

# CREATIVE WELLNESS

## HOLISTIC HEALTH CENTER



### Services Available from Creative Wellness

Acupuncture & Chinese Medicine  
 Aromatherapy  
 Ashiatsu Oriental Bar Therapy®  
 Ayurvedic Medicine  
 Chiropractic Medicine  
 Craniosacral Therapy  
 Esoteric Healing  
 Holistic Health Education  
 Hot Stone Massage  
 Lymphatic Drainage  
 Massage: Clinical & Relaxation  
 Muscle Release Technique  
 Myofascial Release  
 Naturopathic Health Services  
 Neuromuscular Therapy  
 Nutritional Counseling  
 On-Site Massage  
 Polarity Therapy  
 Pregnancy Massage  
 Reflexology  
 Reiki  
 Rolwing® Structural Integration  
 Sports Massage  
 Therapeutic Touch  
 Trager® Bodywork  
 Trigger Point Therapy

### Classes Available from Creative Wellness

The Alexander Technique  
 Meditation  
 NIA  
 Pilates  
 Tai Chi  
 Yamuna Body Rolling  
 Yoga  
 and more...

## Stress Management Helps the Heart

By Lynn Beatty

Heart disease is now ranked the number one killer for both men and women in industrialized countries. While “heart attacks” occur suddenly and often without warning, underlying damage to the coronary arteries occurs gradually over time, long before the acute event.

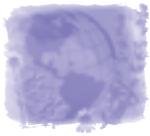
The development of coronary artery disease is often asymptomatic. It may not even be evident with cardiac diagnostic studies. Some people develop plaque build-up in somewhat larger arteries which is easier to identify during stress testing or cardiac catheterization and which is more likely to produce symptoms of chest pain during strenuous activity. Others, especially women and those with diabetes, develop plaque and inflammation diffusely in many tiny arteries all at once. For some reason, this type of coronary artery disease tends to be less likely associated with the development of chest pain and is often more likely to go undiagnosed until it is quite advanced.

The “heart attack” itself, then, is an acute event superimposed on a chronic underlying process. The plaque represents a build-up of cholesterol which may calcify over time to produce a hardened material which literally blocks some of the lumen of the artery, allowing less blood to flow through. This is a slow developing condition. What happens acutely is some form of inflammation of the arteries which triggers a series of reactions in the blood, leading to the formation of a clot which completely occludes blood flow. This process happens quickly and unexpectedly. The heart muscle, hungry for oxygen, begins to die in areas without adequate blood flow. This is what causes the chest pain associated with heart attacks, if and when it is perceptible.

The good news is that MOST of the risk factors for developing coronary artery disease are lifestyle related and can be modified by considering factors which 1) protect the arteries from being damaged, and 2) protect the heart from being overworked. Stress causes physiologic responses which impact both of these mechanisms. Stress management can have a profound effect on protecting our hearts from damage.

Influences which trigger the stress response on a chronic basis have been shown to promote hypertension and high cholesterol. Hypertension (high blood pressure) which goes untreated for long periods of time can damage the innermost surface of arterial walls, causing inflammatory reactions and starting the process of cholesterol build-up. The more cholesterol we have flowing through the bloodstream, the more build-up is likely to occur. Stress itself has also been shown to contribute to higher cholesterol levels, increased inflammation and increased tendency toward blood clotting. Stress also increases the heart rate and the force of contraction, both of which increase the oxygen demand of the heart muscle, making it less able to tolerate reduced blood flow.

Creative Wellness has a long tradition of promoting healthful practices such as exercise, massage, meditation and holistic healing approaches like Chiropractic and Acupuncture which are known to help engage the relaxation response. Learning, practicing and FEELING the RELAXATION RESPONSE is the antidote to chronic stress. Let Creative Wellness be your partner in promoting stress management and heart health!



