

# **Mattapoissett Wellness Center to host FREE “Client Appreciation Day” with treatments, raffle, discounts, Hors d’ oeuvres and more, May 19**

Please Join Us For a FREE CLIENT APPRECIATION DAY! Enjoy Hors d’ oeuvres & refreshments and exclusive “event only” discounts on products and gift certificates. Raffle prizes with proceeds to benefit the New Bedford Wellness Initiative. **Bring a friend for more chances to win!**

Not a client? We welcome you with open arms! This day would be a wonderful way to meet our practitioners. Remember to bring a friend to increase your chances to win more prizes.

We are grateful for everyone who supports our businesses as clients, referrals and business partners. We hope you can come and enjoy a day of promoting self-care and meeting our practitioners by experiencing their mini sessions.

## **Complimentary mini treatments:**

- Stress-Fix Sensory Experiences
- Chair Massages
- Reflexology
- Acupuncture and More!

---

**WHERE:**

*Mattapoissett Wellness Center – Mindful Medicine*  
*76 County Road*  
*Mattapoissett, Massachusetts 02739*  
*Facebook Event Page*

**WHEN:**

*Sunday, May 19, 2019*  
*12:00pm – 4:00pm*



---

**The 3rd Annual “Run to End Addiction” 5K to feature “Kid’s Zone,” face-painting,**

# live music, games, food, bounce house and more!

Join thousands of Teen Challenge supporters on the beautiful campus of Bridgewater State University for a day filled with entertainment, food, fellowship, prizes, and so much more!

Individuals, teams, churches, schools, and corporations from around the state will join together in support of our efforts to End Addiction. You can help make this campaign a success; people from all walks of life are welcome. Your time and enthusiasm are greatly appreciated!

There will have live music, a Kid Zone with face painting, games and bounce houses, and FREE food! The goal is to create an environment where the community can join together in raising awareness and hope for those in our midst who suffer from substance use disorder.

Money raised will go towards supporting sponsorships to Teen Challenge Massachusetts. Teen Challenge Massachusetts provides adults, teens and families with an effective and comprehensive Christian faith-based solution, clinical counseling, and life-coaching for drugs, alcohol, and other life-controlling problems in order to become productive members of society.

**Register Online:** [racewire.com/register.php](http://racewire.com/register.php)

---

## 5K Run/Walk

Bridgewater State University,  
131 Summer Street,  
Bridgewater, MA

Saturday, June 1, 2019, *rain or shine*

Registration opens at 7:30am; Race begins at 9:00am; Walk begins at 9:05am

Parking is at the Bridgewater State Parking Garage, 451 Great Hill Drive, Bridgewater.

**Facebook:** [facebook.com/TeenChallengeBrockton/](https://facebook.com/TeenChallengeBrockton/)

---

*"My name is Teddy Conseillant. I grew up in a very violent neighborhood in Brooklyn, New York. My mother was a single parent and a prayer warrior. I remember being forced to go to church but I didn't want anything to do with God. At age 13, I joined any gang and ran the streets for years. Gang banging was my life and but I didn't do drugs because I was paranoid. When I was 19, a very close friend got shot twice in the chest right in front of me. He died in my arms. His death affected me greatly and I stopped caring about anything. My behavior became out of control.*

My biological father was not a part of my life, but I always had a father. His name was Pastor Barry. I met him when I was ten years old. We became very close and he became my Pops. He adopted me into his family. He always tried to get me in church but it never worked. By the age of 22, I had three beautiful daughters and a very bad drinking habit. I chose the bottle over my daughters. I couldn't stop drinking. My life was quickly becoming a mess. I didn't know what to do.

I called Pops and told him that if I stayed on the streets I would die. He told me to come to Teen Challenge. Teen Challenge opened my eyes to the truth. Learning how to submit was a major part in my change and I quickly fell in love with Christ.

