

## Healing Arts Practitioners: Marblehead Chamber of Commerce UMAC Health Fair Saturday June 20<sup>th</sup> 2009 12-4pm

1005 Paradise Road, Vinnin Square Plaza, Swampscott, MA 01907 Tel: 781-581-8887

### Healing Art of Chiropractic



**Marblehead Chiropractic: Dr. Paul Milone**-serving the people of Marblehead and it's surrounding communities since 1993.

A variety of Hands On Techniques and Auriculotherapy (Ear Reflexology) used to get you well.  
40 Tioga Way, Suite 100 Marblehead, MA 01945 \* (781) 639-0808  
[www.MarbleheadChiropractic.com](http://www.MarbleheadChiropractic.com)



**Full Potential Chiropractic: Dr. Angela Gambale O'Brien and Dr Jamie Engel**

is the headquarters of a health and wellness movement. Throughout your experience in our office, you will receive a constant stream of the most current information available in health care today. This information is to empower you so you can make well-educated and informed decisions. These will not only improve your body but will also improve your mind and spirit.

186 Burill Street, Swampscott, MA 01907 (781-593-2388)

[www.fullpotentialchiropractic.net](http://www.fullpotentialchiropractic.net)

### Healing Art of Massage



**Gerri Costanza Massage Works** SPORT-HEALTH-RELAXATION-PAIN

26 years experience Successfully treating muscle and joint discomfort and pain while improving strength range of motion endurance. Geri's technique aligns muscles to create a fountain of energy from the tip of your toes, to your finger tips, for all ages and activities.

Available 7 days and evenings by appointment visa/mc - 781-631-4030

24 Bessom St, Marblehead [www.GerisCostanzaMassage.com](http://www.GerisCostanzaMassage.com)

### Healing Art of Martial Arts



**The United Martial Arts Center** teaches internal and external martial arts to all ability and age levels six days per week. Our highly qualified Instructors will help you reach your goals both mentally and physically through traditional martial arts.

Martial Arts Taught:Kung Fu; Tai Chi; Bagua Zhang; Ship Pal Gye (18 Weapons) Kom Do (Samurai Sword) Kong Su Do (Tae Kwon Do

Aikido/Hapkido; Yudo (Judo/Jujitsu)

United Martial Arts, 1005 Paradise Road, Vinnin Square Plaza, Swampscott, MA 01907

Tel: 781-581-8887

[www.umacmarblehead.com](http://www.umacmarblehead.com)

### Healing Art of Reflexology



**FOOTPRINTS REFLEXOLOGY THERAPY** tel: (781)-367-5141

REFLEXOLOGY is a complementary, non-invasive therapy using gentle but firm pressure to stimulate reflex areas (by applying thumb and finger pressures) in both feet. There are approximately 7,200 nerve endings which form these reflex areas. They correspond to the organs and structures of the entire body, including all systems.

Circulation opens as oxygen and nutrients are brought to areas previously blocked by toxins from stress, injury and environment. The body then begins to repair itself. This technique for healing has been used for centuries. [annwetlaufer@verizon.net](mailto:annwetlaufer@verizon.net)

**Healing Arts Practitioners: Marblehead Chamber of Commerce  
UMAC Health Fair Saturday June 20<sup>th</sup> 2009 12-4pm**

**1005 Paradise Road, Vinnin Square Plaza, Swampscott, MA 01907 Tel: 781-581-8887**

**Healing Art of Nutrition and Health Coaching**



**Fiona Barrett Holistic Nutrition Coach**

Creating Physical, emotional, spiritual health and beauty—with food.

Providing Nutrition Coaching with a Holistic whole-person approach.

Envision yourself feeling happy, at peace and satisfied, brimming with energy and looking as good as you feel with a healthy natural glow that comes from within!

Email: [fibarrett@mac.com](mailto:fibarrett@mac.com) Tel: 781-244-9090 web: [www.fionabarrett.com](http://www.fionabarrett.com)

**Healing Art of Home Care**



**AAAAA Private Home Care:**

We have been providing the highest standard of quality care in the North Shore since 1994. Our CAREtakers are specialists in customized home health care. At AAAAA Private Home Care, Inc we have an ongoing relationship with our clients that make them feel safe and secure both on a professional and personal level. Our main priority is to enhance the quality of life for our patients.

Email: [marydemakes@verizon.net](mailto:marydemakes@verizon.net) Web: [www.eldersathome.com](http://www.eldersathome.com)

183 Pleasant St, Marblehead, MA 01945 Tel:781-639-8696

**Healing Art of Yoga**



**Namaste Yoga**

"honoring and uniting the divine within us all"

Elizabeth O'Shea has been studying yoga with Patricia Walden since 1976. She has also studied with many prominent teachers including B.K.S. Iyengar in Pune, India. She was certified in the Iyengar tradition and now she follows her own voice in training others to learn and teach this sacred art of yoga.

Web: [www.elizabethyoga.com](http://www.elizabethyoga.com) Tel: (617)816-1489 Email: [elizyoga@comcast.net](mailto:elizyoga@comcast.net)

**Healing Art of Whole-foods**



Why have half your health...when you can have the whole thing?



Juice Plus+ Bridging the Nutritional Gap  
17 fruits and veggies in one convenient capsule

To place an order, visit: [www.lleesonjuiceplus.com](http://www.lleesonjuiceplus.com) or call: Lolli D. Leeson (781)631-6280  
e-mail: [lolli.juicedup@gmail.com](mailto:lolli.juicedup@gmail.com).