# Well-Being Classes

## Transformational Breathing™ Workshop

**Instructors: Julie Wolcott and Marcia Bailey**

Transformational Breathing™ is a powerful self-healing process which opens up restrictive breathing patterns, clears the subconscious mind and helps us connect with higher states of consciousness. This introductory/review workshop will include an overview and demonstration of Transformational Breathing™, two Group Breathing™ sessions, a meditation, body scan, time for integration after each breathing session, plus a one hour break for lunch. Bring a padded exercise mat, blanket, 3 pillows and a light lunch. For more information, see [www.BreatheAnnArbor.com](http://www.BreatheAnnArbor.com).

**Saturday 5/10 11:00am – 5:30pm**  
**1 session \$80.00 5065-1**

**Instructors:**

**Julie Wolcott, M.A., CSW. LPC**, has practiced in the fields of counseling and psychotherapy for over 40 years. She is a licensed professional counselor and a certified social worker, Phoenix Rising Yoga Therapy practitioner and Kripalu Yoga teacher. She is also a certified Transformational Breath facilitator and senior trainer.

**Marcia Bailey, M.A. (Counseling, 1978), PhD (Chemistry, 1965)**, taught physical science and chemistry at Central Mich. U. 1968 through 1996, and has taught Yoga since 1999 as a certified Phoenix Rising Yoga Therapy practitioner and Kripalu Yoga teacher. She has taught connected breathing for over 25 years, and is a Certified Transformational Breath facilitator, and senior trainer.

## Partner Massage

This class will help partners learn stress relief and how to alleviate everyday tightness through massage techniques. Please bring a bathing suit.

**Instructor: Adriana Liwsky**

**Saturday 6/14 2:00-5:00pm**  
**1 session \$80.00/couple 5430-12**

## Reflective Writing & Journaling— Listening To Our Bodies

**Instructor: Holly Makimaa**

Learn to listen to the wisdom of our bodies through writing and guided imagery exercises. Participants will have the opportunity to explore their relationships with their bodies and learn to embrace the “sacred vessels” that carry them through life. We will look at how our attitudes about our bodies, especially the aspects of our bodies and health that we struggle to accept, and affect our well-being. Come ready to start a renewed relationship with your body, mind, and spirit. Wear comfortable clothing and bring a blanket, pillow and journal.

**Thursday 7/17 1:00-5:00pm**  
**1 session \$50.00 5060-4**

## Meditation for Stress Management, Good Health and Higher Awareness

Meditation is the science of reaching our highest potential. Whether your life goals are for physical, mental, emotional, or spiritual success, meditation is a great first step to start you on your way. This step-by-step course is perfect for beginners or as a powerful boost for on-going meditators. Learn simple, effective ways to calm and clear your mind and recharge yourself with energy.

**Instructor: Lorne Dekun**

**Wednesday 6/18 & 6/25 7:15-8:45pm 2 sessions \$40.00 5560-14**

# Creative Wellness Class Registration

### Class Registration Information:

Due to the popularity of the classes, we recommend registering at least five days before the class begins. Full payment is due at the time of registration. Make checks payable to Creative Wellness or use a VISA or MasterCard.

Complete form and return to:

**Creative Wellness Holistic Health Center**  
2025 Abbot Rd., Ste. 200  
East Lansing, MI 48823

Register by E-mail:

[health@creativewellness.net](mailto:health@creativewellness.net)

Register by fax (517) 351-9242  
or by phone (517) 351-9240

Your Name: \_\_\_\_\_

Address: \_\_\_\_\_

Daytime Phone: \_\_\_\_\_ Home Phone: \_\_\_\_\_

Name of Class: \_\_\_\_\_ Class #: \_\_\_\_\_

Instructor: \_\_\_\_\_ Date: \_\_\_\_\_

Time: \_\_\_\_\_ Cost: \_\_\_\_\_

CASH  CHECK  CHARGE TOTAL: \_\_\_\_\_

Credit Card #: \_\_\_\_\_

Signature: \_\_\_\_\_ Exp.Date: \_\_\_\_\_

*Please duplicate form for additional classes. Thank you.*

*A \$10 non-refundable registration fee is included in the price of all classes. There are no refunds after the 2nd class has been held.*



# Exercise and Movement Classes

Detailed class descriptions can be found on our Web site at [www.creativewellness.net](http://www.creativewellness.net)

## Pilates Mat Classes with Magic Circle\*

A classical approach to the work of Joseph H. Pilates. We follow the format of the Power Pilates method, based out of New York City. When done consistently, the flow of Pilates matwork will make your body look and feel years younger and inches longer. The Magic Circle is an excellent tool for developing a tight, strong abdomen and great glutes as part of your Pilates workout.