I had come into Teen Challenge a high school dropout, but I was able to get my high school diploma in Teen Challenge. Last January I started college at North Point Bible College. I couldn't have done any this without Christ!" – Teddy

---

## Here's how to participate:

1. Complete your registration by going to [racewire.com/register.php](http://racewire.com/register.php).
2. Start a Crowdrise fundraiser at [crowdrise.com/RunToEndAddiction2019](http://crowdrise.com/RunToEndAddiction2019) and ask people to sponsor you. Spread the word to your friends, family, co-workers, everyone!
3. Show up on race day! Come to run, walk or just spend your morning with us as we gather together as a community.

**Additional Details:** This year's event is chip timed. Everyone that registers on or before May 19th will be receiving a premium quality custom Run to End Addiction t-shirt. Custom finisher medals will be given to everyone that crosses the finish line and there will also be great prizes for First, Second and Third place winners for Men & Women.

We encourage both runners and walkers of all ages to sign up! There will be music, kid-friendly games, light refreshments and informational booths for those attending.

Please contact Run to End Addiction 5K Committee Chair John at [progdev@tcmassachusetts.org](mailto:progdev@tcmassachusetts.org) or (508) 326-7365 with any questions or concerns.

**Please note that you will receive a tax-deductible receipt for all donations.**

You can also donate to Teen Challenge directly by starting a Facebook fundraiser, a Crowdrise fundraiser, or by simply joining or donating to another already existing fundraiser.



**LET'S  
FACE  
It.**

**RUN *& to***  
**END ADDICTION**

JUNE 1, 2019 | 9:00AM START TIME  
BRIDGEWATER STATE UNIVERSITY

Register at [www.RunToEndAddiction.com](http://www.RunToEndAddiction.com)



# New Bedford's Haskell Gardens "Spring Plant Sale" starts May 11th

Spring has sprung! It's time for you to get your gardening tools ready! Spring is here and that means it's time plant your flower garden.

Haskell Public Gardens is always ready to get their hands dirty, and what better way to start the season off is with some new plants?!

**If you love a deal, you won't want to miss Haskell Public Gardens 5th annual spring plant sale!** The event is **FREE** and open to the public. This year's selection will feature time-tested Haskell favorites, hot new cultivars, with a special focus on edibles, pollinator-friendly, and native plants! Trustees staff members and volunteers will be on hand to answer your questions.

If you are a Trustees member you automatically get 10% off. Not a member? You have more incentive than ever to sign up on May 11th because all new members will receive 20% off! And even further incentive is that members get a special preview an hour before the sale opens to the general public: for you doors open at 9:00am!

**RSVP** to the event on Facebook [here](#).

---

## Haskell Public Gardens

787 Shawmut Ave.  
New Bedford MA.



Phone: (508) 636-4693

**5th Annual Haskell Spring Plant Sale Event Page:**  
[facebook.com/events/547183929103947/](https://facebook.com/events/547183929103947/)

**Facebook:** [facebook.com/thetrusteessegardens/](https://facebook.com/thetrusteessegardens/)

**Website:** [thetrustees.org/](https://thetrustees.org/)



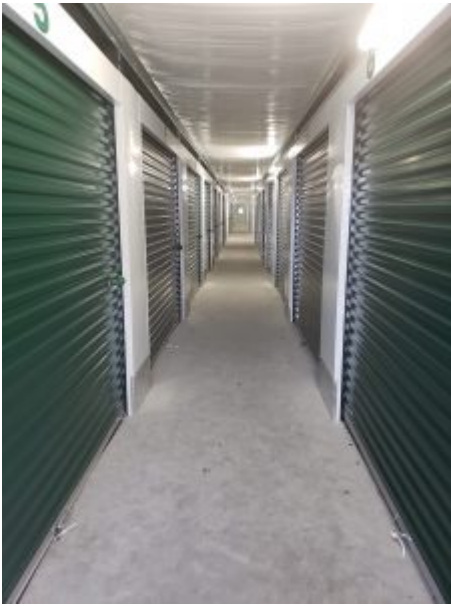
---

**Tower Mill Self Storage  
invites you to their Grand**



# Opening on May 11th in Fall River

Are you looking for a new & reliable facility to store your belongings? Consider Tower Mill Self Storage which is opening in Fall River. Located at 657 Quarry Street, they provide affordable and secure options to fit any budget.



