



"The energy of the mind is the essence of life."

—Aristotle

Dear \*{{First Name}}\*,

With all the holiday excitement behind us, we begin to settle into the new year, a new decade and maybe, if we have kept our New Year's resolutions, new practices. If the word 'resolution' sounds like a word from long ago and far away, then maybe try a new approach. Personally, I like to use this month - yes, month (it's a kinder, gentler approach) - to reset my intentions, rather than making resolutions. In my humble opinion, the idea of making major commitments to an arbitrary date is a recipe for failure. Intentions are more expansive, they remind us daily to live our values, be in the moment, and to be thoughtful in our actions.

When we set intentions, we are activating our receptivity and taking an active role in manifesting the life we want to live. Setting a daily intention is a way to align your heart and mind. Our minds are amazingly powerful tools and the mind-body connection cannot be overstated. Our thoughts, beliefs and emotions not only have a huge impact on what we bring into our lives, but affect our health and the role we can personally take in shaping our overall well being.

Want to learn more about the power of the mind-body connection? Join us this winter as we embark on the [Marion Institute's Winter Wellness Film Series](#) in collaboration with Southcoast Health. The series will be held at the beautiful McBratney Amphitheater at St Luke's Hospital in New Bedford; all are free and open to the public.

Each film will be followed by a post-screening discussion aimed at stimulating conversations on whole body health and community wellness. Our goal is to present a view of health from a different perspective; to educate and empower individuals as they take a closer look at their health and lifestyle choices.

Our first screening, HEAL, is next Thursday, January 30th at 6pm; this documentary chronicles the healing journeys of three different individuals. Through their inspiring stories we learn about what works, what doesn't and how our mind can support our health.

Following the movie, we will welcome Caroline Paradis and Kelley Cabral-Mosher, co-founders of [Elevate Southcoast](#), to the stage for a post-screening discussion. Last November, the inaugural Elevate event took place in New Bedford, MA. The programming encouraged people to harness their innate capacity for happiness and health through a one-day event comprised of workshops and information sharing. Caroline and Kelley continue to spread their message of mindfulness and will lead the audience in a discussion about harnessing the power of the mind to help change our lives.

For more information about this free event, and the other documentaries we have lined up, [click here](#). Registration is strongly recommended, so be sure to reserve your seat today. We look forward to seeing you at the theater!

Liz Wiley, Executive Director

**MARION INSTITUTE Winter Film Series**

SCREENINGS @ 6PM  
POST-FILM DISCUSSION TO FOLLOW  
FREE TO ATTEND

[MARIONINSTITUTE.ORG/WINTERFILMSERIES](http://MARIONINSTITUTE.ORG/WINTERFILMSERIES)

JANUARY 30 - HEAL  
FEBRUARY 26 - SECRET INGREDIENTS  
MARCH 25 - LIGHTING THE PATH  
APRIL 29 - AUDRIE & DAISY

IN PARTNERSHIP WITH  
Southcoast Health  
NEW BEDFORD WHALING MUSEUM  
NEW BEDFORD LYCEUM



### The Healing Power of Sleep

By: Cheryl Radford | We've all had those nights when it's a struggle to fall-or stay-asleep. Short-term solutions can help with this sporadic sleeplessness. But what happens when one night turns into two, and then three, and so on? Sleep is the body's way to repair, replenish, and regenerate what was used up or damaged during the day.



Good sleep is not just about feeling rested, but also about allowing the body to heal itself. Every night millions of people deal with insomnia which leads to damaging effects not only on the body but on the mental and emotional self as well. The effects of insomnia can impact nearly every aspect of your life. Studies show that insomnia negatively...[click for more>>](#)



### What's GROWing On? News from Grow Education

By: Adam Davenport | As we look into 2020, Grow Education has an exciting year ahead with all the momentum built in our Farm-to-School project. We are moving full steam ahead in our partnership with New Bedford Public Schools and Coastal Foodshed and several key partner organizations. In addition to implementing our year-round educational programming, we are in full out planning mode with the Food Service Department. Together we are focused on improving the school menu by introducing more fresh and nutrient-dense meals.



We have seen hints of change this winter as the Food Service Department sourced 750 pounds of butternut squash from a local Rehoboth farm! With planning for a [new central kitchen/food hub](#) moving ahead, our last months have been packed with scheduling 13 Winter Presentations in our 7 partnered schools. These presentations will be led by local farmers and food related educators to...[click for more>>](#)

### Marion Institute Winter Film Series: HEAL

Join the Marion Institute for our Winter Film Series, a curated line-up of health documentaries that will change the way you think about food, medicine, and disease. Our January screening of HEAL is a film about the power of the mind. HEAL takes us on a scientific and spiritual journey where we discover that our thoughts, beliefs, and emotions have a huge impact on our health and ability to heal. HEAL not only taps into the brilliant mind's of leading scientists and spiritual teachers, but follows three people on actual high stakes healing journeys. Healing can be extremely complex and deeply personal, but it can also happen spontaneously in a moment. Through these inspiring and emotional stories we find out what works, what doesn't, and why. [Click below to view the trailer of HEAL.](#)





### GI Spotlight: The Mindful Collaborative

Last year, our Greenhouse Initiative program welcomed a local organization that works to see Mindfulness in action throughout the South Coast community. [The Mindful Collaborative](#) teaches individuals how to recognize the habits and patterns of the mind and body, and how to relate to those patterns in a healthy way through mindfulness training.



Founder and Mindfulness Specialist Julie Paquette works within the school district of New Bedford, MA to establish a mindful culture throughout the schools in the district. Julie is one of the members of the "The Mindful Council", a cohort of NBPS Educators practicing mindfulness & integrating it into their work with peers and students to promote wellness and positive learning outcomes. To learn more about their work, [click here.](#)



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