



We are grateful for your continued support and partnership.

Wishing you and yours a very happy, healthy and inspiring New Year!

The Marion Institute Team



Marion Institute Team Member Recognized by Community

We're proud to announce that the Marion Institute's Director of Marketing and Communications, Patti Rego, has been named Leadership SouthCoast's 2020 Unsung Hero award recipient.

Patti's energy, passion, and commitment to the Southcoast shine through every aspect of her work. We are honored and grateful to have Patti on our team and continually inspired by her dedication to the Southcoast community!



21-Day "Renew You" Challenge Kicks Off the New Year

After this year, we could ALL use a fresh start! Join us for a FREE 21-day Challenge led by Dr. Dickson Thom and discover how basic lifestyle changes can bring you into alignment with Nature's Laws and closer to personal well-being. Through daily engagement, participants will be guided in a holistic approach to better lifestyle habits, with topics that address the mind, body and spirit. <<< To sign up now, click here. >>>

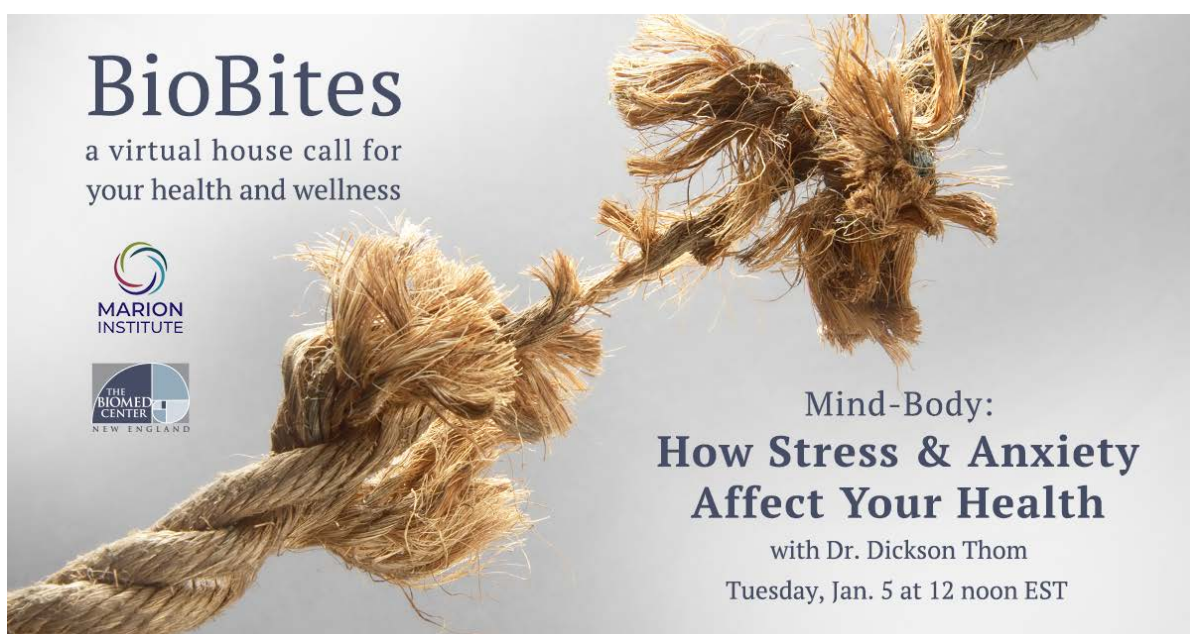


BioBites Educational Event to Cover Stress & Anxiety on January 5th

Dr. Dick Thom is our guest speaker for our next virtual BioBites educational hour taking place at noon on Tuesday, January 5th. Join us for an eye-opening conversation about:

- The neuroscience of stress & anxiety
Ways to restore balance and resilience
Activities, devices, therapies and supplements that make a difference

Submit your questions in advance to kmannix@marioninstitute.org. Click the image below to register for this FREE virtual house call!



What's Growing On? Mindful Eating with Grow Education

Good health is certainly a gift and 2020 has helped us see that quite clearly. The Grow Education team is always mindful of community health and the role we play in developing healthier communities. We give gratitude for the health that we have while also feeling a sense of urgency to improve health and access to nutritious foods in our communities.



Each month, we continue to roll out new lessons for school educators that speak to the range of topics at the heart of community health - mind, body, and spirit. This month, we channeled the urgency we feel into the creation of resources that support social-emotional well-being and nutrition, in tandem <<< Click here for our gift to you: a mindful eating exercise that will help you enjoy your food more deeply and improve your total well-being! >>>



Marion Institute Mindful Bites Activity Narration

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Marion Institute - Mindful Bites Activity Narration



Grow Education will receive a \$1 donation from each purchase of the \$2.50 reusable GIVE BACK WHERE IT COUNTS bag at the Shaw's store located at 127 Marion Road, Wareham MA.

SPECIAL OFFER: FREE Online Access to the Lighting the Path Film and Series



Don't miss the Lighting the Path Film and Series from January 11-17, 2021, free and online! The inspiring stories and insights of these visionary health experts and empowered patients will help you understand the core components of healing and how to incorporate them into your daily life. You'll learn about advanced research, key diagnostics, progressive practices and proper nutrition to enhance your capacity for healing.

Click here to learn more!

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