

# GREATER HARTFORD WELLNESS NEWSLETTER

VOLUME 1/ISSUE 2

**GREATER HARTFORD WELLNESS: INSPIRING AUTHENTICITY IN EVERY INDIVIDUAL**



**JULY 21, 2017**

*Dear Clients,*

*We hope you had a wonderful spring season. Can you believe summer is here and already kicking into full gear? Time really does fly by too fast sometimes. Remember to take some time this summer to just sit back and be immersed in the moment. Does that seem impossible? Check out Dr. Webb's "Mindfulness Corner" for a tip about mindfulness in this edition of the newsletter. We also are sharing summer reading recommendations for you and your children, a new healthy recipe, and the latest happenings in the practice.*

*If you haven't noticed, we are seeking your feedback to develop our resources. You can find our ideas in the waiting rooms at both offices. Please circle (or write-in) those that you would like to see addressed. Drop the paper into the box and you'll start seeing some new articles or resources soon!*

*Please remember: Greater Hartford Wellness is committed to growing and serving your needs and we want this newsletter to be helpful to you. Share your feedback and suggestions to help us improve. As always, please note that we will respect your privacy and we will never share your email. If you are not interested in receiving these kinds of emails, please reply and let us know.*

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## A Moment with Dr. Webb

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### SAVE THE DATE

Dr. Webb will be co-hosting a workshop called "[Where am I, How did I get here & Where am I going?](#)" with DJ Horn, LPC, PT, LMT CST on October 21<sup>st</sup> from 1pm-4pm. Taking place at West Hartford Yoga, this workshop will be a meditative and mindful practice that will allow you, through movement, to explore the beliefs, values, and choices that impact your life. Gentle yoga and movement will be led by West Hartford Yoga instructor Sharon Smith. More information to come!

Besides seeing clients, Dr. Webb has kept busy this past quarter.

- Dr. Webb and Ingrid have been collaborating to design a logo for Greater Hartford Wellness. This process has not been easy but we hope to have something soon!
- On Saturday, September 9<sup>th</sup>, we will be launching our inaugural "Walk with a Doc (WWAD)." What is WWAD? WWAD was formed by a cardiologist who decided to not only "talk the talk" but "walk the walk" with his patients. Dr. David Sabgir decided that the best way to help his patients exercise more was to host a community walk where patients could gather, hear a small presentation from the doc and walk for about an hour. WWAD has expanded to include locations nationwide and Dr. Webb is pleased to begin these walks to serve the Farmington Valley community. Each walk will have a theme of the day and occasionally, a guest speaker/walker. Let us know if you're interested in participating! For more information on WWAD, check out the website: <http://walkwithadoc.org>
- Dr. Webb is working to implement a regular mindfulness and gratitude practice. While the gratitude practice comes easy, the mindfulness practice has been more of a challenge for Dr. Webb to incorporate. However, Dr. Webb and Ingrid discovered a great meditation studio in West Hartford called Mindfulness and Matters. Kim Green, the owner, hosts thirty-minute meditations several days a week. For anyone who finds it difficult to practice at home, an in-studio session can be the catalyst for your own practice. Sometimes it is just easier to get out of the house and away from distractions. Kim's studio is designed to help you keep calm and meditate! Visit Kim's website at <http://www.mindfulnessandmatters.com/> for the session schedule.

### MINDFULNESS CORNER

#### Quarterly Tip:

*"Pick a time of day that you can routinely practice mindfulness. Studies show we are more likely to create a habit if we develop a ritual or routine around that behavior."*

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### Summer Reading Recommendations

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Summer just doesn't feel like summer without a good book in hand whether you're at the beach, lake or in your backyard. Reading can help your kids keep up their skills throughout the summer and avoid the "summer slide." Here are some books Greater Hartford Wellness recommends.

#### Adults

*The Book of Joy* by Dalai Lama, Desmond Tutu and Douglas Abrams

#### Children

Preschool: *The Giant Jumperee* by Julia Donaldson, illustrated by Helen Oxenbury  
*Mighty, Mighty Construction Site* by Sherri Duskey Rinker, illustrated by Tom Lichtenheld

Elementary: *Confetti Kids Series* by Paula Yoo, illustrated by Shirley Ng-Benitez

Middle: *Welcome to Wonderland #1 and #2* by Chris Grabenstein

High School: *The Perks of Being a Wallflower* by Stephen Chbosky

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## From Our Kitchen to Yours

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Here's another delicious recipe perfect for summer (no bake, no cook!) courtesy of PaleOMG blogger Juli.

### Double Chocolate Energy Bites

**Prep time: 5 mins**

Serves: 12

#### Ingredients

- 1 cup almond butter (or other nut butter)
- 1.5 cups unsweetened shredded coconut
- 8-10 dried black figs, stems removed
- ½ cup Enjoy Life Chocolate Chip (minis) or dark chocolate chips
- ¼ cup flaxseed meal
- 4 tablespoons raw honey
- 2 tablespoons unsweetened cocoa powder
- 1-2 scoops [Simply Pure Nutrients Recovery Fuel](#) or protein powder of choice
- 1 teaspoon vanilla extract
- pinch of salt

#### Instructions

1. Add all ingredients to a food processor (except for the chocolate chips)
  2. Turn food processor on.
  3. Let ingredients mix until dried figs are completely broken down and incorporated.
  4. Then add chocolate chips.
  5. Shape mixture into bite size balls.
  6. Place in the refrigerator to help harden.
  7. Consume. If you have any, refrigerate leftovers.
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#### Contact Us

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