You do not need to bring your own mat, as we provide everything you need!

### Instructor: Andrea C. Branoff

Purchase 8 classes for \$64.00. For your convenience, attend the times of your choice!

\*Drop-ins \$10.00

Private matwork sessions are available upon request.

Tues., Thurs. 4/29-8/14 5:45-6:30pm  
(skips 5/6, 5/13, 5/15, 6/5, 7/3)

## NIA\*

Looking for a fusion fitness program that effectively enhances your vitality and well-being? Experience the pleasurable sensation of NIA, mindful, simple movements blending martial arts, dance and healing arts. EveryBody is welcome as NIA teaches you how to be your own conscious personal trainer.

### Instructors: Winalee Zeeb and Kelly Gibson

Purchase 8 classes for \$64.00. For your convenience, attend the times of your choice!

\*substitute instructors when necessary

\*Drop-ins \$10.00

Tuesday	5/6-8/26	6:45-7:45pm	Kelly
Wednesday	4/30-8/27	5:45-6:45pm	Winalee
Thursday	5/8-8/28	6:45-7:45pm	Kelly
Friday	5/9-8/29	12:00-1:00pm	Kelly
Saturday	5/3-8/30	9:30-10:30am	Winalee

## Yamuna Body Rolling

Increase flexibility, circulation, and range of motion with Yamuna Body Rolling, a unique form of fitness therapy. Developed over the past 23 years by renowned bodywork practitioner and educator Yamuna Zake, Body Rolling is a technique consisting of a series of routines using six to ten inch balls to stretch and relax muscles. Unlike other ball exercises, YBR goes far beyond random movement and stretch. It allows you to work specific muscles in detail, to create suppleness in tight areas and optimize range of motion. Yamuna Body Rolling™ reeducates muscles and stimulates bone, creating positive, permanent changes in the body. This profound self-help tool will enhance any physical practice while preventing injury. It is effective on its own or as a complement to any workout. Anyone wishing to experience greater flexibility and aliveness in their bodies will benefit.

### Instructor: Stephanie Hicks

Saturday	6/7	Back Routines class 1	5050-17
11:00am-12:30pm	1 session		
Wednesday	7/30	Back Routines class 1	5050-18
7:00-8:30pm	1 session		
Saturday	5/3	Leg and Foot Routines class 2	5050-19
11:00am-12:30pm	1 session		
Saturday	6/14	Leg and Foot Routines class 2	5050-20
11:00am-12:30pm	1 session		
Saturday	8/9	Leg and Foot Routines class 2	5050-21
11:00am-12:30pm	1 session		
Saturday	5/24	Abs, Chest, Neck class 3	5050-22
11:00am-12:30pm	1 session		
Wednesday	7/2	Abs, Chest, Neck class 3	5050-23
7:00-8:30pm	1 session		
Saturday	8/23	Abs, Chest, Neck class 3	5050-24
11:00am-12:30pm	1 session		

\*\$25 plus cost of materials

\*Material Recommendations:

Classes 1, 2 & 3 (yellow ball and pump) \$38.45; Class 2 — optional (Foot Wakers) \$41.95; Class 3 (green ball) \$17.99

## NIA Jams

Dance and celebrate the joy of movement. No experience necessary... just come and dance! **FREE**

### Instructor: Winalee Zeeb

Saturday	5/31	7:00-8:30pm
Saturday	6/28	7:00-8:30pm
Saturday	7/26	7:00-8:30pm



## Yoga Play\*

Seeking tools to calm, center and energize yourself? Explore the transformational and educational tools of Kripalu Yoga. Enjoy the healing sensation of gentle posture flows as well as the benefits of meditation and relaxation. All are welcome. No previous experience necessary.