**On May 11th they are having a grand opening event to help celebrate and the general public is invited. If you move in during the grand opening the first month is FREE and you receive a complimentary lock!**

While your there you can check out the fun activities we have planned:

- A complementary cook out!
- Coffee and tea from Mission Cold Brew Co..
- Games, prizes and a live broadcast with Fun 107.
- Fall River Reporter will be streaming live.

Facebook

Event:

<https://www.facebook.com/events/348530945779041/>

Ready to make the switch now and book a unit? **Click here to get started:**

<https://www.sitelinkstore.com/Tower-Mill-Self-Storage>



# TOWER MILL SELF STORAGE OPENING SOON!

*Trust us with your Stuff*  
Reserve your spot today  
Call Us (774) 855-4312

657 Quarry St • Fall River • MA 02723  
TowerMillSelfStorage.com

## Units in all sizes available

5' X 5'- \$59 Monthly  
5' X 10'- \$84 Monthly  
10' X 10'- \$125 Monthly  
10' X 15'- \$175 Monthly  
10' X 20'- \$199 Monthly



# **Start a new career path today with Coastal Career Academy's Nurse Assistant Training Program**

Are you at a crossroads in choosing a career path? Not sure if you want to take up a trade, attend a technical school, or university? Not necessarily keen on commuting or relocating to somewhere in central or western Massachusetts? Can't find something that interests you at local universities?

Consider a career in a perpetually growing field: healthcare. Perhaps you've already considered that but unsure where to start. Are there professional facilities close by that offer study in healthcare and in a number of fields?

Coastal Career Academy is now accepting applications for their Nurse Assistant Training Program.

This program is state-certified and provides students with the skills needed to work in a variety of medical settings. Topics include physical and emotional care of patients, vital signs, communication skills, handling of stress, safety issues, and the aging process. The course consists of classroom instruction, followed by practice in a nursing lab.

In order to apply these skills in a clinical setting, approximately 24 hours will be spent in a nursing home under the supervision of the instructor.

Upon completion of this program, participants will be able to:

- Communication Skills
- Vital Signs
- Ambulation with a gait belt

- Transferring to a wheelchair
- Body positions: supine, prone, lateral, Sim's, and Fowler's
- Range of motion exercises

\* The course also includes Alzheimer's Certification.

**Day Classes** are taking place April 29th, June 3rd, and July 22nd, Monday through Thursday from 9:00am-2:30am. **Evening Classes** are June 3rd-June 28th and July 8th-26th, Monday, Tuesday, Thursday from 6:00pm-9:30pm with four clinicals required from 4:00pm-10:00pm.

Coastal Career Academy is licensed by the Division of Professional Licensure since 1999 as a private occupational school in accordance with the provisions of Massachusetts' general laws. The nurse aide program is approved by the State Department of Public Health.

Payment plans are also available.

Interested in registering? Visit [coastalcareeracademy.com/product/nurse-assistant-training/](http://coastalcareeracademy.com/product/nurse-assistant-training/)



**Nurse Assistant Training**  
Day and Evening classes...Register Today...

508-536-5366

COASTAL  
CAREER ACADEMY

Cost: \$800 + (Books and Test Fee)

The advertisement features a photograph of four healthcare professionals in blue scrubs walking through a modern, brightly lit hallway with large windows. The text is overlaid on the image, with a dark blue header for the title and a red banner for the phone number. The Coastal Career Academy logo is in the bottom left, and the cost information is in a yellow box at the bottom right.

