



THE PULSE

From the Longevity Health Center Team

August 2023

Longevity Health Center was named Best Acupuncture by Maui Times Best of Maui 2023!

New Therapeutic Balance Class

Longevity Health Center is excited to launch the Therapeutic Balance Class (TBC), the third program in our Therapeutic Class Series, designed to complement the Therapeutic Relaxation and Therapeutic Stretch Classes. The **Therapeutic Balance Class** will incorporate gentle and controlled movements designed to improve balance for activities of daily living, for those at a lower level of balancing function. Practicing guided balancing exercises is a safe and effective way to increase balance abilities that may have declined. All movements are gentle and controlled, while giving students ample opportunity to move at their own pace and comfort level. Class will include standing, sitting, and on-the-floor exercises with accommodation for each class participant's needs. TBC will launch the initial 3-class series on **August 22 at 3:30 pm**. As with each of our Therapeutic Class Series, only six participants are in the class, so sign up early! Past participants have found support by encouraging a friend to join as well.

Longevity Health Center Team Spotlight



Cheyla
Receptionist

Cheyla joined the Longevity Health Center team in June and brings over 8 years of customer service and hospitality experience from both the healthcare and hotel industry. She is passionate about helping and caring for people and her interest in integrative medicine and staying active is a natural fit at Longevity Health Center. Cheyla's life purpose aligns with Longevity Health Center's goal to serve the community by providing care and education to improve health. She has returned home to Maui and spends time dedicated to the basketball community. Cheyla's philosophy is "**mind over matter**" – whatever she puts her mind to, she'll accomplish it and even surpass her own expectations.

Patients have complimented Cheyla's positive attitude and her desire to put the patient first. **Longevity Health Center is excited and grateful to have Cheyla on the team!**

August Product Special: Collagen Peptides by Vital Proteins

According to Harvard University's T.H. Chan School of Public Health, collagen is the most abundant protein in the human body and makes up the tissue connecting bones, skin, muscles, tendons, and cartilage known as connective tissue. Collagen peptides have been one of the fastest growing segments in nutritional supplements as benefits for muscle recovery and anti-aging have been well documented. A good source of collagen peptides will benefit healthy hair, nails, and skin plus nourish muscles and tendons. While bone broth is a great source of collagen and is advised for use in



cooking on a regular basis, **Collagen Peptides by Vital Proteins** is an excellent source of bioavailable collagen in a powdered form easily dissolved into any food or your favorite beverage. During the month of August, anyone who signs up for one of our Therapeutic Class Series will receive a **20% discount** on the purchase of Collagen Peptides. Otherwise, a **10% discount** is available for those who receive The Pulse.

Therapeutic Class Program

Relaxation Series

11:00 am-12:00 pm-Fridays, Aug 25, Sep 1, 8
3:30 pm-4:30 pm-Tuesdays, Sep 19, 26, Oct 3

Stretch Series

11:00 am-12:00 pm-Fridays, Jul 28, Aug 4, 11
3:30 pm-4:30 pm-Fridays, Sep 1, 8, 15

Balance Series

3:30 pm-4:30 pm-Tuesdays, Aug 22, 29, Sep 5
11:00 am-12:00 pm-Fridays, Sep 15, 22, 29

HOURS OF OPERATION

MONDAY - FRIDAY 9AM - 6PM
SATURDAY 10AM - 3PM

BY APPOINTMENT • INSURANCE ACCEPTED

HOLIDAY OFFICE CLOSURE

Statehood Day
Friday, 8/18

"Your hand opens and closes, opens and closes. If it were always a fist or always stretched open, you would be paralyzed. Your deepest presence is in every small contracting and expanding, the two as beautifully balanced and coordinated as birds' wings."

-JelaluddinRumi, The Essential Rumi

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