

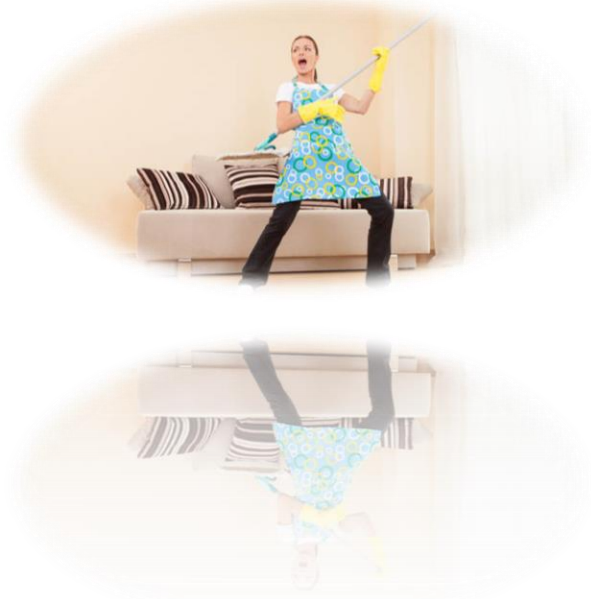
# September 2017 Muscatine Workshops

## *Laughter, Music & Range of Motion; Gut Health*

### **Laughter, Music & Range of Motion**

Join Physical Therapist Caleen Pagel for a creative wellness evening on **Thursday, September 7<sup>th</sup> from 6:00 – 7:30 pm**. Caleen will share how to incorporate laughter and music in everyday activities, both reducing stress and bringing joy to your life. She'll also discuss ways to lengthen muscles and improve range of motion.

A licensed Iowa physical therapist since 1980, Caleen has experience in pulmonary and cardiac rehab, neuro rehab, women's health, torticollis in infants.



### **Gut Health Workshop**

Allison Castle, Holistic Health Coach at Castle Health & Wellness, will join **Thursday, September 21<sup>st</sup> from 6:00 – 8:00 pm** to talk about why gut health is so important and how to restore and maintain optimal gut health.

As a Certified Holistic Health Coach, Allison Castle has been trained by the Institute for Integrative Nutrition and the Health Coach Institute and certified by the International Association for Health Coaches to help you change your habits and change your life!



### **First Presbyterian Church**

**401 Iowa Avenue, Muscatine, IA**

***(Gathering Room 2nd Floor, Use 4th Street Entrance)***

*Registration is required.*



For more details and to register, please call Gilda's Club at 563-326-7504 or email [kelly@gildasclubqc.org](mailto:kelly@gildasclubqc.org).