



APRIL – JUNE 2018

COOKING *and* WELL-BEING CLASSES

at HEALTHEAST WAYS TO WELLNESS IN WOODBURY

Open to the public



healtheast.org

HealthEast 

Discover your WELL-POWER at Ways to Wellness and be the best YOU! Our expert staff is here to guide you whether you want to lose weight, improve your fitness, reduce your stress, or get a Jumpstart on improving your health and well-being. It's all about you, so get started today on your journey.

OUR INTEGRATIVE PROGRAMS INCLUDE*:

- Life Coaching
- Cooking Classes
- Personal Training
- Nutrition Consultations
- Chef Consultations
- Pilates Reformer
- Yoga & Meditation
- Group Fitness
- Physical Assessments
- Health Psychology*
- Massage
- Functional Nutrition

GET STARTED TODAY:

You can schedule a complimentary consultation to learn about our broad range of services, or simply book your cooking or well-being class today. 651-232-1926 or visit www.discoverw2w.org.

NEW! SAVE WITH COOKING CLASS "PACKS"

3-Pack of cooking classes: **\$138**
5-Pack of cooking classes: **\$199**
First time attendees save **\$20** with promo code "letscook!"

A MESSAGE FROM THE FOUNDER:



“ Nothing is more important than your personal health and well-being. It is my hope that Ways to Wellness can help you discover just how good you can feel and challenge you to step out of your comfort zone to try something new. Nothing inspires me more than having a client stop by my office to share their personal journey and what they have learned along the way. Come join our community. You won't regret feeling the Well-Power within you! ”

*With the exception of Health Psychology visits, services at Ways to Wellness are not covered by insurance, but you may be able to use your Health Savings Account (HSA) with a qualifying referral.

APRIL

INTRO TO FUNCTIONAL NUTRITION SEMINAR

Monday, April 2, 3:30 - 4:15 pm

Instructor: Lisa Hellem, RD, LD

Cost: FREE (Registration is required as space is limited)

Get healthy, lose weight, reduce pain, improve digestion, and increase your energy level! Find out what all the buzz is about with our new Functional Nutrition Program. At this seminar, we will explain how Functional Nutrition is different from common treatment plans, what you can expect and how to get started. Join one of our Registered Dietitians at The Kitchen Table for more information and a gut healing, anti-inflammatory treat.

PANNING THE GLOBE - SPAIN

Wednesday, April 4, 5 - 7 pm

Instructor: Jeremy Reinicke

Cost: \$59 per person

All Aboard! Get ready to experience authentic flavors and techniques used in kitchens around the world. In this series, we will get up close and personal with cuisine from all across the globe.

Menu: Valencian Paella with Chicken, Mussels and Spanish Chorizo; Gazpacho with Cucumber, Tomato and Red Onion; Albondigas en Salsa (Spanish meatballs in red sauce); Churros Con Chocolate (Spanish Pastry with Dark Chocolate)

ROCKIN' RAMEN

Friday, April 6, 6 - 8 pm

Instructor: Jeremy Reinicke

Cost: \$59 per person

This is not your “dorm room ramen noodles”. Real ramen takes a little time and devotion. Chef will get the broth started in the morning, and then we will break into groups and make three different renditions of ROCKIN' RAMEN!

Menu: Classic Japanese Ramen with Pork Belly, Poached Egg and Kimchi; Miso Ramen with Sashimi Salmon and Tuna, Snow Peas and Scallions; Ramen Salad with Enoki Mushrooms, Bean Sprouts and Bell Pepper

KITCHEN STADIUM- FOODIE FIGHT!

Wednesday, April 11, 6 - 8 pm

Instructor: Jeremy Reinicke

Cost: \$59 per person

Have you graduated from our “Master My Kitchen” program? Or maybe you’re comfortable in the kitchen and looking for a fun night out? Tonight we’re going to break into small groups and get to work showing off our culinary prowess. We will do some kitchen trivia to assign main ingredients and then you’ll have access to our kitchen’s pantry. Our chef will be your culinary coach and the rest is up to you. Don’t forget to keep your eye on the clock. When the timer rings, it’s time to plate!

