

NIH CORE Week Agenda: Conditioning and Relaxation Coming Together!

February 9-13, 2009

National Institutes of Health

Bethesda, MD 20892



Contact Information

Dr. Rachel Permut-Levine

levinerac@mail.nih.gov

(301) 496-9845

Dr. Michael Donovan

donovanm@mail.nih.gov

*Please bring your own fitness mat whenever possible, and bring one to share!
All events are FREE and OPEN TO THE PUBLIC. Also, events occur both ON and OFF the NIH Campus. Each day is different. If for any reason you can not find parking as a certain location, be patient, and find another lot on campus/OR another parking lot along the street of the event.*

Sign Language Interpreters will be provided. Individuals with disabilities who need reasonable accommodations to participate in these events should contact Chris Gaines at the Division of Amenities and Transportation Services 301-451-3631 and/or the Federal Relay (1-800-877-8339).

2009 NIH CORE Week: Conditioning and Relaxation Coming Together!

From February 9-13, 2009, The National Institutes of Health (NIH) will premier its first CORE Week, highlighting the science and practice of different modes of physical activity and their relaxing counterparts. This five-day series of events will serve NIH employees and the public. Participants will learn about the benefits of conditioning and relaxation and will be able to experience them first-hand.

This event is being sponsored by the NIH Recreation and Welfare Association (NIH R&W) with collaboration from NIH Office of Research Services, National Heart, Lung, and Blood Institute (NHLBI), National Center for Complementary and Alternative Medicine (NCCAM), Office of Research on Women's Health (ORWH), the National Institute of Mental Health (NIMH), the National Cancer Institute (NCI), and the National Institute for Arthritis and Musculoskeletal Diseases (NIAMS). In addition, the NIH Recreation and Welfare Association has partnered with several local businesses to create a community-focus to this week.

Monday February 9th

Location: Natcher Building, Lower Level

NIH Main Campus (Building 45)

9000 Rockville Pike, Bethesda, MD 20892

All NON-NIH public must enter through visitor's entrance if driving. Allow extra time (20-30 minutes) to arrive on time. Be prepared with government-issued ID. Metro Stop is on Red-Line, "Medical Center". Paid parking available next to Natcher Building.

Note: Everyone is also invited to come to the Building 31 Fitness Center, room B4C18, on February 9th to use the fitness centers and take part in the Group Fitness classes for FREE as part of CORE Week. Please stop by the front desk or fitness center office to fill out a Quick Screen Health Questionnaire and Release of Liability form. If you have questions, contact Ms. Laura Lavrin, Fitness Center Director of NIH Recreation and Welfare Association, at lavrinl@od.nih.gov.

- 8-9AM Booth Set Up – Lower Level of Natcher Building
- 9-3PM Visit Booth Vendors in Lower Level of Natcher! Sponsored by NIH R&W and Eures
- 10-11 AM: Pilates Class all levels – American Dance Institute of Rockville, Maryland.
Please bring your own mat. Conference Rooms E1-E2
- 11-Noon: Pilates Class all levels – Core Studios Inc. of Chevy Chase, Maryland,
Led by Gurjeet Khalsa
Please bring your own mat. Conference Rooms E1-E2
- 11-Noon: ChiWalking – Eliminating Aches and Pains, use your core, moving meditation. By Gwen Andersen, Run Gently, Rockville MD, *Conference Room F*
- 12-1PM: Reducing Neck and Shoulder Tension Through Movement: An introduction to the Franklin Movement and Pilates, by Jennifer Campbell, Director of Pilates Programming, American Dance Institute, *Conference Room D*
- 12-1PM: Well Being: Responsibility and Empowerment in creating a life of vitality!
J. Thomas Acklin, MD, Executive Director, Mentis Foundation, *Conference Room C*
- 12-1PM Relaxation Techniques based on Yoga Principles, by Rajan Narayanan, PhD, of Life in Yoga Foundation, *Conference Room F*
- 1-2PM: Your Greatest Asset is Your Mindset– presented by Renee Canali, Mindset Coach at Cultivating Change, LLC in Rockville, Maryland, *Conference Room C*
- 1-2PM: ChiRunning – Run more easily and safely with proper biomechanics. By Gwen Andersen, Run Gently, Rockville MD, *Conference Room F*
- 2-3PM: My Aching Back! Prevention and Remedies by Lauren Polivka, PT, DPT, CSCS at C.O.R.E. Physical Therapy, *Conference Room D*
- 3-4PM: Hoopnotica® Beginner Hoop Dance led by Jocelyn Gordon, LMT, PRYT, of LoveMovement Healing Arts, *Conference Rooms E1-E2*

Tuesday February 10th

Location: 6701 Rockledge Dr, 7th and 9th floors, and 6705 Rockledge Dr. 5th Floor Fitness Center (Rockledge One Building) Bethesda, MD 20892

Parking is free and ample around this building and adjacent buildings. If you can not find parking here, park across the street or at other buildings further down the street – may have to pay for parking, we apologize.

