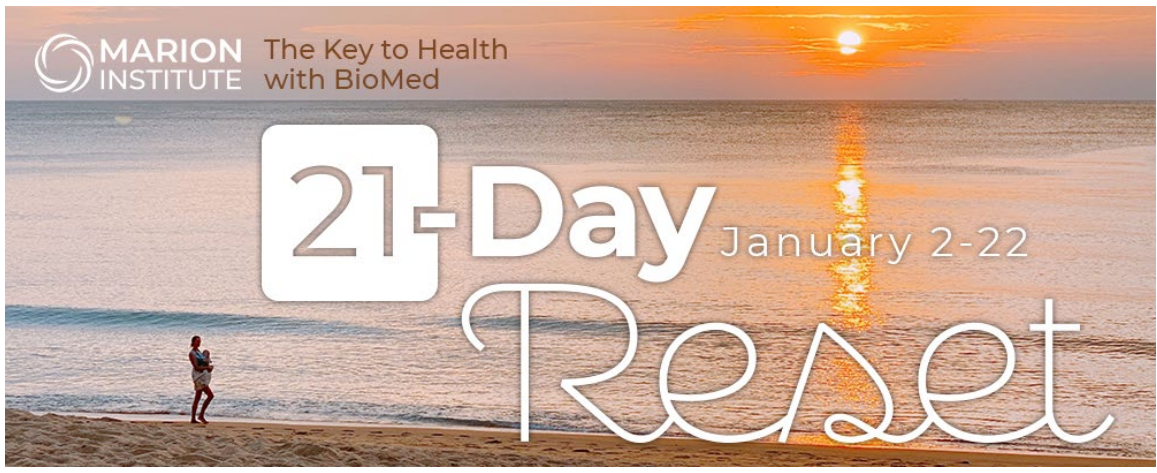


Get ready to Reset in the New Year!

The new year is a great time to introduce small changes to your daily routine that can lead to significant improvements in overall health and immune function and set the tone for a healthier you in the coming months.

Join us for our third annual **21-Day Reset** and discover how basic lifestyle changes can bring you into alignment and closer to personal wellbeing with the "Natural Laws to Live By." Click the link below for more info and to register!



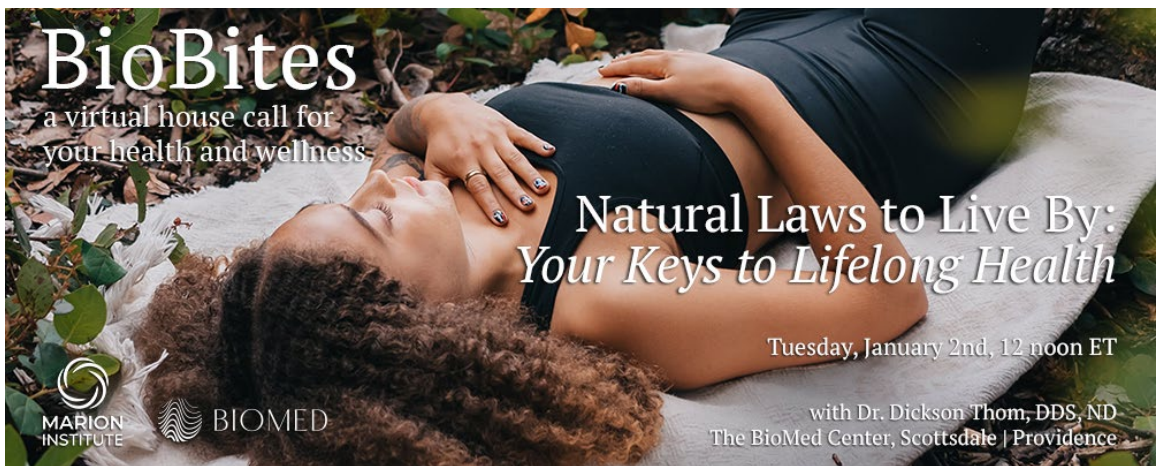
[Register for 21-Day Reset 2024](#)

Join us on January 2nd for our next BioBites

The air, water, soil, and sun have been our constant companions since the dawn of mankind. We cannot exist without them. Yet with the relatively sudden onset of omnipresent industry, inescapable technology, and the seemingly endless deluge of modern dietary conveniences, we have become more like distant relatives of Earth's primary elements. This separation has led us to become a society with **more illness than wellness**.

