

**ELIZABETH KINGWILL, MA/LPC**  
 • Licensed Professional Counselor  
 • Medical Hypnotherapist



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 &  
 Hypnotherapy

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**KATHLEEN PICHE 413-4994**  
 Also certified in Sports & Neuromuscular Massage

# LIVINGWELL



**Teresa Griswold**

## Choices and changes for women

The Community Safety Network is offering a free, six-week support group consisting of women helping women make choices and changes on the road to healthy relationships. Designed to be informative and supportive for any woman concerned that she is in a physically or emotionally abusive relationship, each session is facilitated by Elizabeth Cheroutes, LCSW. One support group began meeting in March, however a second group starts up in early May.

The support group is free, but requires registration. It meets each Friday from 11:30 a.m. to 1:00 p.m. at St. John's Medical Center. Contact Shannon Nichols at the Community Safety Network at 733-3711 for more information and to register for the next course that begins in May.

making sure to keep muscles relaxed. Then while using only your abdominals and not your shoulders return upright.

Here's the move that takes 30 seconds presented by Jillian Hessel, a master Pilates instructor. Stand barefoot on a smooth surface with your feet shoulder-width apart. Starting with your right foot, press you toes into the floor and scrunch them so your heel moves forward and your foot arches. Then ground your heel and flatten your toes so your foot returns to the starting position, sort of like an inchworm.



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 all the public  
 restrooms in town?**

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(Libbe at Visitor's Center  
 Restrooms on Wednesday)



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## Quick and easy fitness moves

Occasionally, O, The Oprah Magazine offers up some simple and invisible fitness moves that you can do. For example, one move takes only 30 seconds a day and promises to strengthen your feet and take pressure off your knees, hips and back.

Here's a sampling of these "invisible fitness moves" for your review.

A fancy move that improves balance and posture and tones your calves is to curl your toes around a pen while standing barefoot. Lift the knee as high as possible while maintaining balance on the grounded foot and extend your leg out in front of you. Lower and release the pen. Repeat ten times and switch legs. This move works!

A stress reducing move that releases tension in your neck and upper jaw is one you can do while sitting at your desk. Sit with your spine straight and neck tall. Lean the back of your head against your hand. Press your head back. Hold for a few seconds. Release. Repeat three or four times. Then do the same thing, pressing your head to both sides and forward. Working the muscles like this will release tension in your neck and upper jaw.

Another sitting workout that improves your posture and muscle-tone starts with sitting at the edge of a chair, with your hands on your lap. Keep your spine straight, lean back until your shoulders touch the back of the chair,

## Delicious and nutritious

If you know me, then you know I love to eat sweets. My perfect daily diet would include donuts in the morning, cookies for lunch, and then cheesecake at dinner, intermingled with chocolate throughout. To my delight, I recently discovered something that is both delicious and good for you. Holey Donuts! That's not an expletive. It's the name of the company that makes "ultra low fat gourmet donuts." Though these donuts are sinfully sweet, they're lower in fat and calories than regular donuts. In fact, you'd have to eat five of these delectable treats to get the same amount of fat found in one traditional donut.

It sounds too good to be true, but they come doctor recommended. Dr. Zong, a top surgeon in Manhattan says these donuts - with zero trans fats, less calories and a total of 2.8 grams of fat for a vanilla frosted - are a healthier alternative for those of us who have a sweet tooth.

Okay, they cost \$36 per dozen (including shipping), but who can resist? There's no added chemicals or artificial sweeteners, and they're not deep fried. My favorites are coconut cream pie, apple caramel, and dolce latte frosted. Order from www.holey-donuts.net.

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