

# 2012 Calendar of Events

## 45 PROVINCE workshops by exhale

**February 15**  
**Where's the Green?**  
**Moving towards a**  
**plant-based diet**

Hundreds of scientific studies and books over decades, and a handful of recent compelling documentaries, are calling for us to question our consumption of animal products and move towards a plant-based diet. Join us for a casual discussion of the merits of this shift and what it might mean to you and your household to make dietary changes in this direction. If you are ready for action, you will finish the evening with at least one clear personal goal to move you in the right direction.

**May 23**  
**Healing with**  
**Acupuncture**

Join our acupuncturist Jillian Sobo for a discussion on how the 5,000 year old system of healing, acupuncture can help you to attain a sustainable transformation of wellbeing in all areas of your life. Acupuncture excels at integrating the body, mind, and spirit to promote health and balance. We will delve into methods to increase immunity and guard against colds using acupressure, foods, and home remedies. Each participant will leave with a sense of inner peace.

**September 12**  
**Cooking Quickies**

Home cooked meals don't have to be elaborate and they don't have to take a lot of time. With a little planning and help from one of our nutrition experts, home cooked meals are an option. In this workshop you will learn basic meal planning techniques, grocery shopping tips, and some popular quick and healthy recipes. Preparing and eating meals at home is an important step towards eating healthy. Get the tips you need to begin cooking quick, nutritious meals at home.

**November 28**  
**Core Fusion + Yoga:**  
**Converging paths**  
**to wellness**

Join Denise Griffin Crowe, Mindy Body Manager and Senior Core Fusion teacher and trainer, for a lecture that explains how these two methods of exercise compliment each other and transform your body and mind from the inside out. Core Fusion and Yoga integrate movements to tone and shape the body with meditative practices to center the mind. Explore the benefits you will experience aesthetically and physiologically from a consistent practice in both methods.

**Please contact your 45 PROVINCE wellbeing concierge at 617.532.7021 with questions concerning any of these programs. Please call to confirm times and dates since the schedule is subject to change.**