But how *do* we return to a more natural state in order to bring about lasting balance and health? The key is knowing the science and practice of **Natural Laws to Live By**.

Join us for a very special BioBites on Tuesday, January 2nd, when **Dr. Dickson Thom, DDS, ND**, will present a comprehensive distillation of the most common, easy-to-access, inexpensive ways to maintain health over a lifetime. These common-wisdom-but-not-common-practice habits are the keys to our natural state of wellbeing and harmony.

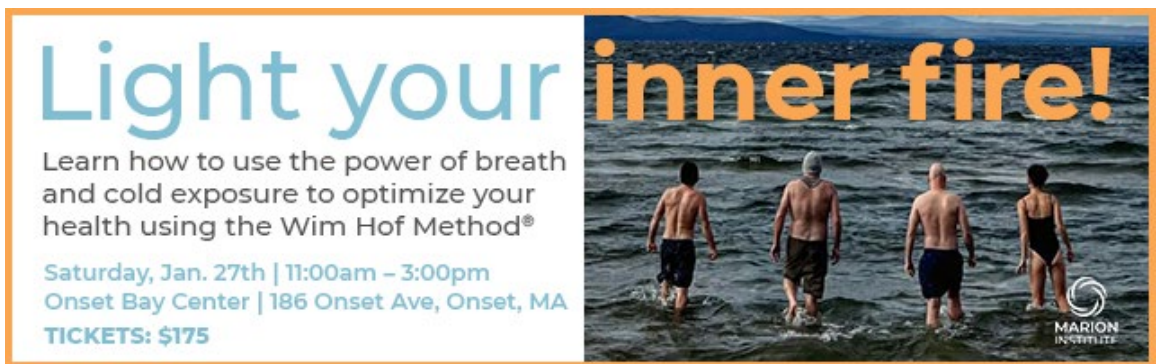


[Click here to register for our January 2nd BioBites Event](#)

Light your inner fire!

Join us on **Saturday, January 27th**, from 11:00 a.m. until 3:00 p.m. for a mind-body healing experience like no other. We will gather at the beautiful Buzzards Bay Coalition's Onset Bay Center for a deep dive into the fundamental principles of the **Wim Hof Method®**, including guided breathing exercises, reflection time, and a plunge into Onset Bay!

The popular Wim Hof Method® can be defined by its simple, easy-to-apply approach and its strong scientific foundation. It's a practical way to become happier, healthier, and stronger. Peak Flow Breathwork founder, Dr. Rob Williams, a Level-2 five-star certified Wim Hof Method® instructor, will lead the event.



[Click here for more info and tickets](#)

We are looking to hire a Farm Manager

Frogfoot Farm, Neighbors Feeding Neighbors, is a new six acre, Farm-to-Food Relief program on previously unfarmed land, owned by **A.D. Makepeace Company**, and located on the Plymouth-Wareham town line in Massachusetts. In partnership with A.D. Makepeace Company, The Marion Institute will manage all farm operations to grow food for area food relief programs as well as develop a regional gleaning program.

Primary Duties & Responsibilities: The Frogfoot Farmer is an experienced farmer who is passionate about the sustainability of diversified agriculture on the Southcoast of Massachusetts. This position entails planning and executing the launch and growth of a small farm that supplies high-quality, culturally-relevant produce to local food pantries.



For complete job description and instructions, click here: bit.ly/frogfootfarmerjob



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