundred joints, associated muscles and ligaments. Such complex design requires conscious maintenance. This workshop will give you a new understanding of the spine and teach you daily movement and exercise to benefit spinal health. *Cost: \$20/\$30; \$45.69/\$55.69 with Franklin Method Balls. Purchase of balls not required. Register by calling the Front Desk at 952-935-2202 by September 13.*

A Perfect Introduction to Pilates

Our 8-week Pilates Mat class series for beginners is the perfect way to become acquainted with the Pilates technique. The new session begins **Tuesday, August 31**. Classes are held at 10:15 a.m. on Tuesdays. *Cost: \$95/\$150. Register at the Front Desk.*

Pilates Open Doors

Pilates Open Doors are complimentary information sessions for those interested in Pilates. This month's sessions will occur on **Monday, August 9, 10:00 a.m.** and **Saturday, August 21, 11:00 a.m.** *Call Carol Peble for more information, 952-930-8524.*

New Pilates Barre Class - begins September 14 - watch for details.



Participants enjoyed a *Whole Family Approach to Physical Activity* in July.



Special Presentation: *Images and Stories from the Yukon 1000 with Doug Berg*

Last summer, Marsh member **Doug Berg** and his paddling partner Dave Dahl participated in the Yukon 1000, the world's longest

canoe race. This month, Doug will share images, stories and insights from this incredible adventure with Marsh members. Learn about Doug's history as a canoe racer, the physical and mental preparation involved in getting ready for a race like the Yukon 1000, and hear about the highs and lows of his challenging wilderness adventure.

Please join us **Tuesday, August 17 at 7:00 p.m.** Sign up at the Front Desk. Complimentary.

Learn About *Mindfulness Based Stress Reduction*

Developed by renowned practitioner and author Jon Kabat-Zinn, Mindfulness Based Stress Reduction (MBSR) teaches participants to intentionally deal and cope with stress, pain, illness and the demands of everyday life. This fall, **Terry Pearson, R.Ph, MBA** will lead the MBSR program at The Marsh. The program, co-sponsored by the Center for Spirituality and Healing meets weekly, **Mondays, September 20 – November 8, 6:30 - 9:00 p.m.** and includes an all day retreat, **Saturday, October 30. Register at the Front Desk, 952-935-2202. Series cost: \$395/\$440**

If you are interested in learning about the background and research into MBSR and getting a taste of what it can teach you, attend one of this month's information sessions scheduled for **Wednesday, August 18, 6:30 - 7:30 p.m.** and **Saturday, August 21, 9:30 - 10:30 a.m.** Complimentary.



Meet Our Newest Exercise Specialist

Robyn Saathoff has joined The Marsh as an exercise specialist. She looks forward to using her expertise in sports medicine and chronic neck and back issues to support Marsh clients in achieving their fitness rehabilitation goals. A 2005 graduate of the University of Minnesota-Duluth, Robyn holds a BAS in Athletic Training. She is also a certified Personal Trainer and Power House Pilates instructor. Prior to joining our

staff, she worked as a lead exercise therapist for a local physical therapy clinic.

Robyn is native of Foley, Minnesota and currently resides with her husband in Champlin. She is training for the Twin Cities Marathon in October.

Please welcome Robyn when you see her on the Training Center floor. To contact her, call the Front Desk or send an email to rsaathoff@themarsh.com.



In the Studios and Pools... Come On In; Get to Know Us

If you are interested in our group exercise classes but have not felt comfortable giving them a try, now is the time. This month we are offering more than two dozen Intro Classes in our studios and pools, perfect for our new 25-Day members or anyone interested in receiving more detailed instruction before starting a new class. Dates and times of these classes are posted on the studio and pool doors, on our website and are available at the Front Desk. To get the most out of an Intro class:

- Arrive early to give yourself time to properly set up your equipment and meet the instructor.
- Let the instructor know if you have any specific concerns about participating in the class so he/she can tell you how to "adapt" your movement.
- Don't be afraid. We are all learning the moves. Just do your best and have fun!

Watsu® Aquatic Body Work

Watsu Aquatic Bodywork is a floating water massage with a host of health benefits. It is performed in our 94-degree Therapy Pool by our certified Watsu practitioner.

Individuals receive this massage lying down, supported by the buoyancy of the water, the practitioner, and various flotation devices, which takes weight off the vertebrae and allows the spine to be stretched in relaxing ways not possible on land.

To schedule an appointment, call the Spa, 952-935-8905. For further information, contact Jillian at 952-930-8511 or jmarkus@themarsh.com.

Discover Water Nia

Our new Water Nia classes in the Lap Pool blend movements from martial arts, dance and body integration therapy.

Thursdays at 9:30 a.m. - August 5, 12 and 19.

Cycling & Yoga for the Food Shelf

Join us at **9:15 a.m. each Monday in August** for a combination Cycling and Yoga class led by **Shari Danielson**. Shari is donating her time to lead the class and asks that those who attend bring a donation to our local food shelf.



Kids Club

Leslie Jandro will serve as interim director of the Kids Club when Mindy Olson goes on maternity leave in September. We are delighted to have someone who has been part of the Kids Club for more than a year, and who knows your children, assume this position.