Available Proteins: Chicken Breast, Flank Steak, Shrimp, Pork Loin

Blue indicates **COOKING CLASS**

Green indicates **KIDS COOKING CLASS**

Pink indicates **WELL-BEING CLASS**



Hand icon = Full Participation Cooking Class

All cooking classes have some element of participation.

Tasting pours of wine or beer available at most cooking classes.

TONIC: A SELF CARE SERIES TO INVIGORATE & STRENGTHEN

Thursdays: April 5, 12, 19, 26, May 3 & 10, 8 - 9:30 am

Led by: Lisa Somerville, Certified Life Coach + Yoga & Meditation Instructor

Cost: \$250 per person

Here is your opportunity to refuel! In this restorative group series, we will bring you a variety of mind-body practices designed to promote a sense of calm, joy, connection and inner strength. A few of the practices you will explore are moving meditation, guided imagery and mindfulness.

SPRING RENEWAL MINI-RETREAT

Thursday, April 12, 4 - 6 pm

Led by: Emily Kline & Lisa Somerville, Certified Life Coaches + Yoga & Meditation Instructors

Cost: \$59 per person

Spring is for new beginnings – a natural opportunity for renewal and growth! Join us for two hours of self-care with nourishing hand treatments, fresh cold-pressed juices, a “season of growth” coaching experience and gentle yoga + meditation to open and awaken the mind, body and heart. MOVE – RENEW – GROW

INTRO TO LIFE COACHING

Tuesday, April 17, 12 - 12:30 pm

Led by: Lisa Somerville,

National Board Certified Life Coach

Cost: FREE – registration is required

What IS Life Coaching all about? We are here to answer your questions and help you discover if Life Coaching is for you. You will learn about what life coaching is, and what life coaching is not. We will explore what happens during a life coaching session & learn how various life coaching techniques such as visioning, perspective and inner critic can transform how you approach stress and move you forward towards your goals.

MASTER MY KITCHEN – 8 PART COOKING COURSE

Develop cooking skills to create lifelong habits for yourself and your family. Take command of your kitchen!

Tuesdays and Thursdays: April 17, 19, 24, 26 &

May 1, 3, 8, 10

Time: 5 - 7 pm

Instructors: Beth Dierkhising, RD, LD, and Chef Jeremy Reinicke

Cost: \$349 for all 8 classes

Food for Thought: April 17, 5 - 7 pm

Break down the differences between whole and convenience foods with the Dietitian. We will discuss macronutrients and the role they play in our bodies.

Menu: Arugula Salad with Sweet Corn and Avocado

“Convenient” Cooking: April 19, 5 - 7 pm

How much time are you saving by making boxed, canned, bagged and frozen meals? And what’s really in them anyway? We’re going to do a side-by-side comparison of prepackaged meals vs. their scratch cooked competitors. You will taste the difference and a Dietitian will explain their nutritional differences.

Menu: Boxed Mac-n-Cheese, Bagged Rice, Boxed Hamburger Casserole vs. Scratch Cooked

Planning and Prepping: April 24, 5 - 7 pm

Learn recipe reading, common abbreviations, substitutions and conversions. The Dietitian and Chef will show you how to take the stress out of meal planning and get you in and out of the supermarket. Planning and prepping skills will put dinner on the table in a snap.

Introduction to Basic Kitchen Skills: April 26, 5 - 7 pm

A solid understanding of the basics can transform your kitchen into a fun and inviting place. Advance your knife skills, handling and maintenance. Measuring and proper cooking temperatures will also be discussed.

Menu: Buttermilk Ranch, Classic Hummus, Greek Cucumber Sauce, Pico De Gallo

Foundation of Flavor: May 1, 5 - 7 pm

Herbs, spices and seasonings are pretty much the same thing, right? Wrong! In this session, we will explore the wonderful world of flavor. We will also discuss oils and vinegars, brines and marinades and how they can be used most effectively.

