

# Optimal Performance Physical Therapy Wellness Workshops – Fall 2013

**Wednesdays from 6:30–8:00 p.m.**

**5 Millbrook Road, Scarborough, ME 04074**

September 18 - Treating Post Concussion Symptoms with Craniosacral Therapy:

Karen Bailey PT, IMTC, CNHP, ATC

Come learn about the benefits of Craniosacral Therapy and how it can be used to treat the symptoms of headaches, dizziness, fatigue, stiffness and pain in order to help restore optimal health and performance following a concussion.

September 25 - Neurofascial Process (NFP): Connecting to the Body's Wisdom to Heal Itself:

Michaela Reynolds, PT, IMT

NFP is an IMT technique developed by Sharon W. Giammatteo for clients to use as “homework” that integrates the nervous system, which transmits signals throughout the body and the fascial system which is a thin layer of connective tissue that covers every organ, vessel, and nerve like a body suit, with sensory information and emotional health.

October 2 - Intro to Essential Oils: Karen Bailey PT, IMTC, CNHP, ATC

Come learn the benefits and uses of some of my favorite Essential Oils for muscle soreness, joint pain, inflammation, stress, insomnia, digestion, and immune system protection / enhancement.

October 9 - Gluten Free or Not Gluten Free: Karen Bailey PT, IMTC, CNHP, ATC

Should I be eating gluten free, how do I know? Come learn what all the talk is about. What is gluten? What are some of the causes and symptoms of gluten sensitivity? What are the benefits of gluten free eating?

October 23 - Basic Daily Tension Releases: - Michaela Reynolds, PT, IMT

Learn 5 simple finger holds that help recharge the acupressure points located on each finger to increase your immune system and rebalance/calm emotions!

October 30 - Muscle Response Testing: Is it Good for You!

Karen Bailey PT, IMTC, CNHP, ATC

Learn different muscle response testing techniques that can be used in your everyday life to determine which foods, as well as hygiene and cleaning products are most beneficial for you!

November 6 - Natural Painkillers: Karen Bailey PT, IMTC, CNHP, ATC

Tired of taking the over the counter painkillers such as Advil, Motrin, Ibuprofen, Aleve? Concerned about the side effects; come learn about some natural painkillers and their other health benefits.

November 13 - Tapping your way to Health: - Michaela Reynolds, PT, IMT

Learn a simple tapping sequence that you can do anywhere to treat headaches, stress, insomnia, depression and pain.

**Call 510-6500 to reserve your free seat!!!**