Prior to joining the staff at The Marsh, Leslie enjoyed a 25 year career teaching elementary music at St. Therese School in Deephaven. She is a lifelong resident of the Minnetonka community, mother of three grown children and a new grandmother, with a 13 month old granddaughter and a second grandchild on the way. She looks forward to getting to know more children and grandchildren of Marsh members.

The Marsh Kids Club for children six weeks to 12 years of age is available to anyone engaged in activity at The Marsh. *Member Cost: \$3.00/per hour per child for first child, second child \$1.50/hour, 3+ children no additional cost. Call 952-930-8520 in advance for an infant under 12 months of age.*

Fall Fashion Trends 2010 in The Shop



- ☞ **Color Palette:** gray, camel, olive and black accented with saturated berry-jade-gold-plum and a hint of pastel pink jewel tones
- ☞ **Pants:** Trousers with tweeds and pinstripes, Cargo pocket casuals, leggings in all colors and fabrics, and several denim cuts
- ☞ **Skirts:** Below-the-knee pencil skirts and long, soft A-lines
- ☞ **Sheath dresses**
- ☞ **Cardigans,** from simple and shaped to oversized cable knits, and casual jackets with military and motorcycle-inspired cuts

Have fun finding these items in our Shop this month!

This month's Book Club read, *The Master Butchers Singing Club* by Louise Erdrich, is now available for purchase in the Shop.

Being Green



In order to allow other vegetation to flourish, Marsh Groundskeeper Dave Olson is diligent in his removal of buckthorn. With the assistance of a buckthorn removal device, he is able to pull it out by the root, which is the most effective form of buckthorn control.



Members' Corner...

- **Bloodmobile at The Marsh** - The bloodmobile will be at The Marsh on **Monday, August 9, 12:30 - 5:30 p.m.** *Schedule your donation time today - online at www.givebloodgivelife.org or at 952-935-2202.*
- **Did you forget something?** If you accidentally leave items at The Marsh, we put them with our Lost & Found collection. Items not claimed within a month are donated to a local charitable organization. Valuables are held for a longer period of time and may be claimed at the Front Desk.
- **Complimentary Compostable Cups:** We now have a supply of 14-ounce, corn-based, compostable cups by each of our water dispensers. Please continue to support our green initiative by bringing your water bottles, and if you forget, enjoy the use of a complimentary compostable cup.
- **Pool Closings:** Please be aware that our pools will be closed for cleaning during the following times.
Therapy Pool:
Monday, August 16 – Saturday, August 21
Lap Pool:
Monday, August 23 - Saturday, August 28
Please note the pools are closed on alternate weeks so that one is always available to you.
- Our **Fall Class Schedule** begins September 20. Printed schedules will be available in mid-August.
- **Labor Day Hours - September 6:** The Training Center and Pools will be open from 7:00 a.m. to 3:00 p.m. *The Shop, Spa, Restaurants and Kids Club will be closed.*

New Members...

- | | |
|-------------------|-------------------|
| Susan Bourgerie | Phyllis Richerson |
| Nicky Bredeson | McKenzie Sanders |
| Kenneth Dahlberg | Mike Schmitz |
| Kelly Dorsey | Cindy Schmitz |
| Lita Fike | Lynn Smith |
| Jim Hogg | Lee Sorensen |
| Gail Hogg | Karen Sorensen |
| Erv Kamn | Heather Stesin |
| Jenny Kamn | Susan Striker |
| Ingrid Lundegaard | Norrie Thomas |
| Judy Matheson | Theresa Walls |
| Helen McCormick | Marlea Warren |
| Skip Messenger | Karen Youso |
| James Nusbaum | Sheila Zimmerman |