Menu: Sautéed Pork Loin with Asparagus and a Mixed Green Salad

Classic Cooking Techniques: May 3, 5 - 7 pm

What does it mean to grill, fry, sauté, roast, poach, braise and poêler? In this class, you will learn about these seven classic cooking techniques and how to best utilize them in your kitchen.

Menu: Braised Chicken, Sautéed Asparagus and Red Bell Peppers, Poached Egg, Grilled Zucchini

Fresh off the Farm: May 8, 5 - 7 pm

Variety is the spice of life! But it is also the key to balanced nutrition especially when it comes to fruits and veggies. Chef will grab an armful of fresh, nutritious and seasonal veggies and show you how to apply the appropriate cooking technique to make those veggies all they can be!

Protein Powerhouse: May 10, 5 - 7 pm

Properly cooking, resting and carving meat is important for flavor, texture and overall enjoyment. But this is more than just a meat class! We will also be exploring seeds, nuts, grains and legumes as important sources of proteins.

Menu: Mixed Green Salad with Quinoa, Tomato and Cucumber; Filet Mignon; Halibut; Red Beans and Rice

BOY MEATS GRILL 

Friday, April 20, 6 - 8 pm

Instructor: Jeremy Reinicke

Cost: \$59 per person

Let's get outside and polish up your grilling skills while getting up close and personal with protein! Grilling is a quick cooking technique and allows you to develop deep satisfying flavor without using additional undesirable fats.

Menu: Pork Medallions with Grilled Pineapple Chutney; Grilled NY Strip Steaks with Bleu Cheese and Chive Compound Butter; Sweet and Spicy BBQ Chicken Wings; Fresh-Ground Mini Burgers with Bacon and Cheddar

MAY

YOGA FLOW AND A CRAFT FLIGHT

Friday, May 4, 5 - 6:30 pm

Instructor: Justin Julson

Cost: \$49 per person

Come ready to loosen-up those tense muscles and relieve built-up stress. Justin will guide you through posture restoring poses that will help you feel replenished and ready for your weekend. After our yoga session we will head into the kitchen to enjoy healthy snacks and experience some local brews.

**MEDITATION SAMPLER:
WHAT IS YOUR TYPE?**

Monday, May 7, 4 - 5 pm

**Instructor: Lisa Somerville, Certified Life Coach +
Yoga & Meditation Instructor**

Cost: \$25 per person

There are many different types of meditation to choose from making it difficult to know where to start. Join us to experience different types of meditation so that you can pick the ones that work best for your needs in your life right now. We will sample chakra, mantra, yantra and guided meditations.

PRO-APPROACH TO MEAL PLANNING 

Wednesday, May 9, 11 am - 1 pm

Instructor: Jeremy Reinicke

Cost: \$59 per person

Don't start from scratch every day! Don't eat the same thing every day either. Make one meal and reinvent it throughout your week. This will save time and money!

Menu: Chicken Piccata with Capers and Shallot on Gluten Free Pasta; Honey Glazed Chicken with Red Pepper, Broccoli and Chives; Chicken Teriyaki with Pineapple, Onion and Bell Pepper

INTRO TO LIFE COACHING

Thursday, May 10, 5 - 5:30 pm

Led by: Emily Kline, Certified Life Coach

Cost: **FREE** – registration is required

What is Life Coaching all about? We are here to answer your questions and help you discover if Life Coaching is for you. You will learn about what life coaching is, and what life coaching is not. We will explore what happens during a life coaching session & learn how various life coaching techniques such as visioning, perspective and inner critic can transform how you approach stress to move you forward towards your goals.

MAKING MOMMA BRUNCH

Friday, May 11, 6 - 8 pm

Instructor: Jeremy Reinicke

Cost: **\$59 per person**

This one is for all of you that want to make that special lady a Mother's Day treat she will never forget. Join us in the kitchen to learn how to put on an incredible Mother's Day Brunch that will have her asking, "How'd you do that?"

