



Butternut
Squash
Soup

Check out this recipe from Jenny!



November 2024



Black Friday Sale
50% ALL online courses!
Please reach out for the discount code!



- Somatic check-in with EFT/Tapping
- Basics of Manifestation
- Starting and Sustaining a Ketogenic Diet

Events & Workshops

12/6 Advanced Care Planning @ SWMI Health Matters at 12

1/7 Healthcare Provider Support Group @ SWMI Health Matters or virtual at 7:30 PM

TBA Manifesting the New Year Workshop w. Jenny Opdycke

Walking Mantras

A form of walking meditation, this is a micro-practice that can be implemented in one's everyday life for as long or short as needed.

- ◇ Start by standing with your feet hip width apart and hands by your sides or however is most comfortable for you.
 - Take a deep breath. Say to out loud or to yourself:
"I am here, right now, in this present moment"
 - Begin walking and with each step forward, state a short mantra. This could look like:

"I am safe. I am grounded. I am loved. I am worthy. I trust myself. I am strong. I am capable. I am connected. I am protected."

This type of meditation is especially helpful for anxiety & overwhelm.

Michigan Fall Wellness

- Spices with anti-inflammatory properties:
 - ✓ Cinnamon
 - ✓ Ginger
 - ✓ Turmeric
- Fall produce:
 - ✓ Pumpkin & squash
 - ✓ Sweet potatoes & rutabaga
 - ✓ Brussel Sprouts & cabbage
 - ✓ Apples & carrots



- Stay moving!
 - Connect with nature on a fall walk
- Take your vitamins!
 - Vitamin D – building block for bones
 - Probiotics – gut health



FREE Community Event

SHATTERING THE SILENCE ON MENOPAUSE

Wondering what this season of life means for you and people in your life or practice? Enjoy a film and engage in dialogue with caregivers and perinatal professionals in Kalamazoo and Portage.

Facilitated discussion to follow.*
*NOTE: not intended as individual medical advice

December 3rd, 2024 | 7:00pm
New Seasons Physical Therapy & Wellness
801 W. Kilgore Road Suite 6
Kalamazoo, MI 49008

RSVP to connect@birthingexpectations.com

Is there a topic that you're interested in that has not been talked about? Please email info@swmihealthmatters.com with your ideas or questions! We love hearing from you!!