



**C**omplementary **H**olistic **A**lternative **I**ntegrative **M**edicine  
*CHAIM = Hebrew for "LIFE"*

**WV Wellness, Inc**

invites you to join us for a series of  
**CHAIM "Life" Lectures**

**Sunday, May 21 - CAROL LILLEY, N.D.**

**DO YOU NEED TO DETOX?**

Feeling Sluggish? Carrying Extra Pounds?

Tired of Being Sick and Tired?

Come learn some Ways to De-Tox and the Benefits of Cleansing.

**Sunday, June 11 - CHERYL COLEGA, RPh/Iridologist**

**HOW PRESCRIPTION DRUGS AFFECT MIND, BODY, SPIRIT**

Discover the secret side effects of man-made medicine.

Are the functions of medications just a superficial magic trick?

Is your medicine helping you? Really?? Are you sure???

If you listen - you will hear it - your body, it's always talking!

**Sunday, July 9 - K.J. BURLEY, LMT/CMT**

**CRANIO-SACRAL THERAPY - IS IT FOR YOU?**

CranioSacral Therapy is an extremely gentle form of bodywork.

Developed by John Upledger, D.O., it has been called "magical," "profound," and "amazing." CST has helped many people rid themselves of pain.

Are you in pain? Could you possibly lose your pain to the gentle touch of CST?

Come find out.

Lectures will be held in the offices of That's the Spot! Massage Therapy, inside Hudson Premier Physical Therapy, 132 Lafayette Ave., Moundsville, WV (formerly Wood Rehab & Fitness). Call 304-281-1013 or 304-686-2724 for more information.

WV Wellness, Inc., is on a mission to educate residents of the Upper Ohio Valley and others about Complementary, Holistic, Alternative and Integrative Medicine, to help them live longer, healthier, pain free, disease free lives.



Sponsored by **West Virginia Wellness, Inc.**

