

## WEDNESDAY MAY 20

### 8AM-3:30PM: Financial Check-Ups

**RTN Federal Credit Union**  
100 Macy Street

Bring in your IRA and Investment Statements for Michael Beck CFP to examine & let you know if you are on the right track to financial well-being, or ask questions regarding Trust and Estate Planning.

### 12:15PM: Cycle 101 Express

**The Inner Cycle**  
69 Haverhill Road

Take your lunch break to spend 45 minutes lost in the ride. This class will cover some of the basics and give you a chance to ask questions. Online registration is required, visit [www.innercyclestudio.com](http://www.innercyclestudio.com).

### 2-7PM: Amesbury Community Blood Drive

**America Red Cross @ Sparhawk Theatre & Center for the Arts Auditorium**  
196 Main Street

The need is constant. The gratification is instant. Give blood.™ For an appointment please call 1-800-RED-CROSS (733-2767) or visit [red-crossblood.org](http://red-crossblood.org).

### 6PM: Financial Well-Being—Money and Emotion

**Danielle Holmes of Dolan Financial Services**  
108 Main Street

How does your relationship to money affect your health and well-being? Join us for a positive, proactive discussion.



**Check Out This Schedule!!**

## ONGOING SPECIALS

May 15-20

### Amesbury Council on Aging

68 Elm Street

There are a variety of free and low cost exercise and art classes available at the Senior Community Center. For more information visit our table at the Health Fair.

### Bucciarelli's Butcher Shop & Deli

147 Bridge Road  
Salisbury, MA 01952

Sign up for our meal planning challenge at the Health Fair. Participate for the duration of the Week of Wellness and be entered to win great prizes!

### Hair Company K

134 Main Street  
\$15 Blowouts

Take the time for some self care. This special is based on availability & mention of Week of Wellness.

### Ristorante Molise

1 Market Square

Enjoy complimentary fresh fruit with your meal. An Italian tradition!

### The Ale House

33 Main Street

We're happy to offer these specials showcasing locally sourced and refreshing ingredients.

- ◆ Caprese Salad
- ◆ Summer Shrimp Salad
- ◆ Jerk Chicken

## HEALTH FAIR & FARMERS MARKET

Saturday May 16, 10-2pm

Adult Foster Care  
American Red Cross  
Amesbury Animal Hospital  
Amesbury Council on Aging  
Amesbury Fire Department  
Amesbury Lions Club  
Amesbury Police Department  
Anna Jaques Hospital  
Arete Rehabilitation  
Atria Merrimack Place  
Bracken School of Irish Dance  
CrossFit Amesbury  
Erica Haak Massage Therapist  
Guaranteed Fitness & Bodyworks  
In Good Hands Therapeutic Massage  
Jeanne Geiger Crisis Center  
Juice Plus with Kate Blaine  
Merrimack Valley Health Center  
Next Step Living Inc.  
No Negativity  
Northern Essex Community College  
Pause Yoga

Paws Pet Boutique  
Planet Fitness  
Portsmouth Foot and Ankle  
Precision Chiropractic  
Relay for Life  
Rivers of Wellness Acupuncture  
Seabrook Chiropractic and  
Rehabilitation Center LLC  
Seventh Day Adventist Church  
Spa Tech  
The Home Care Connection  
The Inner Cycle  
The True Joy of Healing  
Young Living Essential Oils

### Farms & Food

Bucciarelli's Butcher Shop & Deli  
Middle Earth Farm  
Products by Reid  
R.E. Kimball Co., Inc.  
The Farm at Eastman's Corner  
Wolf Meadow Farm LLC

City Hall Parking Lot  62 Friend Street

*Rain: City Hall Auditorium*

# WEEK OF WELLNESS

May 15-20

2015



Sponsored  
By



ANNA JAQUES HOSPITAL

Spring into a season of health with the support of our members. Join us for a week full of events designed for you to try a new therapeutic practice, take a deep breath, examine your behaviors, pick up a new hobby, or just consciously engage in your preferred stress reliever.

**See inside for full details!**

Questions? Call 978-388-3178 or visit [www.amesburychamber.com](http://www.amesburychamber.com)

**Unless otherwise noted in the description these programs are complimentary and no registration is required. We hope you will attend as your schedule allows.**



## FRIDAY MAY 15

### **4PM: Kick Off Market Square**

Find the Chamber staff, volunteers, Board Members and others in Market Square kicking off the Week of Wellness with burpees, jumping jacks, and more!