### Instructor: Winalee Zeeb

Purchase 8 classes for \$64.00. For your convenience, attend the times of your choice! \*Drop-ins \$10.00

Monday 4/28-8/25 5:45-6:45pm

### Morning Yoga, Kripalu Style\*

Begin your day with a gentle yoga class and discover its multiple benefits. Stretch, focus and realign the body and mind. All students, both new and experienced will be encouraged to move at their own pace. Please bring a mat or blanket and a small pillow. Limit food intake two hours prior to class.

#### Instructor: Jo Martinie

Purchase 8 classes for \$64.00. For your convenience, attend the times of your choice!

\*Drop-ins \$10.00

Tues., Thurs. 5/1-5/15 9:30-10:30am

Tues., Thurs. 7/1-7/31 (skips 7/8) 9:30-10:30am

### Beginning Classical Yang Tai Chi

Participants will learn the 1st of 3 sections of this ancient Chinese art. The slow and gentle meditative movements of this Long Form of Yang-style Tai Chi will help relieve tension, increase balance, and improve health. It also has self-defense applications and is an excellent exercise for people of all ages.

#### Instructor: Tim Bernath-Plaisted

Sunday 4/27-6/15 (skips 5/11 & 5/25) 3:00-4:00pm

6 sessions \$45.00 6011-20

### Intermediate Tai Chi

Students will continue to learn the Long Form at their own speed with more individualized instruction. Push Hands and Sword Form applications will also be explored for those who are interested.

#### Instructor: Tim Bernath-Plaisted

Sunday 4/27-6/15 (skips 5/11 & 5/25) 4:00-5:00pm

6 sessions \$45.00 6010-21

## Tell Us Your Thoughts

This month you'll see our newsletter has an additional component: a Client Feedback Survey. We like to keep the lines of communication open and want your feedback. We consistently enjoy high word-of-mouth referrals and know that our clients are second to none.

To thank you for your time and continued support, we will enter your name in a drawing to be held on May 30, where you could win a free one hour massage.

See the survey for complete details.

## Give the Gift of Creative Wellness

Did you know that gift giving is now easier than ever at Creative Wellness?

You can now go online at [www.creativewellness.net](http://www.creativewellness.net), order a gift certificate and choose to either pick it up at our office or have us do the mailing for you. Creative Wellness gift certificates, perfect for every occasion.

### Upcoming Holiday Reminders:

Mother's Day - 5/11

Father's Day - 6/15

As well as Graduation, Birthdays and Anniversaries

### Creative Wellness is Going Green

If you wish to receive this newsletter via email, please let us know.

Send your email address to [health@creativewellness.net](mailto:health@creativewellness.net)

Mother's Day • Father's Day • Birthdays • Anniversaries • Weddings • Graduations • Special Thanks • And more...  
Baby Showers

## Gift Certificates

Monday through Friday  
8:30am - 9:30pm  
Saturday and Sunday  
9:00am - 5:00pm

### Hours of Service:

2025 Abbot Road  
Suite 200  
East Lansing, MI 48823

(517) 351-9240

CREATIVE WELLNESS  
HOLISTIC HEALTH CENTER

PRST STD  
U.S. POSTAGE  
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Lansing, MI  
PERMIT NO. 1096

ADDRESS SERVICE REQUESTED

# Client Feedback Survey

We would love to hear from you. Please take a few minutes of your time to fill this out and either drop it in the mail or drop it by Creative Wellness on your next visit. In appreciation for your time, all completed surveys will be entered into a drawing to win a free one hour massage. Drawing will be held on **May 30, 2008** at noon.

Name: \_\_\_\_\_

## 1. Your Visit to Creative Wellness

When was your most recent visit to Creative Wellness?