Menu: Classic Eggs Benedict with Handmade Hollandaise; Mini Quiches with Spinach, Broccoli and Bacon; Granola Cups with Greek Yogurt and Fresh Berries; Gluten-Free Bread Pudding with Strawberry and Pecan

SENSATIONAL SUSHI!

Tuesday, May 15, 6 - 8 pm

Instructor: Jeremy Reinicke

Cost: **\$59**

Learn all about the foundations of great sushi. We will cover common sushi terminology, how to make the perfect sushi rice, slice the fish and proper rolling (maki) and shaping (nigiri) techniques.

Menu: Salmon and Tuna Nigiri; Cucumber Roll; Spicy Tuna and Rainbow Rolls.

KITCHEN HACKS

Wednesday, May 16, 11 am – 1 pm

Instructor: Jeremy Reinicke

Cost: **\$59 per person**

Can you soften butter without melting it? Is that egg really fresh? Is this steak done? Learn how to answer these questions and many more kitchen tricks to make meal prep fast and enjoyable, all while dirtying as few dishes as possible.

Menu: Flank Steak Salad with Sweet Corn, Black Beans and Arugula; Chicken Cobb with Tomato, Avocado and Bacon

INTRO TO FUNCTIONAL NUTRITION SEMINAR

Wednesday, May 16, 4 - 4:45 pm

Instructor: Megan Green, RD, LD

Cost: **FREE** (Registration is required as space is limited)

Get healthy, lose weight, reduce pain, improve digestion, and increase your energy level! Find out what all the buzz is about with our new Functional Nutrition Program. At this seminar, we will explain how Functional Nutrition is different from common treatment plans, what you can expect and how to get started. Join one of our Registered Dietitians at The Kitchen Table for more information and a gut healing, anti-inflammatory treat.

CULINARY RX – FOR WEIGHT LOSS

Wednesday, May 23, 5 - 7 pm

Instructor: Jeremy Reinicke

Cost: **\$59 per person**

Hippocrates is considered the father of modern medicine. One of his most famous quotes is "Let food be thy medicine, and medicine be thy food." Join us as we dispel the myth that healthy food must be bland and flavorless.

Menu: Pecan Crusted Fillet of Walleye with Coconut Quinoa; Edamame Puree and Grilled Asparagus

CHILLIN' WITH MY GRILL **Thursday, May 24, 6 - 8 pm****Instructor: Jeremy Reinicke****Cost: \$59 per person**

There may still be a bit of a chill in the air but we're cranking the heat up to high to make these trendy and totally portable summer dishes.

Menu: Grilled Marinated Vegetable Skewers with Charmoula Aioli; Pork Saltimboca Skewers; Chicken Pinchos with Mojo Verde and Lemon Aioli; Beef and Chorizo Sliders with Cheddar and Preserved Red Onion

FRIDAY NIGHT BITES – MEMORIAL DAY BASH!!! **Friday, May 25, 5 - 7 pm****Instructor: Jeremy Reinicke****Cost: \$59 per person**

Here in Minnesota, Memorial Day marks the beginning of warm weather, rooftop patios and weekends at the cabin. We're here to inspire you to keep the cabin cuisine fresh and flavorful all season long.

Menu: Walleye Tacos with Lemon Aioli and Shaved Purple Cabbage; BLTA Chicken Salad Lettuce Wraps with Greek Yogurt and Dill; Bourbon BBQ Chicken and Veggie Grill Packs

QUE SYRAH SHIRAZ **Wednesday, May 30, 5 - 7 pm****Instructor: Jeremy Reinicke****Cost: \$59 per person**

Tonight we will be enjoying some dangerously good Australian inspired dishes. And we couldn't explore Australia without paying tribute to Australia's most prolific varietal. Shiraz! Wine pairing experience included.

