

HOLIDAY OPEN HOUSE

Saturday, November 27th

11am - 2pm

New Health and Wellness Businesses!



**Heather's
Primal Wellness**

Personal Training, Health/Nutrition Coaching

Pre-Event Presentation @ 9:00 am

"Healthy Lifestyle Choices for Pre-Diabetics"

*Pre-registration required - Call 262-353-1028



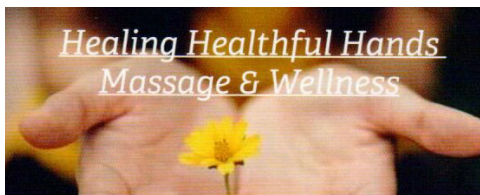
Athletic Training, Sports Medicine Services

Pre-Event Presentation @ 10:00 am

"Injury Prevention for Runners"

*Pre-registration required - Call 262-477-5550

Free Injury Assessments 11am - 2pm



Massage Therapy / Energy Work / Life Coaching

10 Minute Clothed Massage - **\$10 donation.**

Proceeds will go to Friends, Inc. in support of women and children.



Therapeutic Pilates

Reformer Demonstrations

Schedule Private Lessons



Reiki / Meditation / Sound Healing

Post-Event Experience @ 9:00 am ~ **Sunday**

"Guided Meditation and Drumming"

*Pre-registration required - Call 262-201-0440 or visit

www.wholehumanwellnessandbotanicals.com

Gift Certificates and First-Time Client Specials!

Located Inside Integrative Orthopedic Massage

1053 Fond du Lac Ave., Kewaskum

For more information go to www.integrative-orthopedic.com