

United. We Heal.

We are pleased to announce that the Downtown Wellness Union (DWU) is ready for your visit. Call or stop in today!



ACUPUNCTURE

Dr. Bill Briggs, MD

Acupuncture involves placing very thin needles into specific locations on the body to stimulate, activate and focus subtle energy pathways, providing therapeutic healing in the body, mind and spirit. Contact acupuncture.dr.dwu@gmail.com

AYURVEDA

Devika M. Smart, YogAahar Ayurvedic

Diet & Nutrition

Ayurvedic Counseling with Devika helps focus and clarify each body's natural healing pathways. By assessing each body-type constitution, YogAahar consultation promotes whole-body wellness through a combination of dosha balancing, lifestyle modification and diet recommendations. For appointments please call **248-909-1945**

FENG SHUI & REIKI

Laurie Sagal, Balanced Directions

A Karuna Reiki Master, Laurie's unique, profound approach to the healing arts combines both a deep knowledge of Feng Shui balance and symmetry with the deep, core balance of personal energy obtained through Reiki. Call **248-852-2292**

LIFE COACHING Body & Spirit

Pamela Vacerelli, Integrating Mind,

By taking a "total body" approach to healing, Pamela (MA, PSY.S, LLP) guides her clients to a profound sense of balance, peace and integration. Pamela uses therapeutic consultations to help define life goals, then helps map out wellness and healing strategies that utilize all the other services of the Wellness Union, UpDog Yoga, etc. Call **313-920-1165**

MASSAGE THERAPY

Jerry Stutz, Body Chitta Massage

For over 23 years, Jerry Stutz has combined a profound commitment to personal healing with an innate sense of touch to build a reputation as one of the area's most skillful personal body workers. Services include therapeutic massage, cranial-sacral therapy, sound techniques. Call **248-601-6019**

REFLEXOLOGY & EAR CANDLING Solace

Kathy Radvansky, Inner

Kathy's holistic approach to personal well-being uses reflexology (the application of massage on specific pressure points in the feet) and ear candling (a non-

invasive, relaxing process that helps the body purge toxins and purify the sinuses) to promote the reduction of stress, pain and muscle tension. **Call 810-334-4231**



In The Old Library Building

(next to UpDog Yoga)

210 W. University, Suite 6, Rochester, MI

48307

Website & Central Appointment System

Coming Soon!