

The Mattapoissett Wellness Center Invites You To Their Open House On Sunday June 3rd.

Are you interested in learning more about natural healing and relaxation techniques? Are you seeking a better balance between your mind and your body? Have you been curious but not had the opportunity to explore some healthier options? Well, now is your chance to seek out some new possibilities.

Mattapoissett Wellness Center – Mindful Medicine works to define wellness as a healthy balance of the mind, body, and spirit that results in an overall feeling of wellbeing using premier integrative holistic practice. The center bridges the gap between conventional and alternative medicine giving their clients/patients the best of both worlds, reaching with you, as one, toward optimum health and creating a continuum toward sustained wellness through yoga and holistic therapies.

The integrative philosophy, increasingly popularized by, among others, Deepak Chopra and Andrew Weil, believes that health is more than just the absence of disease; a person is more than their symptoms, and healing requires a whole-person approach. The Center offers reflexology, acupuncture, yoga, meditation, Reiki as well as traditional mental health counseling and physical therapy.

Now is your opportunity to check out their space and get to know their practitioners. they will be offering complimentary mini services and healthy snacks will be provided by Primed & Ready Meals.

There will be raffle prizes with the proceeds going to benefit the Community Foundation of Southeastern Massachusetts.

You can RSVP on their Facebook event page:
<https://www.facebook.com/events/1623597944361213/>

Learn more about them by visiting:
<http://mattapoissettwellness.com/>

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