



APRIL 2023 | MARION INSTITUTE NEWSLETTER

Springtime is the season for rebirth and renewal and here at the Marion Institute, we're certainly following suit! We are thrilled to announce two new members that have joined our small but mighty team – Nate Sander, Grow Education Program Manager and Rita Higgins, who is stepping into a newly created role at the MI as Director of Food Access and Innovation.



Nate Sander



Rita Higgins

Nate comes to us from Round the Bend Farm in South Dartmouth, MA where he worked with land-based farming systems, sustainable design and construction, beekeeping, and finally as the Education Manager leading field trips, workshops, and professional development. His experience makes him an ideal fit for

Grow and we're thrilled to have him here as Adam Davenport is out on paternity leave (more on that exciting development below)!

There are many exciting developments coming down the pike in the food system space and Rita is just the woman for the job! With a diverse background in food and environmental work including forestry, landscape design, and small production farming in Upstate New York and Ireland, Rita also served for years as a member of the Nantucket Select Board. As Co-Founder of Pip & Anchor on Nantucket and 100 Mile Markets, she adds entrepreneur and small business innovator to her repertoire. Read more about Nate and Rita on our "About Us" page [here](#).

Now, the biggest development we have to share in the world of Grow Education – the birth of Wren James Davenport! Wren was born on April 9th, 2023 to his adoring and loving parents, Carissa and Adam Davenport! This child is blessed with two incredible humans leading his way and we wish them all so much love and happiness! Welcome to the MI family, Wren James.



Restore and Renew at Omega! – Enrollment is now open!

Optimal Health Starts Here

An Introduction to Biological Medicine
With Dr. Dickson Thom
July 7-9, 2023
WORKSHOP IN RHINEBECK, NY
OMEGA in partnership with MARION INSTITUTE

Have you ever wanted to attend a mind/body retreat but weren't sure where to start? We have the perfect opportunity for you! Our very own Dr. Dickson Thom, DDS, ND, will be teaching a weekend workshop on integrating Biological Medicine (BioMed) practices into daily life at the Omega Institute for Holistic Studies in Rhinebeck, NY.

The Omega Institute has been a center for awakening the best in the human spirit for the past 45 years and we are proud to be teaming up with them to bring BioMed to the mainstream. During the gathering, you will receive hands-on, personal instruction on how BioMed can impact your life. Whether you are suffering from a chronic illness, know someone who is, or simply want to learn more about your health holistically, this workshop will distill the pillars of BioMed into practical applications that you will easily be able to incorporate into your everyday life.

For two full days, immerse yourself in topics such as:

- Understanding key therapies and diagnostics of BioMed
- Why terrain, temperament, detoxification, and nutrition are critical for health
- What is health and how can we view chronic illness differently?
- Unpacking the intersection of trauma and BioMed
- And more...

At the end of the weekend, you will be able to address your individual terrain and temperament through a Biological Medicine lens. Plus, take advantage of all that Omega has to offer in the way of restoration, rejuvenation, and renewal. Their campus includes walking trails, lakeside lounging and swimming, taking a yoga class, spa treatments, meditation, and fabulous vegetarian meals.

This hands-on experiential course, Optimal Health Starts Here: An Introduction to Biological Medicine, is the perfect way to catapult your own healing journey in the ideal surrounds of the Hudson River Valley. Register today!

Register today for Optimal Health!

BioBites
a virtual house call for your health and wellness

A Taste of Mindfulness
Tuesday, May 2nd, 12 noon ET
with Colleen Camenisch, MBA, Founder of The Mindfulness Standard

MARION INSTITUTE
MindfulnessStandard

Click here to register for our May 2nd BioBites event

SFPC Local Food System Survey

Do you enjoy taking surveys? Want to do your part and contribute to the Southcoast Food Policy Council's "Know Your Local Food System" Education Campaign?

We are conducting pre- and post-community stakeholder surveys to better understand the Southcoast's shared baseline knowledge of our local food system. A total of 12 short multiple-choice questions, the survey will take no more than 5 minutes to complete. Join us and take the survey [here](#). Thank you!



Our Contact Information

[[Organization Name]]
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