

## FEBRUARY 2024 | MARION INSTITUTE NEWSLETTER

## What is Mindfulness-Based Stress Reduction? Is it right for me? The answer is YES - If you can breathe, you can meditate! The Marion Institute is

offering Mindfulness-Based Stress Reduction (MBSR) training at the end of March. MBSR is a comprehensive course in mind-body awareness being taught online weekly over eight weeks. Check out Anderson Cooper's piece about it on 60 Minutes below.

orientation (live-online) is mandatory, prior to enrolling, to make sure you are ready to make this commitment to yourself. Saturday, March 2, from 9 – 10:30 a.m. ET

Find out if this well established effective program is right for you here. Joining a free

<u>Thursday, March 14, from 5:30 – 7:00 p.m. ET</u> Denise Schrier Cetta

Wednesday, March 6, from 12 – 1:30 p.m. ET



"You know I can't smile without you." — Barry Manilow, Can't Smile Without You

BioBites a virtual house call for your health and wellness

Well Rooted: An Introduction to Biological Dentistry Tuesday, March 5th, 12 noon ET th Dr. Mohamed Wellrooted Our next BioBites is all about biological dentistry and how the practice takes the

For hundreds of years, dental care and medical care were considered one practice. But that began to shift in the 17th century when Pierre Fauchard, credited as being the father of modern dentistry, made it his goal to elevate dentistry as its own

whole person into account for optimum health.

science, effectively cleaving it from medicine.

Today, you will find a growing movement to combine medical care and dental care into simply healthcare. It makes sense because we know that gum disease can exacerbate issues "downstream" and chronic illnesses like diabetes and cardiovascular disease have direct links to poor oral health. A more holistic approach

would naturally result in better overall health. Click here to register for our March 5th BioBites Event Light Your Inner Fire Wim Hof Event a Big Hit

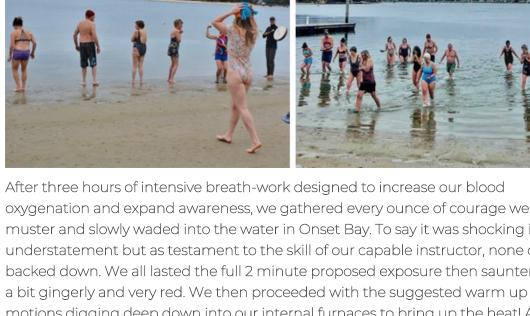
37 degree water could not deter the 19 hardy souls who showed up to attend our Light Your Inner Fire Wim Hof event at the end of January. The experience,

## Method® instructor, was nothing short of extraordinary!

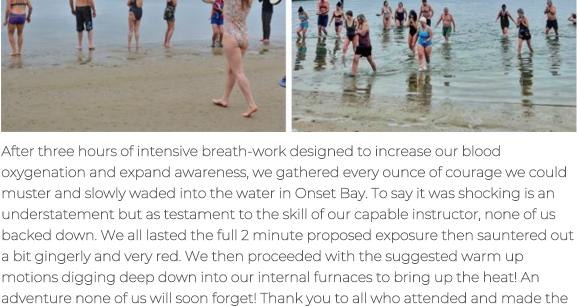
masterfully facilitated by **Dr. Rob Williams**, a Level-2 five-star certified Wim Hof







day possible.



"virtual field trip" films as we expand our winter programming across the four school districts we serve. The goal of these short videos is two fold; they help keep students engaged and curious as we wait to return to the school gardens and they give us an opportunity to highlight some of **EDUCATION** our amazing partners.

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

The Grow Education team has been busy screening a series of

## In this film, entitled "Seed Saving" we visit Bill Braun to learn about a simple yet revolutionary mission: to fortify regional food resilience from the level of the seed. Through the non-profit that he founded, **Freed Seed Federation**, they focus on the Northeast US, and join a global network of local efforts to adapt seeds to changing climate. Check out their website to learn more about this crucial work. Bill and his wife Deanna Levanti also run <u>Ivory Silo Farm</u>, an organic veggie, herb, and flower operation in Westport, MA. Dee has been providing the transplants for the Grow Education gardens for several years now! Thanks again to Bill and Dee for all your support through the years! These concepts and the work of the Freed Seed Federation, will also be incorporated into the development of our newest program, **Frogfoot Farm**. In addition to growing produce for food relief programs in our area, Frogfoot Farm will develop a

farm plan which elevates the importance of seed ecotypes, seed diversity, and crop planning to support climate change

the Fort Taber Community Center in New Bedford, MA.

resilience and farming for nature.



SFPC and Partners Host Successful Legislative Breakfast On January 30th, the Marion Institute's **Southcoast Food Policy Council (SFPC)**,

Southeastern MA hosted 130+ people at their first annual Legislative Breakfast at

The Greater New Bedford Youth Alliance, and the Women's Alliance of



Southcoast Food Policy Council. Everyone felt positive and empowered by the incredible turnout of legislators and partners and left with sharpened convictions to work collaboratively to accomplish this important work. Thank you to all who could make it! Stay involved by becoming an SFPC Member-at-Large!

shared the importance and impact of intermediaries, such as these Alliances and the

Tuesday, February 27, 12 pm - 1 pm via Zoom. Add this link to your calendar, and join in while you eat lunch!

Our next SFPC - Open to the Public - Quarterly meeting will take place on

\*{{Organization Name}}\* \*{{Organization Address}}\* \*{{Organization Phone}}\* \*{{Organization Website}}\*

\*{{Unsubscribe}}\*

**Our Contact Information** 

MARION INSTITUTE