## **Coastal Career Academy**

26 South Water Street  
New Bedford, MA  
288 Plymouth Ave., Suite 2  
Fall River, MA 02721

**Phone:** (508) 536-5366

**Fax:** 508-762-1470

**Email:** [coastalcareer@comcast.net](mailto:coastalcareer@comcast.net)

**Website:** [coastalcareeracademy.com/](http://coastalcareeracademy.com/)

**Facebook:** [facebook.com/coastalcareer/](https://facebook.com/coastalcareer/)

---

## **Buttonwood Park Swan Boats open 7 days a week**

Have you enjoyed one of the Buttonwood Park Swan Boats yet? Weather permitting, they are open 7 days a week from 10:30 am – 6 pm starting Saturday, April 13.

Full details on the swan boats:  
<https://www.newbedfordguide.com/the-buttonwood-park-swan-boats-are-back-for-the-2019-season-in-new-bedford/2019/04/05>

---

## **Spotlight: Cafe Mimo –**

# Amazing Portuguese food in New Bedford

Love Portuguese food? Here's a look at some of the amazing food at Cafe Mimo at 1528 Acushnet Ave. in New Bedford.

---

## The Buttonwood Park Swan Boats are back for the 2019 Season in New Bedford

Spring has sprung, and the nicer weather should inspire you to take a trip down to Buttonwood Park and check out the Swan Boats this season. Operations resumed last weekend and starting school vacation week they will running every day (weather permitting) through September.

Here are some fun facts we bet you didn't know:

- The swan boats are very easy to operate. It is designed that so two people can pedal, but it only requires one person. You steer with lever that controls the rudder in the back for easy turning.
- Paddling is not only great exercise, easy to do and lots of fun, but it is also great for the pond! **Paddling helps to add oxygen to the water, which benefits the pond and fish!**
- The swans can seat up to 2 adults and 2 small children or even 3 small adults can sit together. Because it's easy to use it is popular for mothers or grandmothers to go out with their children or grandchildren. It's great for families too; we see

couples of all ages come on for a nice date.

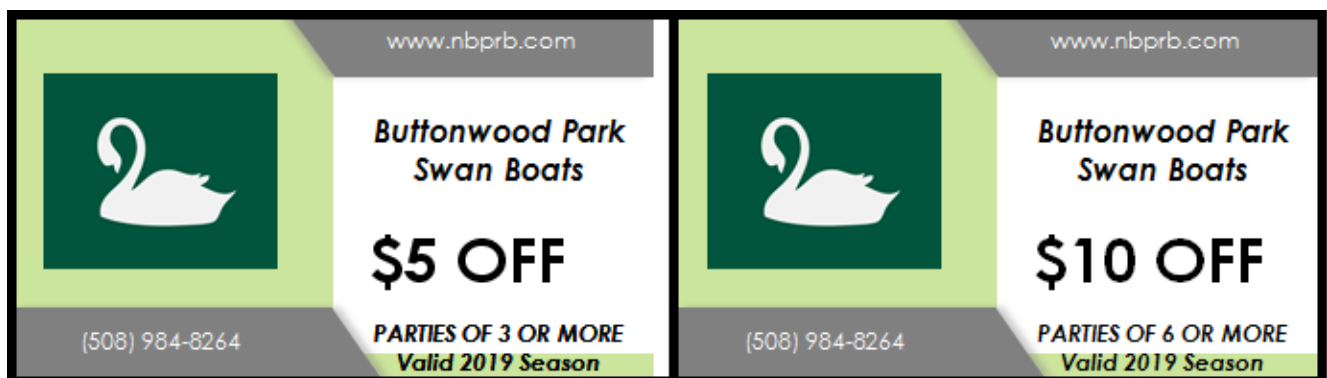
- The perfect pedaling time is approximately 20 minutes. It's an affordable activity and a great way to enjoy the outdoors.
- **A portion of all proceeds go directly towards making water quality improvements to Buttonwood Pond**
- Kid friendly, no age minimum or maximum and life jackets are provided for everyone under age 13.