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Was this your first visit?  yes  no

How did you find out about us? (select one)

- |                                                                   |                                       |
|-------------------------------------------------------------------|---------------------------------------|
| <input type="checkbox"/> Referral from friend/family member       | <input type="checkbox"/> Online       |
| <input type="checkbox"/> Referral from physician                  | <input type="checkbox"/> Yellow Pages |
| <input type="checkbox"/> Community event                          | <input type="checkbox"/> Other        |
| <input type="checkbox"/> Advertising (Newspaper, Magazine, Radio) |                                       |

What are your main reasons for coming to Creative Wellness? (choose all that apply)

- |                                                         |                                                          |
|---------------------------------------------------------|----------------------------------------------------------|
| <input type="checkbox"/> To feel better                 | <input type="checkbox"/> An injury                       |
| <input type="checkbox"/> To relax                       | <input type="checkbox"/> The classes and instructors     |
| <input type="checkbox"/> For pain relief                | <input type="checkbox"/> For holistic health services    |
| <input type="checkbox"/> To enhance my physical ability | <input type="checkbox"/> Doctor recommendation           |
| <input type="checkbox"/> For the atmosphere             | <input type="checkbox"/> Friend/family recommendation    |
| <input type="checkbox"/> The quality of care            | <input type="checkbox"/> I had a gift certificate        |
| <input type="checkbox"/> The quality of service         | <input type="checkbox"/> To escape the stress in my life |
| <input type="checkbox"/> A chronic condition            | <input type="checkbox"/> Other (please specify) _____    |

Why did you choose us instead of another?

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## 2. Overall Experience at Creative Wellness

	strongly disagree		strongly agree		
	1	2	3	4	5
The atmosphere of the center is important	1	2	3	4	5
A friendly, welcoming staff is important	1	2	3	4	5
The quality of care is important	1	2	3	4	5
The practitioners level of expertise is important	1	2	3	4	5
The range of classes and quality of instructors are important	1	2	3	4	5
Feeling better is an important part of my visit	1	2	3	4	5
Achieving a more relaxed state is important	1	2	3	4	5
I want to buy the products that are available	1	2	3	4	5

	poor		outstanding			unable to rate
	1	2	3	4	5	UR
How was your experience with our practitioners?	1	2	3	4	5	UR

Did you feel well cared for?  Yes  Somewhat  Not really  No

Please answer the following:

Did you purchase anything from the Creative Wellness store? If no, please comment

Yes  No \_\_\_\_\_



(517) 351-9240

2025 Abbot Road  
Suite 200  
East Lansing, MI 48823

www.creativewellness.net

Have you ever referred us to a friend/family member? If no, please comment

Yes  No \_\_\_\_\_

**Final Comments:**

What was the most enjoyable aspect of your last visit to Creative Wellness?

\_\_\_\_\_  
\_\_\_\_\_

**3. General Information**

Gender  Male  Female  
Age  under 24  25-34  35-44  45-54  55-64  65 +  
Household Income  under \$25K  \$25-\$49K  \$50-\$74K  \$75-\$99K  \$100K +

*To enter the drawing anonymously you can do one of the following:*

- 1. Drop your survey off at Creative Wellness into our survey box and fill out an entry form.*
- 2. Fold and tape the three sides of this form and mail your survey and contact us to let us know you have done so by phone at 351-9240 or email [health@creativewellness.net](mailto:health@creativewellness.net) and we will enter your name in our drawing.*

*Thank you for your time and feedback.*

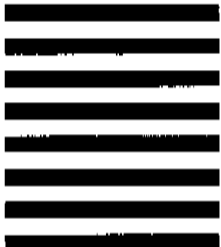


EAST LANSING MI 48823-9924  
2025 ABBOT RD SUITE 200  
CREATIVE WELLNESS

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**BUSINESS REPLY MAIL**

2025 Abbot Road  
Suite 200  
East Lansing, MI 48823



NO POSTAGE  
NECESSARY  
IF MAILED  
IN THE  
UNITED STATES

