

**NIH CORE Week Agenda: Conditioning and Relaxation Coming Together!**

**February 9-13, 2009**

**National Institutes of Health**

**Bethesda, MD 20892**



**Contact Information**

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*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 reasons 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 9<sup>th</sup>**

**Location: Natcher Building, Conference Rooms E1/E2**

**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 Eurest
- 10-11 AM: Pilates Class all levels – American Dance Institute of Rockville, Maryland.  
*Please bring your own mat.*
- 11-Noon: Pilates Class all levels – Core Studios Inc. of Chevy Chase, Maryland, led by Gurjeet Khalsa  
*Please bring your own mat.*
- 11-Noon: ChiWalking – Eliminating Aches and Pains, use your core, moving meditation. By Gwen Andersen, Run Gently, Rockville MD
- 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
- 12-1PM: Well Being: Responsibility and Empowerment in creating a life of vitality!  
J. Thomas Acklin, MD, Executive Director, Mentis Foundation
- 12-1PM Relaxation Techniques based on Yoga Principles, by Rajan Narayanan, PhD, of Life in Yoga Foundation
- 1-2PM: Your Greatest Asset is Your Mindset– presented by Renee Canali, Mindset Coach at Cultivating Change, LLC in Rockville, Maryland
- 1-2PM: ChiRunning – Run more easily and safely with proper biomechanics. By Gwen Andersen, Run Gently, Rockville MD
- 2-3PM: My Aching Back! Prevention and Remedies by Lauren Polivka, PT, DPT, CSCS at C.O.R.E. Physical Therapy
- 3-4PM: Hoopnotica® Beginner Hoop Dance led by Jocelyn Gordon, LMT, PRYT, of LoveMovement Healing Arts

**Tuesday February 10th**

**Location: 6705 Rockledge Dr. 5<sup>th</sup> Floor Fitness Center (Rockledge One Building) Bethesda, MD 20892**  
**Parking is free and ample around this building and adjacent building, 6701 Rockledge Dr.**

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., 5<sup>th</sup> Floor Fitness Center*
- 10-11AM Mindfulness and Stress Reduction, led by Rezvan Ameli, PhD of NIMH. Dr. Amelia is a licensed psychologist and Director of Clinical Training at the Mood and Anxiety Disorders at NIMH.
- 11-11:45AM Hip-Hop Dance Class – Rachel Permeth-Levine, PhD, MSPH, Certified Group Fitness Instructor, from The National Heart, Lung, and Blood Institute (NHLBI), NIH  
*6705 Rockledge Dr., 5<sup>th</sup> Floor Fitness Center*
- 12-1PM The Core of Yoga, Calming the Fluctuations of the Mind, seated lecture and practice. By Suzanne Leiter-Wise, E-RYT500, BWY, BYTA. Co-Owener of Little River Yoga and Director of US1 Yoga teacher training  
*6701 Rockledge Dr., 7<sup>th</sup> 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., 5<sup>th</sup> 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.  
*6701 Rockledge Dr., 7<sup>th</sup> floor conference room 7111*
- 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  
*6705 Rockledge Dr. 5<sup>th</sup> Floor Fitness Center*
- 3-4PM Pilates Class led by Carol Cox, Ginkgo Leaf Studio  
*6705 Rockledge Dr., 5<sup>th</sup> Floor Fitness Center*

Wednesday February 11<sup>th</sup>

**Location: 6130 Executive Blvd. Rockville, MD 20852**  
**(Executive Plaza North Building-EPN)**  
**Conference Rooms C-F**  
**Conference Room J from 1-4pm (38 maximum)**  
**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  
11-Noon: Read your Labels? Truly Natural ingredients for Effective Winter Skin Care  
By Denise Clark, Training and Education Manager, of Burts Bees  
12-1:30PM: “Eat that Frog” Time Management seminar by Virginia Hill, MSW, NIH Presidential Management Fellow  
and Sheria Washington, NIH Management Intern  
1-2PM: Feldenkrais Method® Awareness through Movement, given by Certified Practitioners from the Feldenkrais  
Guild of North America  
1:30-2:30PM: Pilates Mat and Therapeutic Focus - Mary Bailey Hash, of Classical Pilates LLC  
1:30-2:30PM Pilates Mat Class, all levels, led by Lesa McLaughlin, Owner, Excel Movement Studios,  
Washington DC.  
2-3PM Feldenkrais Method® Awareness through Movement, given by Certified Practitioners from the Feldenkrais  
Guild of North America  
2:30-3:30PM Pilates Class – all levels led by Donna Gangloff

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](mailto: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.

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. Moderated by Rachel Permut-Levine, PhD.

8:30:9PM Closing remarks and networking. Please bring extra business cards.

Thursday, February 12<sup>th</sup>

**Location: 6701 and 6705 Rockledge Dr. (Rockledge**  
**Two and Rockledge One) Bethesda, MD 20892. FREE**  
**parking available**

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 [lavrln@od.nih.gov](mailto:lavrln@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 9100/9104*  
11-Noon: ChiRunning -- Run more easily and safely with proper biomechanics. By Gwen Andersen, Run Gently,  
Rockville MD  
*Location: 6701 Rockledge Dr., 7<sup>th</sup> Floor Conference Room, 7111*  
11-Noon: Breathing and Meditation Techniques for Stress Reduction led by Susan Bowen, ERYT-200, of Thrive  
Yoga Rockville  
*Location: 6701 Rockledge Dr, Conference Room 9100/9104*

- 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., 5<sup>th</sup> 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., 7<sup>th</sup> 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
- 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 9100/9104*
- 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 9100/9104*
- 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. 5<sup>th</sup> 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.*
- 3:30-4:30PM Vision, Motivation, and Goal Setting Workshop: Creating your Best Life! by Pleasance Silicki, RYT-200, of Lil Omm Studio.  
*Location: 6701 Rockledge Dr. Conference Room 7111 (7<sup>TH</sup> FLOOR)*

**Friday February 13<sup>th</sup>**

**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
- 11-12:15PM Introduction to Reiki, a Japanese healing art that promotes Balance and Well-Being, facilitated by Diane Armstrong of Reikivibe.com**
- 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
- 1:30-2:30PM Creating more Joy in your Life by Marlene McCallum, Credentialed Professional Life Coach, of Accomplishment Coaching
- 1:30-2:30PM Pilates Mat Class all levels- Balance Studio of Bethesda and Rockville, MD. Please bring your own mats.
- 2:30-3:30PM Pilates Mat Class all levels- Balance Studio of Bethesda and Rockville, MD. Please bring your own mats.
- 2:30-3:30PM Mind/Body Coaching by Jennifer Smith, RYT-200, PRYT, Phoenix Rising Certified Yoga Therapist
- 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!*