

Seeking ways to manage Chronic Pain or Anxiety that don't involve more medications?

Have you heard about the benefits of meditation, therapeutic massage, Acupuncture therapy, Chiropractic, Tai Chi or Yoga? Did you know we have dedicated local professionals trained in these methods of health care and wellness? Are you interested in learning more, meeting your local, certified providers, or sampling FREE services? The Home Remedies program offers online "anytime" education, in-person classes and events, and Yancey and Mitchell attendees can earn free vouchers for local wellness services.

The Event Begins at 10, but arrive anytime!

10:00 Presentation "The benefits of a regular wellness practice"

10:15 Introduce the day's practitioners and hear a little bit about their practice.

10:30 Learn about the Yancey/Mitchell Home Remedies Program

10:45 A seated meditation and mindfulness practice

11:00-2:00 Check in and get a free assessment, visit providers and receive services, or enjoy a gentle, seated movement practice, offered throughout the day. Learn more and sign up for the Home Remedies Online Learning Program and how to earn vouchers for free local services.



Featuring Local Health and Wellness Practitioners

Jade Pierce L.Ac, M.Ac	Mountain Community Healing Arts	Traditional Asian Medicine: Acupuncture; Massage & Bodywork; Herbal Medicine	http://www.mtncomhealingarts.com/
Jennifer Williams L.Ac, D.Ac	Wood Element Acupuncture	Traditional Asian Medicine: Acupuncture; Bodywork; Herbal Medicine	https://www.woodelement.com/
John Janeski L.Ac, M.Ac, LMBT	Mountain Mobile Acupuncture	Traditional Asian Medicine: Acupuncture; Massage; Herbal Medicine	https://www.massagebook.com/Spruce_Pine~Massage~mountain-mobile-acupuncture
Ironwood Therapeutic Arts	Massage Therapy	Providing experienced and professional therapeutic massage to our Burnsville community since 2009	https://www.ironwoodarts.net/
Jason Leonard DC	Mars Hill Chiropractic	Chiropractic treatment and Functional Medicine	https://marshillchiro.com/
jacquie	Meditation practice, mindfulness and gentle, seated Yoga instruction	Wellness through compassion and gentle, loving awareness	https://nariswansong.com

Help manage pain & stress... FREE!

Integrative Health Clinic

A collaboration with
Mountain Community Healing Arts, Burnsville and Spruce Pine
and

Curious about other ways to manage pain and stress that don't involve medications? Meet local providers, learn about complementary wellness practices, and try out free classes and services.



We can help you register with our innovative online teaching program, get free resources, and earn vouchers for more free local services.



Free Classes
Free Services



Massage
& Chiropractic
Therapy



Health and
Nutrition
Coaching






Mindful
Movement



Acupuncture
Therapy



Mindfulness
Practices

 Local complementary health providers
 Proven practices to manage pain and stress
 for Mitchell and Yancey residents

1st Baptist Church on the Town Square, Burnsville
Saturday, March 18 from 10am-2pm

Outdoors on the Town Square, Burnsville
Saturday, April 22 from 10am-2pm



scan for more info!

828-214-7885
<http://bit.ly/path-home-remedies>