### **5PM: Maple Syrup Station Flatbread Pizza Company 5 Market Square**

Our local maple syrup supplier, Hemlock Hollow Farm, will teach us about this alternative to sugar as an all natural sweetener. Yum!

### **7- 9PM: Restorative Yoga Pause Yoga 36 Main Street**

Join this extended restorative yoga class, including guided meditation, hands-on assists & extended sivasana. Pre-registration \$20 advance/\$25 walk-in/membership +\$5.

## SATURDAY MAY 16

### **9AM-12PM: Art Supply Yard Sale Cedar Street Studios 14 Cedar Street**

Visit us in the main lobby where our artists will be selling some of their unused or surplus art supplies. Creative expression is an incredible thing. Let us help you get started!

### **10AM-2PM: Health Fair/Farmers Market City Hall Parking Lot 62 Friend Street**

See reverse side for a full list of participants and rain location.

### **10AM-2PM: Nail Trim Paws Pet Boutique 106 Main Street**

Be sure your pet is taken care of too! Bring your furry friend to the store today for a nail trim, \$10, no appointment necessary.

### **2PM: Art: Is It Good for Your Health? Blue Wave Art Gallery 52 Main Street**

Many scientists agree that the arts can help reduce stress and anxiety, improve well-being and enhance the way we fight infection. This 1-hour lecture will explore how art can affect your well-being.

### **3-7PM: Open House Window Woman of New England 44 Elm Street**

A healthy home should not be overlooked. Learn more from Alison and her team about how to save energy, money and history by restoring not replacing.

## SUNDAY MAY 17

### **9:30-10:15AM: Kids Bootcamp Guaranteed Fitness & Bodyworks 18 Millyard, Unit #2**

Bring your towel and water for 45 minutes of fun fitness for kids ages 6-8. Kids, bring your parents and show 'em how it's done!

### **11AM-3PM: Open House Amesbury Animal Hospital 277 Elm Street**

We are proud to open the doors of our new facility where we can happily provide for your pet. Non-perishable donations accepted for the Greater Newbury Elder Pet Fund or Our Neighbors Table.

### **3-4PM: Relax & Paint BrushStrokes & GrapeVines 19 Elm Street**

Enjoy learning something new, maybe a hobby for life. Jeanette will instruct an hour-long paint session teaching basic strokes and discussing the health benefits related to painting. Free, but you must call 781-962-5577 to sign up.

### **6-7:15PM: Yoga Basics for Everyone Pause Yoga 36 Main Street**

Curious about yoga and how it might help you feel healthier in your body? Join Jennifer Freeman, owner of Pause Yoga, for this informational yoga session open to everyone of all ages & abilities. Donation requested but not required.

## MONDAY MAY 18

### **10AM: Building Your Art Muscle Blue Wave Art Gallery 52 Main Street**

This short workshop will allow participants to open up to their creative self. It can help alleviate stress at home or at work. This includes even the simple benefits of doodling!

### **11AM-12PM: Living with Hypertension Elaine M. Doroff Healthcare Advocate & Public Speaker 5 Market Square**

Join Elaine for simple hints and suggestions for better quality of life. Registration required, please email emdconsult@verizon.net.

### **5:30PM: Ribbon Cutting The Inner Cycle 69 Haverhill Road**

We're happy to bring our passion for indoor cycling to Amesbury. Our goal is to build a community of cyclists who love the workout and group environment. Stay for our 6 o'clock class or take our 101 Express on Wednesday May 20th! (→)

### **4-7PM: Massages and Making Changes Guaranteed Fitness & Bodyworks 18 Millyard, Unit #2**

Enjoy complimentary chair massages, learn tips on creating healthy habits, and explore how to grow fresh nutritious produce even if your space is limited.

## TUESDAY MAY 19

### **4-5PM: Health Care & Retirement Edward Jones: Tom Strep 49 Main Street**

Plan ahead and make educated decisions that will affect your way of life for years. Registration is required. Please call 978-388-1370 to save a seat.

### **6PM: Essential Oils Class Nest 45 Main Street**

Learn how you & your family can live well with essential oils from Young Living.

**Keep up with the events by following us on social media!**

