

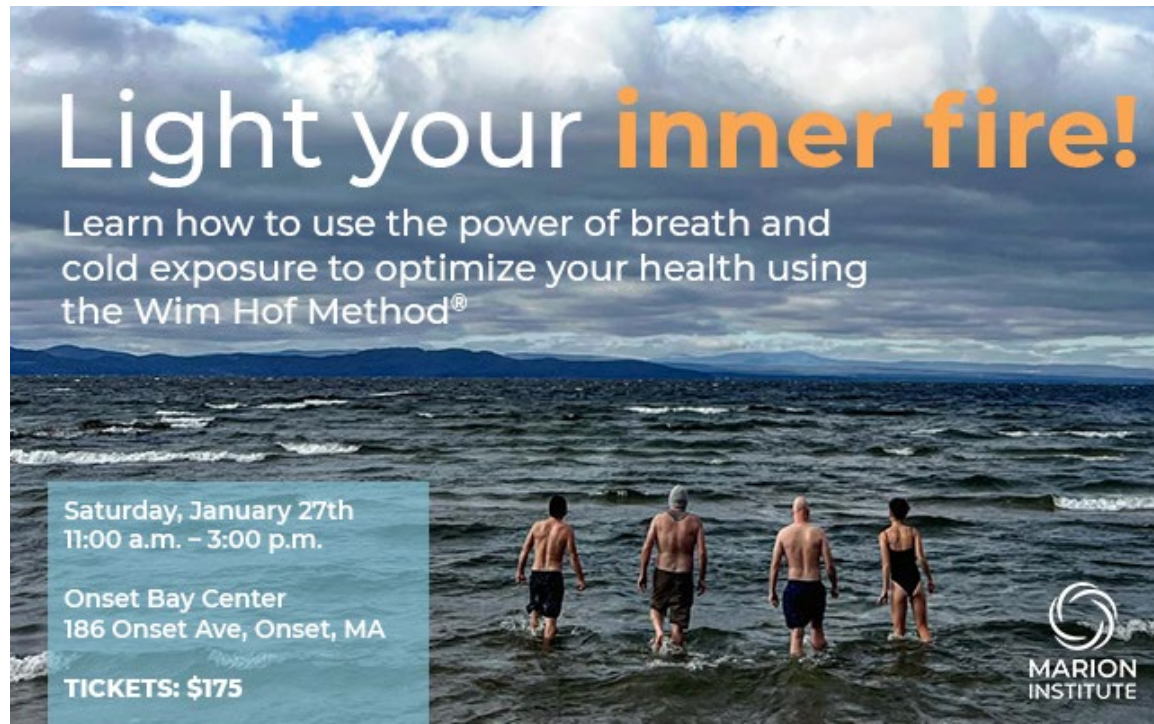


"I'm not afraid of dying. I'm afraid not to have lived."

— Wim Hof

I am sure you have heard all the buzz recently about cold water exposure therapy. Maybe you have even been toying with the idea of giving it a try, but need some motivation and friends to join you. Well, we've got both! 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 cold dip 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](#)

BioBites Returns on February 6th at 12:00pm ET

It's a fact that right this second, millions of us are walking around feeling dissatisfied in our own skin. We may struggle with body image issues, sudden weight gain or loss, a persistent lack of energy, or we may have an illness or injury preventing us from feeling our most vital selves. This sensitivity can be a constant struggle for many who seek to regain health, but aren't sure where to begin.

One typical barrier is the way we often view health as just a number on a scale. However, when we see health through the lens of overall body composition, the actual number on the scale ceases to carry so much weight (pun intended).

Body composition is a term used by health professionals that refers to the percentage of fat, water, bone, muscle, skin, and other lean tissue that makes up the whole body. Armed with personal body composition knowledge, you can begin to create positive, empowered, and permanent vitality.



[Click here to register for our February 6th BioBites Event](#)

Meditation Training Beginning in March

Enroll now for the Marion Institute's live-online [Mindfulness-Based Stress Reduction \(MBSR\)](#) course starting on March 27th! The course runs for eight weeks on Wednesdays from 6:00 - 8:30 p.m. ET. and includes one full-day session on Saturday, May 4th.



[MBSR Course Info Here](#)

What's Growin' On? January Updates from Grow Education



GROW EDUCATION

Winter presentations have been a part of Grow Education's farm to School program for many years now, bringing local farmers into the classroom to discuss food production, environmental stewardship, and science. These discussions keep students engaged through the winter months while the gardens rest and introduce new ideas that will be further explored once the growing season begins.



We have been working with New Bedford filmmaker [Ethan de Aguiar](#) for the past months producing "Virtual Field Trip" films that dive into content related to food and farming and highlight some of our local producers. Screenings of the five short films and follow up lessons are underway in 23 elementary schools that Grow Education is currently working with. Read more [here](#).

Open Job Posting for Frogfoot's Farm Manager

Frogfoot, 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. The Marion Institute will manage all farm operations related to growing food for area food relief programs, as well as developing 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



Our Contact Information

[[Organization Name]]
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