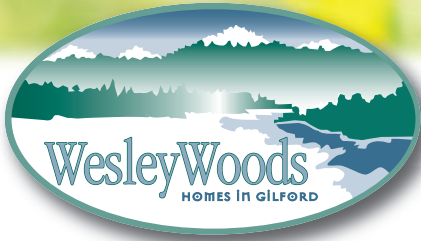




April is "Spring into Shape" month at Wesley Woods

Getting in shape begins with the revving up of our internal health. Being healthy internally is a key component to the way we look and feel externally. Join us on the first 4 Thursdays in April as presenters Dr. Jilian Stogniew and Dr. Erica Forzese discuss 4 different topics that will lead you to good health—inside and out. SEE SEMINAR DETAILS ON THE INSIDE.



18 Wesley Way
Gilford, NH 03249

A NEW ENGLAND DEACONESS ASSOCIATION COMMUNITY



This is Wesley Woods

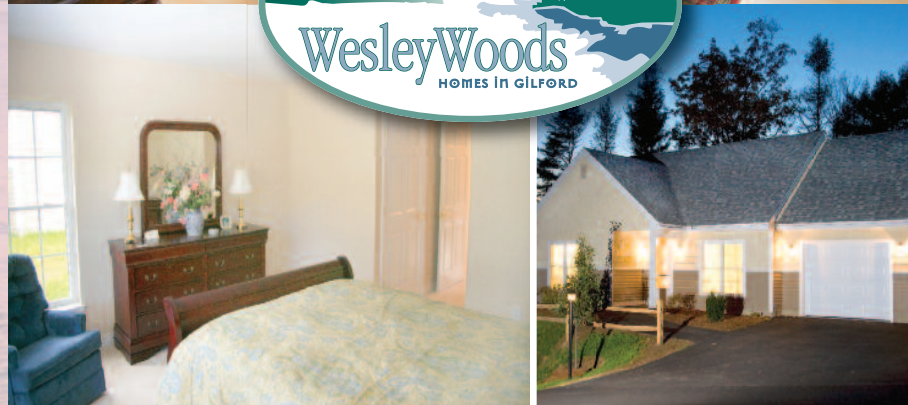
Summer in the Lakes Region. Travel south for the winter. Life beckons. Yet, it's not easy to do when saddled-down with household chores, maintenance and upkeep. *That's why there is Wesley Woods.*

Wesley Woods offers the freedom to live an active lifestyle. Near Lake Winnepesaukee, in Gilford, NH, your maintenance-free home is close to the area's best shopping, dining, skiing and golfing. Landscaping, snow removal—we take care of it all. Come and go when you wish and for as long as you wish. The life you've dreamed about is just getting started.

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- fitness center
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- building insurance
- real estate taxes
- water and sewer
- ...and so much more

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Call 603-528-2555 for more information.

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All start at 12 pm

Lunch will be served

Wesley Woods Community Center

18 Wesley Way
Gilford, NH 03249

(Off Route 11A, follow signs around the back of the church to the Wesley Woods Community Center.)

Thursday, April 2 / Boosting Immunity Presented by Dr. Erica Forzese

The nervous system and immune system are hardwired and work together to create optimal responses for the body to adapt and heal appropriately. Neural dysfunctions due to spinal misalignments are stressful to the body and cause abnormal changes that lead to a poorly coordinated immune response. Chiropractic adjustments have been shown to boost the coordinated responses of the nervous system and immune system.

Thursday, April 9 / Supplements & Herbs Presented by Dr. Jilian Stogniew

A discussion of our modern diets. What essential nutrients is your diet lacking and why. Dr. Jilian suggests some supplements and herbal products we should all include in our daily regimen.

Thursday, April 16 / Spinal Exercises Presented by Dr. Jilian Stogniew

This workshop is an interactive demonstration of various exercises that can be performed on a daily basis to develop muscle strength and improve stability around the spine and core.

Your RSVP will be greatly appreciated.
Call Stace at **603-528-2555**.

Thursday, April 23

Peak Performance Presented by Dr. Erica Forzese

Do you feel your age or maybe even older? Looking to restore some health and vitality? If you truly want to achieve optimal health, you must look at your body as a whole, taking into consideration diet, exercise and emotional health. In Peak Performance, you will learn about what true health is and how you can work towards achieving it. Establish goals that are right for you and start your journey towards healing.

Spring into Shape

About our Presenters from Awakening Chiropractic



Jilian M. Stogniew, DC, RYT
Chiropractor and Registered Yoga Teacher

Dr. Jilian Stogniew was born and raised in New Hampshire. She graduated from the University of New Hampshire and Cleveland Chiropractic College in Kansas City, Missouri as a Presidential Scholar and Valedictorian. She has completed numerous continuing education courses in adult

health, pregnancy, and pediatric development. Dr. Jilian has been adjusted since childhood and has experienced optimal health through natural chiropractic care, overcoming chronic bronchitis and a depressed immune system.

Dr. Jilian is focused on educating and helping our community reach overall wellness through natural chiropractic care, nutrition, exercise, and positive thinking. She enjoys running, hiking, camping with her family, yoga, and being a mom to her son Sebastian and her daughter Lucia!



Erica Forzese, DC, CACCP
Chiropractor

Dr. Erica Forzese is a Massachusetts native and recently relocated to New Hampshire. She obtained her B.S in Exercise Physiology from UMASS and her Doctorate in Chiropractic from Palmer College of Chiropractic in Davenport, IA, graduating magna cum-laude

with clinical excellence awards from both colleges. Dr. Erica has completed over 250 hours of continuing education involving the care of pediatric and pregnant populations including adjusting technique, diagnosis, neurosensory integration, neuroimmunity, neurology and research. Her passion is helping families understand the power of Chiropractic and the role it plays in maintaining their overall health and wellness. Dr. Erica is a proud and loving mother of three amazing children, Eliana, Kai and Olivia.

Awakening Chiropractic can be found at www.awakeningchiropractic.com
or by phone at 603-729-0009

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