They are currently running weekends from 10:30 am to 6 pm, (weather permitting) and will begin operating daily for April school vacation week beginning April 15 through Labor Day, September 2. After Labor Day it will be weekends only.

Prices are \$5 for Children between the ages of 2-15, under 2 are free and \$10 for Adults.

---

*Looking to save a few bucks? Show them these coupons on your phone or print them out:*





# **Solshine Yoga offers the South Coast a unique and transformative yoga experience like no other**

The word *yoga* is increasingly becoming an English word in the same way pizza, latte and pajamas have become “English.” Words adopted from other languages that have become such a part of our culture that they seem like they *are* English words and have always been there.

The idea and the word have been assimilated which is something truly at the heart of yoga: being inclusive, bringing together, uniting. In fact, the word itself is Sanskrit for *union*. Why has yoga become a part of American culture? Why has it become so popular? Why is there hip-hop yoga, nude yoga, aerial yoga, rave yoga. and even yoga with goats? Why is it “cool” to update your social media with images of people doing *āsana* or postures?

Plain and simply said: it produces results.



If you do yoga regularly you **will** get results and those results will go far beyond physical improvements and extend to every aspect of life: your well-being, mental flexibility, happiness, lowering your blood pressure, produce a quieter and calmer mind, improve your ability to deal with stressful situations at home and work, gain clearer thought processes, and more. In essence, to “do” yoga is to improve every nook and cranny of who you are – physically, mentally, psychologically, spiritually.

That is why this import is as American as apple pie and so incredibly popular.

However, this presents its own problem: with so many yoga studios and instructors where do we go? Who is affordable, knowledgeable, and capable of addressing a variety of needs and levels? Who can we trust in this vast ocean of choices? Where do we start? Do I have to be in shape? Do I have to be athletic or flexible? Is it strenuous enough to lose weight? What if I am already athletic – will it actually challenge me? These and many more questions are a normal, natural part of the process.

One of the studios that has entered this crowded arena is

Solshine Yoga on West Rodney French Blvd. Started in 2018 by co-owners, business partners and “soul friends” Erin Poyant and Sarah Moniz, their objective was to bring world-class yoga with all its many physical and mental benefits right here to the South Coast; to share the transformation and power of yoga that they themselves have experienced.

I can attest personally to the benefits: after years of combat sports I took up yoga as a way to increase flexibility and compliment my training but I quickly found out that it is far more than a stretching routine and as much of an athlete as I was, I learned that a good instructor can challenge the most athletic person. That was more than 25 years ago, I was hooked -that is the power of yoga.



In 2017, I had a major stroke and woke up in the ICU at Mass General after being in a coma for three days. I had to relearn to tell time, walk, count change, talk, use my left side, loss of balance and too many other aspects that come with a stroke. As soon as I could stand I did yoga and I can say unequivocally it is directly responsible for my mental and physical recovery, likely my life. I went from having no balance, limping, and barely being able to stand to nursing myself back to health after a year and a half by solely using yoga as a rehabilitation program.

This demonstrates not only the benefits, but the accessibility

of yoga to a wide range of people, virtually everyone regardless of how strong and athletic you are...or how physically challenged and awkward you are, and how little balance, coordination and strength you have. If a person who can barely stand or hold himself up can do it, **you** can do it and transform your life for the better.

What the ladies felt was pivotal to convey was this very thing. That yoga is genuinely for **everyone**. This is not a cliché or platitude but people from every walk of life are giving yoga a whirl. There are levels to yoga and a good coach does not cookie-cutter everyone – you are not a number among an anonymous group but that coach will get to know you and your wants and needs.

Want to learn to de-stress and relax? Deal better with the incessant chatter in your head? Your anger, fear, and anxiety? Lose weight? Increase your flexibility, utilize yoga as a recovery program for intense athletics? Lower blood pressure? Deal with anxiety better? Build confidence?

Yoga is for you.