Note: Everyone is invited to come to the Rockledge Fitness Center on February 10th and 12th to use the fitness centers and take part in the Group Fitness classes for FREE as part of CORE Week. Please stop by the front desk or fitness center office to fill out a Quick Screen Health Questionnaire and Release of Liability form. If you have questions, contact Ms. Laura Lavrin, Fitness Center Director of NIH Recreation and Welfare Association at lavrinl@od.nih.gov.

- 10-10:50AM: Pilates Class – all levels, led by Donna Gangloff, NIH R&W Instructor
6705 Rockledge Dr., 5th Floor Fitness Center
- 11-11:45AM Hip-Hop Dance Class – Rachel Permut-Levine, PhD, MSPH, Certified Group Fitness Instructor, from The National Heart, Lung, and Blood Institute (NHLBI), NIH
6705 Rockledge Dr., 5th Floor Fitness Center

- 12-1PM The Core of Yoga, Calming the Fluctuations of the Mind, seated lecture and practice. By Suzanne Leitner-Wise, E-RYT500, BWY, BYTA. Co-Owner of Little River Yoga and Director of US1 Yoga teacher training
6701 Rockledge Dr., 7th floor conference room 7111
- 12-12:50PM: Yoga Class – all levels, led by Dee Gold, certified yoga therapist and registered dance/movement therapist of Inner Reaches Yoga and Health, Gaithersburg
6705 Rockledge Dr., 5th Floor Fitness Center
- 1-2PM: Mindfulness Meditation, led by Debbie Norris, PhD, Director Mind-Body Studies Program, American University, and the Mindfulness Center, Bethesda MD.
6705 Rockledge Dr., 5th floor Fitness Center
- 1:15-2:30PM Interactive Stress Management – The Big Three Steps! by Lance Breger, MS, NASM-CPT, PES, Head Trainer at MINT Fitness and Co-Founder of Infinity Wellness Foundation
6701 Rockledge Dr. 7th Floor conference room 7111
- 3-4PM Pilates Class led by Carol Cox, Ginkgo Leaf Studio
6705 Rockledge Dr., 5th Floor Fitness Center

Wednesday February 11th

**Location: 6130 Executive Blvd. Rockville, MD 20852
(Executive Plaza North Building-EPN)
Paid Parking Available, Metro Stop is White Flint
Bring your own mat(s), please.**

- 10-11 AM: Pilates Class – all levels, led by American Dance Institute, *Conference Rooms C-F*
- 11-Noon: Read your Labels? Truly Natural ingredients for Effective Winter Skin Care
By Denise Clark, Training and Education Manager, of Burts Bees
Conference Rooms C-F
- 12-1:30PM: “Eat that Frog” Time Management seminar by Virginia Hill, MSW, NIH Presidential Management Fellow and Sheria Washington, NIH Management Intern
Conference Rooms C-F
- 1-2PM: Feldenkrais Method® Awareness through Movement, given by Certified Practitioners from the Feldenkrais Guild of North America, *Conference Room J*
- 1:30-2:30PM: Pilates Mat and Therapeutic Focus - Mary Bailey Hash, of Classical Pilates LLC
Conference Rooms C-F
- 2-3PM Feldenkrais Method® Awareness through Movement, given by Certified Practitioners from the Feldenkrais Guild of North America
Conference Room J
- 2:30-3:30PM Pilates Class – all levels led by Donna Gangloff
Conference Rooms C-F
- 6:00-9:00PM** NETWORKING EVENT AND LIGHT DINNER, COST \$15 before January 30, 2009, \$20 after/at door. Cost includes sandwich or salad, and beverage. RSVP required, to levinerac@mail.nih.gov. Bring workout clothes if you wish + change of clothes for panel discussion afterwards. Everyone is invited to workout at the club.

Location

Rockville Lifetime Athletic Club
1151 Seven Locks Rd
Rockville, Maryland 20854

Club number is (240) 314-7022, ask for Mr. Grant Hill if you have questions about the club itself.

Schedule of the Evening's Events

6:00:7:15PM Peak Pilates Reformer Demonstration, Networking, Working out, etc. Pick up schedule of opportunities when you check in at Front Desk.
 7:30:8:30PM Panel Discussion, "Shifting Toward Prevention: Integration of Health Modalities to Achieve Overall Well-Being" with Robert Sherman, Group Fitness Department Head for Rockville Life Time Athletic and International Speaker on Physical Activity and Cathy Hannon, Mind/Body Coordinator at Life Time Athletic. Also with Dr. Michael Donovan of NIH. Moderated by Rachel Permut-Levine, PhD. *Please note, that neither Dr. Donovan nor Dr. Permut-Levine will be speaking on behalf of NIH.*
 8:30:9PM Closing remarks and networking. Please bring extra business cards.

Thursday, February 12th

Location: 6701 and 6705 Rockledge Dr. (Rockledge Two and Rockledge One) Bethesda, MD 20892. FREE parking available. Bring your own mats.