AUGUST

2010

| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | |
|--|--|---|--|--|--|---|--|
| 1 <i>No Nia Today!</i> | 2 ∨ Cycling and Yoga for Foodshelf 9:15 a.m. | 3 Living with MS 5:30 - 8:00 p.m. | 4 ∨ Intro to Beginning Tai Chi and Qigong 10:15 a.m. | 5 ∨ Water Nia 9:30 a.m. Marsh Lite 6:30 p.m. <i>Pasta Night - 5:00 - 8:00 p.m.</i> | 6 <i>Try local vineyard wines</i> | 7 Marsh Runners 9:00 a.m. <i>Jazz Happy Hour with Benny Weinbeck 5:00 - 7:00 p.m.</i> <i>Prime Rib Special</i> | |
| 8 Aquababies and Aquatots 4:00 - 6:00 p.m. | 9 ∨ Cycling and Yoga for Foodshelf 9:15 a.m. ∨ Pilates Open Door 10:00 a.m. Bloodmobile 12:30 - 5:30 p.m. | 10 <i>No swimming lessons</i> Happy Feet Happy Hour 3:00 - 6:00 p.m. Growing Healthy Families: Don't Worry, Be Happy 6:00 - 8:00 p.m. | 11 Physical Therapy Workshop 1:00 - 2:00 p.m. <i>Team Marsh Training</i> Franklin Method Pelvic Bone Workshop 7:00 p.m. | 12 ∨ Water Nia 9:30 a.m. ∨ Intro to Flo Motion 10:30 a.m. Marsh Lite 6:30 p.m. <i>Pasta Night - 5:00 - 8:00 p.m.</i> | 13 <i>Try homemade sangria</i> <i>Fresh Catch Friday</i> | 14 Marsh Runners 9:00 a.m. <i>Jazz Happy Hour with Benny Weinbeck 5:00 - 7:00 p.m.</i> <i>Prime Rib Special</i> | |
| 15 Aquababies and Aquatots 4:00 - 6:00 p.m. | 16 <i>Bruce Dayton's 92nd Birthday!</i> ∨ Cycling and Yoga for Foodshelf 9:15 a.m. | 17 Happy Feet Happy Hour 3:00 - 6:00 p.m. ∨ Let's Talk Books 7:00 p.m. ∨ Images and Stories from the Yukon 7:00 p.m. | 18 <i>Team Marsh Training</i> Physical Therapy Workshop 1:00 - 2:00 p.m. ∨ MBSR Info Session 6:30 p.m. | 19 ∨ Water Nia 9:30 a.m. ∨ Intro to Cardio Bounce 9:30 a.m. Marsh Lite 6:30 p.m. <i>No Pasta Night</i> | 20 <i>Fresh Catch Friday</i> | 21 Marsh Runners 9 a.m. ∨ MBSR Info Session 9:30 a.m. ∨ Pilates Open Door 11 a.m. <i>Jazz Happy Hour with Benny Weinbeck 5:00 - 7:00 p.m.</i> <i>Prime Rib Special</i> | |
| 22 ∨ Family & Friends Intro to Body Pump 9:15 a.m. ∨ Intro to Yoga 5:00 p.m. Aquababies and Aquatots 4:00 - 6:00 p.m. | 23 ∨ Cycling and Yoga for Foodshelf 9:15 a.m. ∨ Intro to Body Pump 6:00 p.m. | 24 ∨ Let's Talk Books 1:00 p.m. Happy Feet Happy Hour 3:00 - 6:00 p.m. | 25 <i>Team Marsh Training</i> Physical Therapy Workshop 1:00 - 2:00 p.m. | 26 Marsh Lite 6:30 p.m. <i>Pasta Night - 5:00 - 8:00 p.m.</i> | 27 <i>Fresh Catch Friday</i> | 28 Marsh Runners 9:00 a.m. <i>Jazz Happy Hour with Benny Weinbeck 5:00 - 7:00 p.m.</i> <i>Prime Rib Special</i> | |
| 29 Aquababies and Aquatots 4:00 - 6:00 p.m. | 30 ∨ Cycling and Yoga for Foodshelf 9:15 a.m. | 31 Intro to Pilates begins 10:15 a.m. |  <p>15000 Minnetonka Blvd., Minnetonka, MN 55345 952-935-2202 • www.themarsh.com</p> | | | | <p>Upcoming Events...</p> <ul style="list-style-type: none"> • Lupus Walk for Hope - September 11 • Pilates Barre Class begins September 14 • Marsh Lite Fall Session begins September 16 • Children's Swim Lessons begin September 12 • Biometrics Information Session - September 20 |



Represents complimentary programs for members

Denotes special events that may affect parking

INSIDE THIS ISSUE:

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- *Living with MS*
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- *Relax for a Cause*

Coming in September...



Dr. Jason Reed is a private practice internist, working with the Abbott Northwestern system. He is a frequent recipient of *Mpls-St. Paul Magazine's Top Doctor's Award*. His practice, Specialists in Internal Medicine and Executive Health Care, is located on Abbott Northwestern's Minneapolis campus.

Relief Laser Therapy at The Marsh

Providing programs that help our clients manage and, if possible, alleviate chronic pain is a critical part of the work we do here at The Marsh. We already have a wide range of programs and services that can assist you in this area. Now we are excited to add one more.

Working with Jason Reed, M.D., a practicing internist and founding partner and medical director of Relief Laser, a laser therapy clinic on the Abbott Northwestern Hospital campus, we will introduce **Relief Laser Therapy at The Marsh** in September.

This non-invasive, integrative medical service helps enhance the body's natural ability to heal by energizing the cells. The treatments stimulate the response of your body's cells and tissues by increasing circulation and lymphatic flow and decreasing inflammation.

"We are so delighted to bring Relief Laser to The Marsh," said Reed. "The comprehensive menu of integrative health care services already available at this center is extraordinary and our cold laser therapy treatments offer yet another option for individuals addressing everything from joint and back pain to tendonitis to post-surgical rehabilitation. I can't imagine a better resource than The Marsh for individuals seeking a solution to pain."

Scheduling of laser therapy treatments at The Marsh will begin in September. Carey Mohan, a certified laser therapy technician with Relief Laser will deliver the service here on Tuesdays and Thursdays. *Appointments can be booked in the Spa, 952-935-8905.*

Save the Date!

Jason Reed, MD presents *Pain and Comfort*, an introduction to cold laser therapy for pain relief compared to mainstream methods, **Tuesday, September 21, 7:00 p.m.**
Complimentary to all.