Happy Autumn!

It was really exciting to have so many new and repeat attendees at our Stress Management Sound Therapy. We really appreciate everyones participation. As we move into the Autum season we want to share some upcoming events, wellness education, and more about ourselves!

What's new

We're on social media and offering walk-ins for Sound Therapy!



Healing Hands for Body and Mind has recently launched their updated website! Check out the NEW Website link to learn more about Pat & Ken and what is offered in their practice! They have also recently joined the world of social media. You can follow them on Facebook and Instagram!



We are now able to offer walk-in and pre-registered cash pay for Sound Therapy Sessions at Hitchcock Free Academy. Pre-registration is still encouraged as space is limited. If you are planning to walk-in make sure to arrive early. Just two session left in our General Wellness Sound Therapy Series. We hope you'll continue to join us at the Hitchcock Free Academy each month!



Education Corner

The Immune System: Impact and Protection

As we move from one season to another let's take a look at our immune system. Some of the reasons we may want to pay special attention to this particular body

function is the changing weather, along with the dwindling daylight, and the fast approaching holiday season with it’s excitement and stress.

Why is our immune system so important? Our immune system is more than just the thing that keeps colds and flus at bay. The immune system is a complex network of organs, cells and proteins that defend the body while protecting the body's own cells. This system defends us from invading microbes and supports overall disease resistance. If the system is destabilized it can cause imbalances and reduce its ability to protect the body from more chronic illnesses such as cancer, autoimmune disease, and nervous system disorders.

Impacts of Chronic Immune System Stress:

- Digestive problems
- Nervous system disorder
- Irritability/mood changes
- Poor sleep/rest
- Long term effects like diseases not just illness
- Skin and respiratory issues

Why the changing seasons have such an impact?

As we transition form one season to another there are many changes that occur in response. Lets start with the environment; plant life is dying back producing mold, temperature fluctuation there is an urgency building to be ready for the colder weather. As we close things up there is less circulating fresh air along with dust, mold, and other contaminants being expelled by heating/cooling systems that our immune systems have to spend energy defending against. Our diets change too as we accommodate seasonal harvests and food preferences causing stress on our digestive system. With the drop in temperatures many microbes such a flu virus more become active. Like any other organism they have a season when they are most active and a season when they are dormant.

Medication changes, even small ones like starting or stopping seasonal allergy meds, cold medicine, antibiotics, or even supplements can trigger a change in your immune system. Remember not all change is bad! But adding or taking away a medication can mean an adjustment period for your immune system while it learns to function with that change.

Particularly in Fall and Winter we have the added impact of social gatherings and financial stress. As we head into a colder months we instinctively gather together; for holidays, indoor sporting events ,and markets. In these months we are spending more time inside with different groups of people. Holidays, heating costs, and the increase in events can also add financial stress. Not only do we expose ourselves to a greater increase of germs but then we are often run down as a consequence of being so busy.

Our immune system needs to be properly supported to fight disease, regenerate our cells, and protect against invading bodies. You can support your system with proper hydration, nutrition, and exercise and by making sure you get enough rest. If you would like more suggestions for supporting immune health let us know!

Upcoming Events

- October 17, 2026 Immune Defense
- November 14, 2026 Life Challenges, Loss, & Grief



Registration for each session will be available on the Hitchcock Free Academy website.

Please register in advance to join us for sessions as space is limited. If space is available walk-ins are welcome.

Register now

Our General Wellness Sound Therapy Series is cohosted with Alora of Health Well Crafted and offered at the Hitchcock Free Academy. Each session is specially formatted to offer attendees a different wellness benefit.

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