Menu: Macadamia Crusted Barramundi with Charred Orange and Mixed Green Salad; Sticky Pork Ribs with Port Wine and Plum Sauce and Roasted Potato Wedges; Shepherd's Pie with Sweet Peas, Okra and Green Beans

JUNE

CULINARY RX – FOR CARDIAC WELLNESS**Friday, June 8, 11 am - 1 pm****Instructor: Jeremy Reinicke****Cost: \$59 per person**

Hippocrates is considered the father of modern medicine. One of his most famous quotes is "Let food be thy medicine, and medicine be thy food." Join us as we dispel the myth that heart healthy food must be bland and flavorless.

Menu: Watermelon and Cucumber Salad with Shaved Red Onion, Almonds and Mint; Sweet Potato and Black Bean Burger with Tomato, Avocado and Sprouts

FRIDAY NIGHT BITES – BRISKETS AND BREWS! **Friday, June 8, 5 - 7 pm****Instructor: Justin Julson and Jeremy Reinicke****Cost: \$59 per person**

Think you can handle this explosion of aromas and flavors? For this class we will be learning all about southern-inspired smoked brisket and the side dishes that would have a true southerner lining up for seconds. And of course, we'll be pairing a few refreshing summer beers from local brewers.

Menu: Smoked Brisket; Crispy Coleslaw with Carrot and Jicama; Gluten-Free Cornbread; Kale Salad with Green Bean and Sweet Potato; Low-Sugar Rhubarb Crisp with Strawberry

30 MINUTE MEALS – SOUTHWESTERN STYLE**Tuesday, June 12, 6 - 8 pm****Instructor: Jeremy Reinicke****Cost: \$59**

Save time and stress in 30 minutes or less! Two from-scratch crowd pleasing meals made fast and easy.

Menu: Shredded Chicken Enchiladas with Cilantro and Red Onion; Chilaquiles with Mexican Crema, Avocado and Lime

MEAL PLANNING AND PREP FOR WEIGHT LOSS

Wednesday, June 13, 11 am - 1 pm

Instructor: Jeremy Reinicke

Cost: \$59 per person

A little preparation can go a long way towards helping us reach our weight loss goals. These quick and easy lunches will give you the boost you need to power through your day.

Menu: Roasted Chicken Caprese with Tomato, Fresh Mozzarella, Basil and Aged Balsamic; Chicken Carbonara with Zucchini Noodles and Broccoli; Asian Chicken with Cilantro, Lemongrass and Grilled Napa Slaw

CULINARY RX – FOR DIGESTIVE HEALTH

Thursday, June 14, 5 - 7 pm

Instructor: Jeremy Reinicke

Cost: \$59 per person

Hippocrates is considered the father of modern medicine. One of his most famous quotes is “Let food be thy medicine, and medicine be thy food.” Join us as we dispel the myth that healthy food must be bland and flavorless.

Menu: Blueberry Strawberry and Mango Smoothie with Chia; Turkey and Quinoa Stuffed Bell Pepper with Sweet Pepper Coulis; Minted Ginger Tea with Lemon

INTRODUCTION TO THE 7 CHAKRAS

Monday, June 18, 5 - 6 pm

Led by: Lisa Somerville, Certified Life Coach +
Yoga & Meditation Instructor

Cost: \$25 per person

Learn how the seven Chakras (the energy centers of the body) play a vital role in your physical and emotional health. Blocked energy in our Chakras can lead to imbalances and illness. Open each Chakra one-by-one through gentle yoga poses and leave with a brief Chakra and exercise guide. Please dress in comfortable clothing so you can move easily.

PANNING THE GLOBE – INDONESIA

Wednesday, June 20, 5 - 7 pm

Instructor: Jeremy Reinicke

Cost: \$59 per person

All Aboard! Get ready to experience authentic flavors and techniques used in kitchens around the world. Spice up your family’s dinnertime by getting up close and personal with cuisine from all across the globe.

