

## Winter Restorative Yoga Offered

Monthly, on Sundays starting February 23

Press release

A series of monthly Sunday afternoon restorative yoga workshops will be offered at The Andover Community Hub on February 23, March 29, and April 26, from 3 to 5 PM.

The workshops will be led by Julie Parenteau, yoga instructor, energy healer, and former Andover resident. She says about the classes, “You’ll explore the ranges of motion of your body through stretches supported with yoga props and enhanced with hands-on Reiki. Breath work and meditation will be included throughout the class to create a calm, meditative space. All are welcome. The gentle pace of this class is great for anyone recovering from an injury or simply working out the kinks that life can leave on our bodies.”

Julie’s own early diagnosis with rheumatoid arthritis led her to seek natural routes of healing including yoga,

which she calls a “wonderfully simple and accessible healing modality,” and which continues to be a regular part of her own health-care regimen. She began teaching yoga in 2014 and currently teaches in Newport, Maine. Her day job is as a graphic designer, and she also loves gardening, hiking, camping, and boating.

The fee for each class is \$25, which can be paid by check or cash at the door, although class size is limited. Pre-registration is required by contacting the instructor at juliesomavana.com, at 207-399-4548, or at fb.com/somavanayoga. For information about The Hub, located at 157 Main St., contact TheAndoverHub@gmail.com.

Yoga props used in the classes will be available at The Hub, although participants are encouraged to bring their own mats if they prefer. Participants should wear warm, cozy layers (socks are often worn in this class) that allow them to move freely.



## Documentary Film Portrays Ruth Bader Ginsburg

Film being shown on February 7 at Hub

Press release

On Friday, February 7, the documentary film *RBG* will be shown at 2:30 PM as part of the monthly First Friday Film series at The Andover Community Hub. A documentary about the exceptional life, career, and enduring legal legacy of Supreme Court Justice Ruth Bader Ginsburg, the film follows Ginsburg’s journey from her girlhood in Brooklyn to her appointment to the highest court in the land, becoming an unexpected cultural icon known fondly as “the Notorious RBG” along the way.

One review said, “This riveting, surprisingly touching documentary reveals how the quiet, intense Ginsburg became one of the most iconic Supreme Court justices in American history.”

The film *RBG* was directed, written, edited, shot, and produced by women, and premiered at the 2018 Sundance Film Festival. It was chosen by the National Board of Review as the Best Documentary Film of 2018, and earned Academy Award nominations for Best Documentary Feature and Best Original Song (“I’ll Fight”).

First Friday Films are open to all, free of charge (although small donations are much appreciated), and light refreshments are served.



## 2018 Film *Paris to Pittsburgh*

February 7, 6:30 PM, Andover Community Hub

Press release

On Friday, February 7, the Andover Energy Group (AEG) will show the 2018 film *Paris to Pittsburgh* at the Andover Community Hub, starting at 6:30 PM, with pizza and beverages provided. *Paris to Pittsburgh* was produced by National Geographic, using the tag line “The Climate for Change is Now” to bring to life the impassioned efforts of individuals who are battling the most severe threats of climate change in their own backyards.

Set against the national debate over the energy future of the United States – and the decision to exit the Paris Climate

Agreement – the film captures what’s at stake for communities around the country and the inspiring ways Americans are responding to the challenge.

The AEG is sponsoring this film and a short discussion afterwards to encourage Andover residents to think about what they can do as individuals to lower their use of fossil fuels. The AEG also hopes to focus attention on efforts to pass a petition warrant article at Andover’s Town Meeting on March 10 in support of the Carbon Cash-Back initiative (NH House Bill 735) currently being developed by the state legislature.

For more information on this important initiative and the supporting warrant article, see the related article on page 10.



## VNA Holds January Health Clinic

February 18 at the Andover Hub

Press release

The Concord Regional VNA is holding a Senior Health Clinic at the Andover Community Hub, located at 157 Main Street in Andover, on Tuesday, February 18, from 10 AM to 1 PM.

All Senior Health Clinic services

are provided for a suggested donation of \$10, however; these services are provided regardless of a person’s ability to pay.

Services offered include foot care, blood pressure screening, B-12 injections, medication education, and nutritional education. Call 224-4093 or 800-924-8620, ext. 5815 for an appointment.





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