



Beef  
Pot  
Roast



January 2025



Check out this recipe from Jenny!

*"The journey of a thousand miles begins with a single step." — Lao Tzu*

### Events & Workshops

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

1/11 Manifesting the New Year Workshop w. Jenny Opdycke @ SWMI Health Matters from 2 PM – 4 PM

1/21 Loving Corrections: Personal and Collective Growth @ Kalamazoo Public Library from 9:30 AM – 12:30 PM

### Stepping into the New Year Yoga Flow

Find free tutorials for all poses on Youtube: Yoga With Adriene!

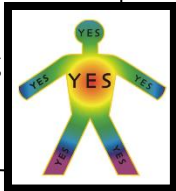


- Childs Pose (Balasana)
- Cat-Cow (Marjaryasana-Bitilasana)
- Downward Dog (Adho Mukha Svanasana)
- Forward Fold (Uttanasana)
- Mountain Pose (Tadasana)
- Warrior I (Virabhadrasana I)
- Tree Pose (Vrksasana)
- Seated Forward Fold (Paschimottanasana)
- Final Relaxation (Savasana)

As you flow through these poses, continue to return to your breath. Each inhale is an opportunity to embrace new energy, and each exhale can be a release of old patterns. This can help you align your intentions with your body and mind, making the New Year feel like a fresh start!

### Supporting New Year's Resolutions

- Mindful Goal Setting
  - ✓ Reflect deeply on what you'd like to achieve this year
- Mind-Body Connection
  - ✓ Looking for the "full body YES"
- Mental & Emotional Support
  - ✓ Self-compassion or a few friends/family members who you can trust
- Spiritual Wellness
  - ✓ Gratitude, meditation, mindfulness, connection to highest self/power
- Sustainable Practices
  - ✓ Attainability & celebrating progress



### FREE Community Event



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