

BIRKGROVE.COM



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BIRK GROVE Life Centre

NEWS

DECEMBER



2009



HOLIDAY GIFT CERTIFICATES
MASSAGE PACKAGES
OR
SINGLE SESSIONS
MAKE WONDERFUL GIFTS
FOR THE WOMAN WITH
FIBROMYALGIA

MASSAGE



Birk Grove Life Centre would like to announce that **Deborah McCullough, PT** will be serving as our Supervising Physical Therapist in our Physical Therapy Department. She has her Master's Degree from Hahnemann University in Philadelphia, PA and is an Instructor for the Physical Therapist Assistant Program at WKTC.

PHYSICAL THERAPY

Our goal is to teach you a variety of stretches, exercises and techniques to manage your symptoms of fibromyalgia "for the rest of your life."

STRETCH CLASS

will be returning
December 9th
11:30 in the PT gym
on Wednesdays.

GIFT CERTIFICATES AVAILABLE

We are offering group classes in Dec that are both educational and supportive. Topics include relaxation, stress management, and coping with Fibromyalgia. **Shelby Kneer, LCSW** will host these sessions. Most insurance plans cover group therapy.

Dec 3rd, 17th, 22nd and 29th

2:30 in the Relaxation Room

Emotional Wellness

Dark Chocolate Takes a Bite Out of Stress

Researchers say dark chocolate may lower stress hormones. They found that eating the equivalent of one average sized dark chocolate candy bar (1.4 oz) each day for two weeks reduced levels of the stress hormone cortisol as well as the "fight or flight" hormones in highly stressed people. There are also many recently discovered potential health benefits of dark chocolate such as high levels of antioxidants. Other compounds in the dark chocolate are also being looked at to offer benefits such as improved insulin sensitivity, reduced blood pressure and improved mood. Remember, dark chocolate does contain calories, so don't overindulge. But go ahead and treat yourself to this sweet and satisfying candy!

DIGESTIVE HEALTH

25% OFF
BIRK GROVE SUPPLEMENTS



MARK YOUR CALENDARS

Community Support Group Meeting
6:00 pm December 17th