Menu: Indonesian Fried Rice with Prawns and Sweet Chili Sauce (Prawn Nasi Goreng); Indonesian Curried Cabbage with Ground Beef and Mango Chutney; Sweet and Spicy Pork Satay with Wok Fried Pea Pods and Bell Peppers; Rendang Chicken Curry with Coconut, Tamarind and Fresh Turmeric Root

SUMMER SOLSTICE: RHYTHM & YOGA FLOW

Thursday, June 21, 12 - 12:30 pm Led by Lisa Somerville

Thursday, June 21, 4:30 - 5 pm Led by Emily Kline

Cost: FREE, registration is required

Join us in celebrating the longest day of the year and the best of the summer season with a complimentary yoga class.

FRIDAY NIGHT BITES – 4TH OF JULY BBQ

Friday, June 22, 6 - 8 pm

Instructor: Jeremy Reinicke

Cost: \$59 per person

The 4th of July is a few days away, but we are shooting off fireworks of flavor in the kitchen tonight!

Menu: Szechuan and Rosemary Hanger Steak with Barbequed Potatoes and Chive Crème Fraiche; Quick BBQ Sticky Ribs with Maple Bacon BBQ Beans; Grilled Chicken Skewers with Zucchini and Cherry Tomato; Red, White and Blue Berry Fruit Pizza

TEASPOONS FOR TOTS – SUMMER KIDS CAMP *AGES 7 AND UP

Tuesday and Wednesday, June 26 and 27,
10 am – 12 pm

Instructor: Jeremy Reinicke

Cost: \$75 per kiddo

Some kids are picky eaters. Some will only eat mac-n-cheese and pizza. And still others are adventurous eaters that will eat oysters, morels and foie gras. Regardless of your little tykes tastes, make this Summer memorable by enrolling them in this two-day skill building kids camp.

Day One: Cowboy Breakfast Skillet with Sausage, Egg and Avocado; Gluten Free Mac-n-Cheese with Grilled Chicken and Broccoli

Day Two: Fresh Ground Mini Burgers with Cheese; Grilled Veggie Quesadillas; Mini Chicken Pot Pies with Carrots and Sweet Peas

I GOT THE “BREWS”

Thursday, June 28, 6 - 8 pm

Instructor: Jeremy Reinicke

Cost: \$59 per person

We are cranking up the volume tonight! The “playlist” is

loaded with blues tunes and dishes from the home of the blues, the Deep South. A few craft beer pours will harmonize with the food and make this evening one to remember!

Menu: Buttermilk Biscuits and Sausage Gravy; New Orleans BBQ Shrimp-n-Grits; Memphis Style BBQ Chicken with Cajun Potato Salad; Chicken and Andouille Gumbo with Cornbread

MORE INFORMATION ON KIDS COOKING CLASSES:

*The Cook Well for Kids classes are for children ages 7 and up. Parents are welcome to stay and observe in the dining room or even jump in and assist their “little chef” as needed. Tastings will only be provided to parents if there are leftovers available.

HOW TO REGISTER

LOCATION:

HealthEast Ways to Wellness
1825 Woodwinds Drive, Woodbury, MN 55125

REGISTRATION:

Available online at www.healtheast.org/wellnessrsvp, prepayment required for all classes.

PHONE:

651.232.1926

EMAIL:

waystowellness@healtheast.org

WEBSITE:

discoverw2w.org

CANCELLATION POLICIES:

Well-being Classes may be cancelled prior to 72 hours of class for a full refund or Ways to Wellness credit. Well-being classes cancelled with less than 72 hours notice will be lost.

Cooking Classes are non-refundable. Cooking classes can be cancelled greater than one week in advance for credit towards a future class. Cooking classes cancelled with less than seven days notice will be lost (due to advance preparation and purchasing). If Ways to Wellness cancels a class, a full refund will be given.

Weather: Generally, Ways to Wellness does not cancel classes due to weather. Please plan ahead if your preference is to not drive in inclement conditions.