Note: Everyone is invited to come to the Rockledge Fitness Center on February 10th and 12th to use the fitness centers and take part in the Group Fitness classes for FREE as part of CORE Week. Please stop by the front desk or fitness center office to fill out a Quick Screen Health Questionnaire and Release of Liability form. If you have questions, contact Ms. Laura Lavrin, Fitness Center Director of NIH Recreation and Welfare Association at lavrinl@od.nih.gov.

- 10-11 AM: Yoga Stretches for Desk and Office led by Rachel Permut-Levine, PhD, MSPH, Deputy Director of the Office of Strategic and Innovative Programs, NHLBI
Location: 6701 Rockledge Dr, Conference Room 9112/9116
- 11-Noon: ChiRunning -- Run more easily and safely with proper biomechanics. By Gwen Andersen, Run Gently, Rockville MD
Location: 6701 Rockledge Dr, Conference Room 9112/9116
- 11-Noon: Breathing and Meditation Techniques for Stress Reduction led by Susan Bowen, ERYT-200, of Thrive Yoga Rockville
Location: 6701 Rockledge Dr., 7th Floor Conference Room, 7111
- 12-1PM: Application of Yoga Nidra Experiential and its Application in the Military, led by Angela Cerkevich, RYT, of Flow Yoga Center in Washington DC.
Location: 6705 Rockledge Dr., 5th floor fitness center
- 12-1PM: Everything you Always Wanted to Know about REIKI! Presented by Barbara E. Moquin, PhD, APRN, BC-P, Senior Nurse Specialist (Research), National Center for Complementary and Alternative Medicine (NCCAM)
Location: 6701 Rockledge Dr., 7th floor, Conference Room 7111
- 1-2PM Yoga is for Everybody: How Different Styles of Yoga can Improve Health and Wellness, by R. Mark Davis, President and CEO, Yoga Alliance
Location: 6701 Rockledge Dr., 7th floor, Conference Room 7111
- 1-1:30PM Benefits of Physical Activity for Cardiovascular Health, Diabetes, Obesity, and Osteoporosis Prevention, by Janine Austin Clayton, MD, Deputy Director, Office of Research on Women's Health
Location: 6701 Rockledge Dr. Conference Room 9112/9116
- 1:30-2:15PM How Stress Makes You Sick and What to Do About it: The Science of the Mind Body Connection, by Esther M. Sternberg, MD, Chief Section on Neuroendocrinology and Behavior, NIMH; Director, Integrative Neural Immune Program, NIMH/NIH
Location: 6701 Rockledge Dr. Conference Room 9112/9116
- 2:15-3:15PM Body Sculpting, led by Jennifer Savoy, Pilates Method Alliance Certified Pilates Instructor and Certified Personal Trainer, of Mind Body Spirit Studio (Silver Spring, MD), www.mindbodyspiritstudio.com
Location: 6705 Rockledge Dr. 5th Floor Fitness Center,
- 2:30-3:30PM Chair Pilates Class led by Billie Meyer of CORE Studios, Inc.

Location: 6701 Rockledge Dr., Conference Room 9100/9104. BY RSVP ONLY TO levinerac@mail.nih.gov – limited number of chairs available, everyone welcome to watch!

- 3:30-4:30PM Vision, Motivation, and Goal Setting Workshop: Creating your Best Life! by Pleasance Sillicki, RYT-200, of Lil Omm Studio.
*Location: 6701 Rockledge Dr. Conference Room 9112/9116
Please bring a pair of scissors and a glue stick if you have them + any old magazines you might have laying around!*

Friday February 13th

Location: 6001 Executive Boulevard (Neuroscience Bldg) Rockville, MD 20852. Paid Parking Available. Metro Stop is White Flint. Please bring your mat(s) for the day's festivities.

- 10-11AM: Yoga Nidra taught by Neva Ingalls, ERYT-500, of Inner Domain
Conference Rooms C and D
- 11-12:15PM Introduction to Reiki, a Japanese healing art that promotes Balance and Well-Being, facilitated by Diane Armstrong of Reikivibe.com
Conference Rooms C and D
- 12:30-1:30PM The Conscious CORE: Movement on Your Mat, led by Suzie Celentano, MFA, ERYT-200, PMA-CPT, ACE-CPT, of Mind Body Workshop
Conference Rooms C and D
- 1:30-2:30PM Creating more Joy in your Life by Marlene McCallum, Credentialed Professional Life Coach, of Accomplishment Coaching
Conference Room A1/A2
- 1:30-2:30PM Pilates Mat Class all levels- Balance Studio of Bethesda and Rockville, MD. Please bring your own mats.
Conference Rooms C and D
- 2:30-3:30PM Pilates Mat Class all levels- Balance Studio of Bethesda and Rockville, MD. Please bring your own mats.
Conference Rooms C and D
- 2:30-3:30PM Mind/Body Coaching by Jennifer Smith, RYT-200, PRYT, Phoenix Rising Certified Yoga Therapist
Conference Rooms A1/A2
- 4:00-5:00PM Yoga Class – all levels, led by Blue Heron Wellness instructors (Silver Spring), Vicki Kohn, RYT-200 and Ashley Litecky, RYT-200.
*Please bring your own mats!
Conference Rooms C and D*