If there is any doubt about the inclusiveness of their classes, a quick glance over the social media accounts attached to the studio – or better a visit – will show a reflection the variety of individuals that attend Solshine Yoga. Young, old, overweight, men, women, children, athletes, the uncoordinated, beginners and advanced alike.

In the genuine interest of bringing the best that yoga can offer, Erin and Sarah take into account each person's "starting point," then maps out a way for them to get to where they want to be, but they do it in a way that is thoroughly enjoyable and rewarding. Knowing full well that there are as many reasons a person will come to yoga as there are people, they offer a yoga *experience* that incorporates different styles of yoga, meditation, Reiki, breathing techniques (Prāṇāyāma), aromatherapy, sound healing, and positive messaging (learning to be more optimistic on attitude and approach to life.)

You can check out the variety of workshops like Family Yoga, Buti Glow, Make a Mala Bracelet and Mantra Meditation, Restorative Yoga & Sound, Reiki and others here. If you prefer yoga or these workshops in a more private setting, you can do that as well.

Erin, Sarah and all the instructors at Solshine Yoga (all of whom are certified and have over 200 hours teaching experience) bring all of these components together to offer a unique experience that is flexible in its approach to an individual's needs – a sort of prescription.

"All instructors have full creative freedom, allowing each class to be a new experience that is personalized to the clients in the room. Incorporating different techniques like sound healing and aromatherapy together *with* Yoga enhances the experience for clients and also makes it easier for them to receive the mental and emotional benefits all of these healing practices are meant to provide," said Erin.

“Clients describe leaving class ‘with a clear mind and a full heart’ and ‘grounded and refreshed.’ added Sarah. “It’s about feeling the mind/body connection.” That is another layer of the meaning behind the word itself – the union of body and mind.



Their approach, attitude, and outlook are what makes them stand out like a tsunami among the vast ocean of waves that are yoga studios. All stemming from a shared vision and passion between the two girls who met teaching yoga and workshops together at various studios and centers throughout the South Coast.

Want to talk knowledge and expertise?

Erin is working towards her 500-hour RYT (Registered Yoga Teacher) certification through Yoga Medicine – a program that fuses eastern and western healing principles with a focus on how Yoga can heal the body. Erin is also a Reiki Master. Sarah is a 200-hour RYT, advanced Buti Yoga instructor and Energy Medicine I practitioner. Sarah is also has a Reiki Master certification.

Complimenting the studio is a natural backdrop: beautiful water views. While seemingly of not much import, the ladies



feel that it is actually very important as “Yoga is a very personal practice and clients need to feel comfortable and safe in their space. Seeing the sun rising, or sun setting or seeing the sunshine on the cove water brings in the healing element of nature that we are all missing in our lives so much spending most of our time indoors or driving in the car.” Sarah explained.

Nature is a much better “gimmick” to attract one to yoga.

So no matter where you are in life in terms of your physical ailments, abilities or capabilities there are benefits waiting for you at Solshine Yoga. A better you in every way – physically and mentally is one small step away and one that costs nothing: your first class is completely **free**. Free because Erin and Sarah know that once you have a taste of what they are doing and what it does for you, you’ll be hooked. All it is required to a new better you? Just you and your ability to breathe.

No goats, no wine, no gimmicks needed.



*Want to give Solshine Yoga a try? Beyond that first free class, Solshine Yoga offers a “Buy 2 Get 2 Free” package of 4 classes for \$30 to new clients. In addition, every weekend there are specialty workshops like Family Yoga, Restorative Yoga and Sound, Buti Glow with Live DJ Ace on Earth, etc. You can even book classes online!*

---

## **Solshine Yoga**

127 West Rodney French Blvd  
New Bedford, Massachusetts  
Phone: (508) 287-1056  
EMail: [info@solshineyoga.org](mailto:info@solshineyoga.org)

*Monday-Friday: 9:00am-9:00pm*

*Saturday: 9:00am-5:00pm*

*Sunday: 9:00am-12:00pm*

**Facebook:** [facebook.com/SolshineYogaNB/](https://facebook.com/SolshineYogaNB/)

**Website:** [solshineyoga.org/](http://solshineyoga.org/)



---

**Family owned and operated  
Aaron Pools and Spas turning  
dreams into reality for  
almost 50 years**

If you've watched television shows like Pool Kings, The Pool Master, and Insane Pools: Off The Deep End you really want to have a pool or jacuzzi more than you already wanted one.

