



Ruscombe Mansion Holistic Health Center News

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Newsletter # 68

February 2012

How to Change a Habit



February 25, 2012

9:30 AM - 12:30 PM

a workshop by Audrey Guzik, Ph.D.

We all have habits that we dislike but are unable to break. Did you ever think about how you are benefitting from those habits despite their costly consequences? In this 3-hour workshop, we will identify your **natural goals** - the benefits of the undesirable habits - and brainstorm alternate strategies for meeting those goals. We will learn how to identify the **moments of decision** when we choose to initiate the behavior and how to use effective imagery to derail the automatic sequence leading to the undesirable habit.

Fee \$45 (*includes all workshop materials*)

Ruscombe Mansion Community Health Center
4803 Yellowwood Ave, Baltimore 21209

For Information and Registration:

Email: AudreyGuzik@gmail.com

Voicemail: 443-275-8020

Spaces are limited, please register in advance.

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**Enhance Your
Wellness: Classes at
Ruscombe**

[How to Change a Habit](#)

February 25, 2012 9:30 AM - 12:30 PM

[Tuesday Yoga](#)

October 4, 2011 6:30 PM - 7:30 PM

[Friday Morning Slow/Mo + Restorative
Yoga](#)

Every Friday at 10:30 AM - 12:00 PM

[NIA movement class Every Sat 9:30](#)

Every Saturday at 9:30 AM - 10:30 AM

[See All Current and Upcoming
classes at \[www.Ruscombe.org\]\(http://www.Ruscombe.org\)](#)

The Power of Weight Loss



by **Peter Hinderberger, M.D., Ph.D., DIHom.**

Recently I visited family and friends in Switzerland and Italy. It was a true vacation: great company, great food, great weather, and great scenery. I returned to Baltimore with new energy and 4 more pounds of -no, not luggage- body weight. This did dampen my spirit a little considering the already annoying extra pounds that have piled up around my waist after andropause. Therefore I decided to lose weight...

**Read the
entire article
online at
Ruscombe.org**



About Ruscombe Mansion Community Health Center



At the Ruscombe Mansion we address the unique needs of each individual by focusing on the whole person, not simply the physical symptom of disease. Dozens of certified, licensed holistic professionals in private practice provide an integrative approach to health care. It is a unique healing oasis

where clients appreciate feeling listened to, and where practitioners naturally gain from each others' experiences.

410-367-7300 · wellness@ruscombe.org · www.Ruscombe.org

Feeling Good about Ruscombe and Want to Give Back? And it's Fully Tax-Deductible!

Won't you help us continue to serve the community with this healing oasis at the Ruscombe Mansion? Where else you can interact in peace and comfort with your health care provider in such lush and vibrant settings?

Ruscombe Mansion is supported by the AUM Center, Inc. a non-profit organization, and we rely on donations from friends like you to continue.

All gifts made payable to AUM are eligible for a tax deduction.

[See our website for premium gifts for donations \\$20 and over.](http://www.Ruscombe.org/donate)

www.Ruscombe.org/donate - Use PayPal or most credit or debit cards

Or mail a check or money order, made out to **AUM Center, Inc.** to:
Ruscombe Mansion
4801 Yellowwood Ave.
Baltimore, MD 21209

Open House Ruscombe Recipe Booklet



[Download the Booklet on www.Ruscombe.org](http://www.Ruscombe.org)

This booklet represents the recipe contributions of several holistic practitioners at the Ruscombe Mansion Community Health Center in Baltimore, Maryland, some of which were prepared for our Open House in 2011. More information about the services and classes offered at Ruscombe can be found at www.Ruscombe.org

Open House 2012

Meet Our Practitioner of the Month



Audrey Guzik, Ph.D.

Whole Life Weight Management Coaching and Psychoeducation

Audrey Guzik, a former neuroscientist, and member of the International Coaching Federation is a Life Coach specializing in weight management and habit change. Inspired by the work of Linda Bacon, Ph.D., author of Health at Every Size, Audrey has found that clients get much better results letting go of their obsession with their size. Acceptance of their own true goals helps clients work directly toward better health and happiness with humor and optimism. Audrey works with individual clients, as well as small groups, and is available for speaking engagements and workshops.

Contact: audreyguzik@gmail.com
443-275-8020

Send Us Your Questions



To wellness@Ruscombe.org Health or holistic questions. If we ask one of our experts to answer it in an upcoming issue, or submit it to our Roundtable Discussions, we will send you a Ruscombe mug!