

July 2015



Functional and Integrative Medicine of Idaho, P.A. Gail Eberharter, MD Persis Hope, FNP

Dear friends and patients,

Ah, summertime, those days of relaxation, picnics, sunshine and heat. With that in mind, please ensure that you look out for your skin as mentioned in our June newsletter and take some steps to ensure adequate hydration when staying outside in these high temperatures.

Beginning on July 9th, we have a new yoga class taught by our own Jennifer Small. See details below for this exciting class. For further details regarding all our classes in the clinic, please reference our website at

[clinic events](#) or

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Please see note below regarding Supplement pick ups and Yearly Physicals/Wellness Exams.

Enjoy your July and stay cool!

Meditation Wednesdays
Wednesdays, 5:30-6:00 p.m.

Gail Eberharter MD is offering a free drop in meditation time in our group room. There is no formal instruction although there may be speakers qualified to teach

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meditation from time to time. To join us, come to the group room on Wednesday from 5:30 - 6:00. There are chairs or bolsters for sitting on and a chime to start and end with. We do have written information on mindfulness meditation if you are needing guidance. If you do not have experience with meditation this is a simple way to create a quiet focus on the breath and see what happens. Hope to see you there!

Hatha Yoga

Beginning Thursday, July 9th, 6-7:15 p.m.

Jennifer is a 200-hour Yoga Alliance certified yoga teacher. She completed her 200 hour yoga teacher training through the Shanti Yoga School under the close instruction of Debbie Murphy, PhD, E-RYT 500 and from a range of inspiring teachers including, Leslie Kaminoff, Annie Carpenter, Micheline Berry and Sadie Nardini and other Shanti Yoga instructors.

Jennifer leads a gentle beginner/intermediate yoga practice with focus on Atha Yoga Anushasanam - Allowing yourself to immerse deeply into the experience of your practice, observe the inner stillness, letting go of emotions; completely surrendering to the present moment.

Jennifer teaches Hatha Yoga- Which is a combination of Mind - calm mental and emotional focus, Energy - life force through breathing practices and Body - flowing movement and standing postures. It is the joining and harmonizing of these 3 components that makes the yoga experience unique and profound.



Classes will include: breath work, movement with asana flow, held postures and

core strengthening to help develop a mind, body awareness. Followed by a relaxation/meditation, Yoga Nidra practice. Working the body to enable a more relaxed meditative state of mind, bringing one into an inner stillness.

Classes will be held every Thursday from 6-7:15pm.

For details on price and registration, please contact Jennifer Small at the clinic (208)385-7711.

Supplement Update

SUPPLEMENT REMINDER - PLEASE CALL

We are asking patients to call our office to request supplements prior to picking them up. This will assure that we do have the requested supplements in stock; it will also help assure a quick and convenient pick-up for our patients and help with ease of our front desk flow. We will pull all unrefrigerated supplements and have them ready for you to pick-up at the front desk. **Please call 208-385-7711 at least 2 hours prior to pick-up during regular business hours.** Pick-ups can be made at the front desk during the hours of 9am to 5:15pm, Monday through Thursday's, Friday's from 9am to 1pm. Office is closed for lunch from 1 to 2pm.

Thank you for your assistance,

The Staff at Functional and Integrative Medicine of Idaho

Yearly Physicals and Wellness Exams

Save Time at Yearly Physicals/wellness exams

To help save time at check-in for your yearly physicals/wellness exams, we have posted on our website the annual forms to fill out, that you receive in office at the time of your appointment. If you would like, you may print them off and bring with you the day of your appointment to help save time for you and make your appointment with the providers stay on time. To download: go to

funmedidaho.com. Click on Forms and Downloads, then patient forms. At the bottom of the Page there is a Header titled: Annual Physical Exams. There you are able to print off and fill out the Wholistic-Health assessment and medical symptom questionnaire for you appointment.

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