Seeing the planning, hard work, and craftsmanship that goes into these projects, both small and large, gives you a deep (pardon the pun) appreciation for what these crews do.

However, those television shows have a way of making us feel like having a pool or spa is something that is out of our reach – unattainable. “That’s something people in Florida get for themselves – something people with a lot of money to spend. There’s no way I could afford something like that as much as I want it.”

What if I told you that there is a local company that creates similar projects with the same world-class workmanship, skill, and ability? That it is far more affordable than you think, making something you believe to be unattainable, actually attainable?



Imagine what it would feel like to have one of those backyards in the shows? The creative pools and spas, landscaping,



gazebos, stone patios, and everything else that turn a house into a home or breathe new life into it. We all know that it isn't so much about the material aspects of the projects, but the pricelessness of what it brings to your family: a platform for all the special events and occasions, as well as the countless memories.

Family owned and operated Aaron Pools and Spas of 597 State Road in Dartmouth is not new to the "game" – they aren't jumping on the bandwagon based on the current popularity of the aforementioned shows. They have been serving the SouthCoast and beyond since 1972 – almost 50 years!

An expert, knowledgeable staff of over 35 locals combines over 500 years of experience – that translates into the capability and ability to create your very own dream yard project the way you **see** it and want it. Aaron Pools and Spas have made themselves the premiere dream backyard creator through pools, spas, and hot tubs through the care, craftsmanship, and passion that goes into every single one of their projects.



No dream project is too small or too grand, each is approached

with the same care. These projects go well beyond the pool or hot tub installation and include grills, ovens, smokers, a large variety of tables, chairs, rockers, benches, loungers, lamps, stools, automatic pool cleaners, and accessories. See the astounding array of options [here](#).

They also don't walk off into the sunset when they are done making these dream projects into realities. They do more than sell and install: they service too. Something breaks? Burns out? Ages and deteriorates? They are one phone call away.

Being expert water chemistry technicians they maintain their knowledge by staying on top of current trends and changes, so that means when it's that time of year to open your pool, or the pH goes south on you, you are covered. I don't include hot tubs in that time of year since people use their hot tubs all year round, including winter.

One of the fascinating aspects that Aaron Pools and Spas offers is giving you the ability to actually see what the finished pool or hot tub would look like in your yard through CGI and artist renditions. You can see many of their finished projects and artists renditions in the gallery I've included below or on the photo section of their Facebook page and the photo gallery section on their website. Prefer videos?

If you are interested in what actual, real-world testimonials? What people are saying about their experiences with Aaron Pools and Spas? Check out the people are saying.

Whether you want to turn your yard into a place for memorable, fun, family experiences that will last a lifetime or just a place to relax, unwind and destress there is literally no one on the SouthCoast that compares to the dream makers at Aaron Pools and Spas. No one with more experience, passion, and higher standards. No one makes dreams more affordable placing it within your reach.



*See your pool or hot tub as it would look in your yard before its built.*

---

## Aaron Pools & Spas

597 State Rd

Dartmouth, Massachusetts

Phone: (508) 996-3320

Email: [pools@aaronpoolsandspas.com](mailto:pools@aaronpoolsandspas.com)

*Wednesday-Saturday: 8:00am-4:00pm*

*Sunday & Tuesday: CLOSED*

**Facebook:** [facebook.com/aaronpoolsandspas/](https://facebook.com/aaronpoolsandspas/)

**Website:** [www.aaronpoolsandspas.com](http://www.aaronpoolsandspas.com)