**If you are a HealthEast Employee and you wish to enroll yourself in a class, please fill out a Wellness Dollar Agreement Form, found on the Infonet (Click on Employee Tools, then select Wellness Opportunities). This will be both your payment and registration. Wellness Dollars are non-transferable.

MEET OUR TEAM

Our team includes registered dietitians, certified personal trainers, life coaches, as well as a chef and a psychologist. We're experts in nutrition and weight management, corrective exercise and fitness training, and lifestyle and behavioral change. This unique skill set allows us to treat each client as a whole person. We're passionate about helping people achieve their personal well-being goals, and we can't wait to work with you.



JEREMY REINICKE

Jeremy takes a “back to the basics” approach to cooking whole and fresh foods, focusing on using the best available, locally grown ingredients whenever possible. He has always been passionate about great food and loves helping others take command of their own kitchens. Jeremy received his Associate of Applied Science degree from Le Cordon Bleu College of Culinary Arts.



LISA HELLEM

Lisa enjoys guiding clients to implement a real food way of living on a consistent basis. Her approachable and positive style helps empower clients. She strives for each client to experience the impact that healthy food and regular activity have on health, energy and quality of life. Lisa has a Bachelor of Arts degree in dietetics and is a registered licensed dietitian and certified personal trainer (NSCA).



JUSTIN JULSON

Justin is passionate about helping others reach their full potential in the gym and in life. He specializes in sports performance, full-body mobility, strength training and weight management. Justin believes in a holistic approach consisting of whole, natural foods; stress reduction; periodized training; and spirituality. Justin is a certified strength and conditioning specialist (NSCA) and a certified health and wellness coach (Wellcoaches)



BETH DIERKHISING

Beth has a strong passion to help her clients achieve their personal wellness goals, and her warm personality allows them to feel at ease and develop the strong rapport needed to work together and accomplish positive change. Beth believes that laughter and a fun attitude is important along the journey and she reflects this in her work. She likes using restorative exercise, which is at the heart of her Pilates reformer training, and she shares her passion for eating a nutritious and balanced diet with her clients. Beth earned her Bachelor of Science in dietetics.



EMILY KLINE

Emily helps people take an integrative approach to wellness. In addressing the mind, body and spirit, people are able to clarify their highest values and priorities, so they can begin to make meaningful and sustainable lifestyle changes. Emily is available to support people in any area that is impacting their health and wellbeing, such as work/life balance, stress management, relationships and weight loss. Emily is also available for one-on-one yoga and mindfulness meditation sessions. Emily completed professional training and certification in integrative health coaching from Duke Integrative Medicine at Duke University, and she is a certified Yoga Alliance teacher.



MEGAN GREEN

Megan is truly passionate about helping each person figure out what it means for them to achieve optimal health and to feel their absolute best. She believes learning new ways to take care of yourself should be an enjoyable process. Megan likes helping clients make simple changes to their well-being that add up to a big difference in how they feel. Megan has a Bachelor of Science in dietetics and is a registered dietitian, certified personal trainer (ACE), and STOTT Pilates instructor Level 1.



LISA SOMERVILLE

As a health and wellness coach, Lisa works collaboratively with clients to tap into their innate ability to heal themselves and live a life that is full of joy, optimism and true happiness. She supports each client with a genuine sense of curiosity and provides opportunity for self-exploration. Lisa has a strong interest in self-compassion and mindfulness, including meditation and yoga, and is available for one-on-one sessions. Lisa holds a Bachelor of Science in health promotion/wellness and health education, and is a National Board Certified Health & Wellness Coach by the International Consortium for Health & Wellness Coaching. She is trained in YogaFit Level 1, Chakras, Kids and Mindfulness Meditation, and MBSR: Mindfulness-Based Stress Reduction Program.



OPTIMAL HEALTH *and* WELL-BEING

For more information on additional HealthEast services:

healtheast.org | 651-326-CARE (2273)

