

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.

Find out if this well established effective program is right for you [here](#). Joining a free 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](#)
[Wednesday, March 6, from 12 – 1:30 p.m. ET](#)
[Thursday, March 14, from 5:30 – 7:00 p.m. ET](#)



MARION
INSTITUTE
Mindfulness-Based
Stress Reduction Program

[MBSR Course Info Here](#)

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



Our next BioBites is all about biological dentistry and how the practice takes the whole person into account for optimum health.

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 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, masterfully facilitated by **Dr. Rob Williams**, a Level-2 five-star certified Wim Hof Method® instructor, was nothing short of extraordinary!



After three hours of intensive breath-work designed to increase our blood oxygenation and expand awareness, we gathered every ounce of courage we could muster and slowly waded into the water in Onset Bay. To say it was shocking is an understatement but as testament to the skill of our capable instructor, none of us backed down. We all lasted the full 2 minute proposed exposure then sauntered out a bit gingerly and very red. We then proceeded with the suggested warm up motions digging deep down into our internal furnaces to bring up the heat! An adventure none of us will soon forget! Thank you to all who attended and made the day possible.

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



The Grow Education team has been busy screening a series of "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 our amazing partners.



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 [Ivory Silo Farm](#), 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 resilience and farming for nature.



SFPC and Partners Host Successful Legislative Breakfast

On January 30th, the Marion Institute's **Southcoast Food Policy Council (SFPC)**, **The Greater New Bedford Youth Alliance**, and the **Women's Alliance of Southeastern MA** hosted 130+ people at their first annual Legislative Breakfast at the Fort Taber Community Center in New Bedford, MA.



Joining virtually, **Congressman Jim McGovern** and **Congressman Bill Keating** shared thoughtful comments on the Farm Bill, nutrition insecurity, the importance of taking legislative action now, and the Farm efforts to promote food security, economic justice, and women's empowerment. Our keynote address by **Dr. Melanie Edwards-Tavares**, President and CEO of Southcoast Community Foundation, shared the importance and impact of intermediaries, such as these Alliances and the 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!](#)

Our next **SFPC - Open to the Public - Quarterly meeting** will take place on **Tuesday, February 27, 12 pm - 1 pm** via [Zoom](#). Add this link to your calendar, and join in while you eat lunch!



Our Contact Information

{{Organization Name}}

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{{Organization Phone}}

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