

Happy New Year

*As we wrap up on year and begin another, we want to wish all of you a very Happy New Year! This last year has reminded us just how special these movements—and this incredible community—truly are. Many people didn't take the step to invest in themselves this last year—but you did, and that's worth celebrating. **Congratulations!** Tom and all of the instructors have seen the effort you've put into your own life, the friendships you've built, and the growth you've achieved.*

As you close out the year, and go into the next, take time to celebrate. Take some time, sitting quietly, to reflect on gratitude—anything at all, whether it's a pet, friends, family, or simply the ability to move and grow.

Here's to finishing the year strong and stepping into the New Year with love and appreciation!

*Love,
The Martial Arts Center for Health Team*

IN THIS ISSUE:

- [Sustainable Health](#)
- [Event Recap](#)
- [Upcoming Events](#)
- [Celebrations](#)



FOCUS ON:

Sustainable Health Practices for the Year



January often arrives with a sense of urgency—new goals, new plans, and pressure to “start fresh.” While intention is valuable, lasting health is rarely built through dramatic change. At the Martial Arts Center for Health, we approach the new year differently. We focus on sustainable practices—small, consistent actions that support the body and mind over time.

When practiced regularly, these changes become part of how you move through the world. Rather than striving for perfection, martial arts teaches us to commit to the process. Progress is measured not by comparison, but by continuity.

True health is not about quick results. It is about cultivating habits that strengthen you year after year, decade after decade. Your needs at 30 may differ from your needs at 60 or 80, but the principles remain the same: awareness, adaptability, and consistency.

By focusing on sustainable health practices now, you are investing in:

- Continued independence
- Reduced risk of injury
- Greater confidence in daily movement
- A deeper connection between body and mind

As we begin the year ahead, we invite you to approach your health with patience and purpose. Choose progress over perfection. Choose consistency over intensity. And trust that small, steady steps—taken regularly—create meaningful, lasting change.

Your Next Step This January

Whether you are a long-time member or someone considering joining us for the first time, January is an ideal time to recommit to your health with intention and support.

- **Current members** are encouraged to set a simple, achievable attendance goal for the month and explore how consistency—not intensity—can deepen your practice.
- **New students** are invited to schedule an introductory visit and experience how our science-informed, low-impact approach supports strength, balance, and long-term vitality.

Health is not built in isolation. It is built through guidance, community, and practice over time. At the Martial Arts Center for Health, we are honored to support your journey this year and for many years to come.



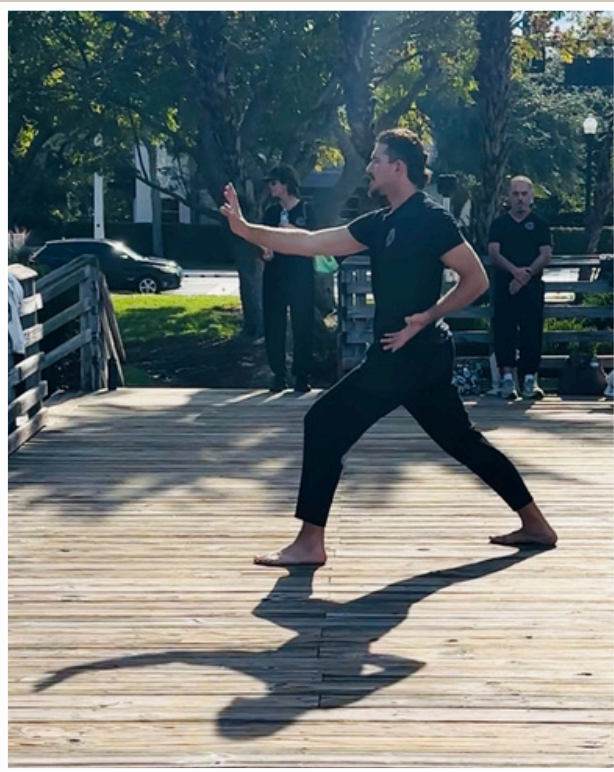
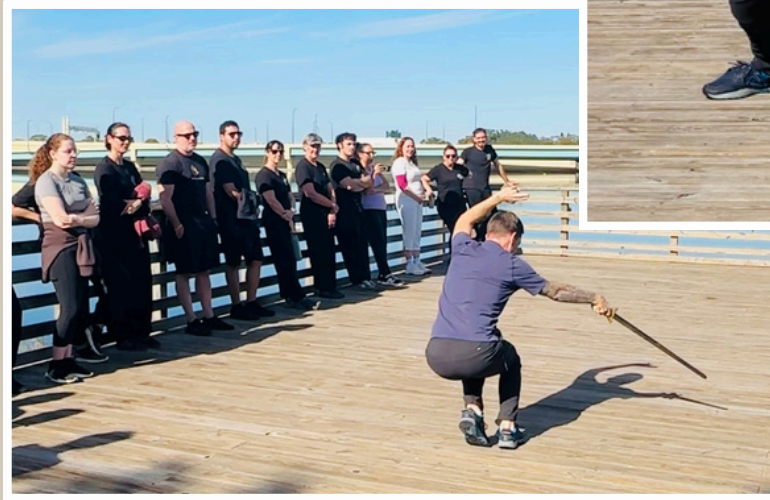
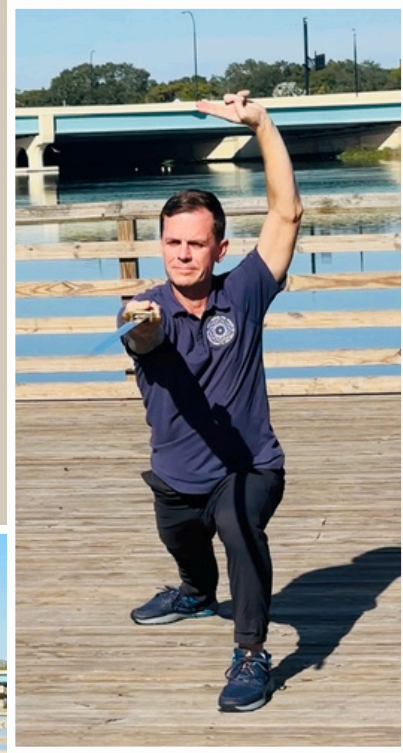
CHECK IT OUT!

December event

Holiday Park Lesson



Ivanhoe Village



UPCOMING *events*



Jan 10	Traditional Skills - Broadsword
Jan 24	Traditional Skills - Broadsword
Feb 7	Traditional Skills - Broadsword
Feb 21	Traditional Skills - Broadsword
March/April	Spring Picnic - <i>more info to come!</i>

A BIG Congratulations to Bickley!

What a meaningful and beautiful milestone to celebrate. This achievement reflects her quiet dedication, steady commitment, and the care she brings to herself each week when she walks through the door. It's truly special to witness her choosing to invest in her



health, strength, and overall well-being at this stage of her life, moving at a pace that feels right and nourishing.

We feel so grateful to share in her journey and to welcome her warm, gentle presence each week. This is a moment worth honoring, and we look forward to continuing alongside her as she grows, learns, & enjoys each step of the degree program.

DECEMBER *celebrations*

1ST SECTION

Greg S.
Juliana G.
Diana S.



2ND SECTION

Mark J.
Stacy J.



3RD SECTION

Cindy M.



4TH SECTION

Tom H.

5TH SECTION

Howard S.

1ST DEGREE

Bickley W.

