

Free and/ or /discounted services for veterans & affiliates, November 2018

In honor of Veterans Day 2018, these local holistic practitioners are offering free or deeply discounted services. We salute our veterans and their affiliates, and hope that this will help increase their awareness of our unique services.

Affiliates includes spouses, children, and those currently serving in Active Duty or Reservists. Veterans and affiliates need to show an ID with their military relationship.

We thank the Veterans Initiative at Tri-C for helping us spread the word. We thank these holistic practitioners for offering their talents. But most of all, we thank YOU, for your loyal service to protect our nation. Please accept these services with our gratitude. **Note:** A veteran or affiliate can book only one session with each practitioner. All practitioners are qualified professionals. Their credentials are listed in each item.

Access Bars

Service: 32 points on the head correspond to areas of your life. Touching these points can start a flow of energy and erase years of negative feelings and limiting beliefs that hold you back.

Offer: A 30-minute session for \$10.

Limit: 1 per person per week during November.

Practitioner: Hank Setala of Holistic Health and Healing, 28895 Lorain Road, Suite 103, North Olmsted.

Qualifications: Certified Access Bars Practitioner and Facilitator.

To make an appointment, or for more info: Visit www.holistichealthandhealing.net or call 440-720-HEAL (4325).

Acupuncture

Offer: A 20-minute consultation and a 30-minute acupuncture session for \$49. The regular price is \$145.

Practitioner: Michael A. McClure, Licensed Acupuncturist, at Fite Chiropractic Center, 25185 Lorain Road, North Olmsted.

To make an appointment: Schedule on-line at <http://McClureAcupuncture.com>, or call 937-245-1799.

Holistic Health and Well-Being

Service: Soma Essential Healing

Offer: Discount rate of \$50 for one 90-minute health and wellness assessment with recommendations for holistically improving chronic health issues and stress reduction. The regular price is \$100.

Limit: 1 per person through Dec. 31, 2018.

Practitioner: Deana Tareshawty, Certified Soma Essential Healing practitioner, Owner of Inspired Life Healing, Reiki Master Teacher, Certified NLP practitioner, Community Herbologist.

To make an appointment, or for more info:

Visit <http://somaessentialhealing.com/serving-veterans-in-ohio/>

Hypnosis / Guided Imagery

Offer: Guided imagery audio programs have been, and will continue to be, available to veterans and their families through the VA, at no cost, for stress relief, PTSD, recovery from illness or injury, and other issues.

Practitioner: Jane Pernotto Ehrman, CHt, Images of Wellness LLC.

Qualifications: Master of Education, focused on mind-body medicine, Retired Certified Health Education Specialist, Advanced Practice Clinical Hypnotherapist.

Comments: If you have questions, call 440-213-1872, e-mail jane.ehrman@me.com or visit www.imagesofwellness.com.

Hypnosis / Spiritual Coaching

Offer: 90-minute session for anger, fear, grief, pain, sleep, stress, or other issues, in November and December.

Limit: 5, only one per veteran.

Value: \$175 per session.

Practitioner: Donna Nowak, Consulting Hypnotist since 1999, and Regression Therapist since 2002, at The Fairways, 3601 Green Road, Suite 210; Beachwood.

Qualifications: Certified by the National Association of Transpersonal Hypnotherapists (NATH) and International Board for Regression Therapy (IBRT),

To make an appointment: Contact holistic@donnanowak.com, 216-371-9301

Comments: For more info, visit www.donnanowak.com,

Hypnosis for stress management

Offer: Free 1-hour session for stress reduction during November.

Limit: 10 sessions.

Value: \$70 per session.

Practitioner: Jerome Masek, Certified Hypnotist, with an office at West Park Massotherapy, 4168 Rocky River Dr., Cleveland.

Qualifications: 2005, Certified by the National Guild of Hypnotists (NGH).

To schedule an appointment: Contact JeromeMasekCH@aol.com, 216-210-5504.

More info: <https://www.facebook.com/HypnosisTimeForChange/>.

Comments: West Park Massotherapy will provide free use of their facility for these sessions.

Integrative Health

Service: Integrative Health RN Consultation & Services for People & Pets.

Offer: Free Integrative Health RN Consultation + 1 Energy Balancing Session Half-Price during November.

Value: Varies, depending on modality.

Practitioner: Elaine Connelly, RN-C, CBCP, Wealth & Wellness Journey, Inc., 2 Summit Park Dr., Suite 125, Independence.

Qualifications: Registered Nurse. Certifications: Emotion Code, Body Code, Applied Kinesiology (nutrition & supplement testing), Gerontology, Pet Communication. Quantum biofeedback and BEMER therapist. Transformations 360 Practitioner: Pre-diabetic & diabetic food meal planning and weight management.

To make an appointment: Contact Elaine Connelly RN, 440-478-4073, elaineconnelly1@gmail.com.

Comments: Energy balancing work local or long distance. For more info, visit www.wealthandwellnessjourney.com.

Massage Therapy

Offer: A 20 percent discount on a 1-hour session during November. Veterans pay \$52 per session.

Practitioners: Mary Zukie, LMT, and Christina O'Malley, LMT, at West Park Massotherapy, 4168 Rocky River Dr., Cleveland.

Qualifications: Licensed Massotherapists.

To schedule an appointment: Contact 216-671-6080, ask for Mary or Chris.

Comments: West Park Massotherapy will provide free use of their facility for these sessions. For more info, go to www.westparkmassotherapy.com.

Massage Therapy

Offer: A \$20 discount on a 1-hour therapeutic massage during November. Veterans pay \$45 per session.

Practitioner: Crystal Scuderi, LMT, of Scuderi Massage, at Balanced Living Chiropractic, 708 E. Smith Road, Medina.

Qualifications: Licensed Massage Therapist in Ohio. Member, American Massage Therapy Association.

To make an appointment: Contact Crystal Scuderi, crystalscudermassage1@gmail.com, 216-394-6995.

Comments: Thank you for your service!

Psychotherapy

Service: Cognitive Behavior Psychotherapy, which can include meditation and Tapping/EFT, for adults, children or teens.

Offer: Free 1-hour session for stress reduction during November.

Limit: 10 sessions, only one per veteran. By appointment, from 9 a.m.-3 p.m.

Value: \$120 per session.

Practitioner: Michelle Martin, Licensed School Psychologist, at Insight Learning & Wellness Center, 25901 Emery Road, Warrensville Heights.

Qualifications: Licensed by the Ohio Board of Psychology.

To make an appointment: Contact Felicia@insight-wellness.com, 216-765-4470.

Reiki

Offer: 1-hour session for \$20, by appointment, at these times. 6-9 p.m. Nov. 9, 12 and 26. All day Nov. 6, 13, 20, 27. Free 15-minute sessions from 6:30-8:30 p.m. Nov. 19.

Value: **\$60 per session.**

Practitioner: Lisa Dawson, Certified Reiki Master Teacher, at 26300 Euclid Ave., #702, Euclid; 6208 Ridge Road, Parma; and 25901 Emery Road, Warrensville Heights.

To make an appointment: Contact 814-722-2567.

Tai Chi

Service: Tai Chi class 6-7 p.m. Mondays at River's Edge, 3430 Rocky River Dr., Cleveland. Discover *meditation in motion* to reduce stress and enhance balance.

Offer: Drop in at half price in November for \$5.

Limit: 2 classes per veteran at a discounted \$5 rate.

Practitioner: Mary Holtz, certified qigong and Tai Chi Easy™ practice leader.

Qualifications: Certified by the Institute of Integral Tai Chi and Qigong.

Comment: For more info, contact maryhwellbeing@gmail.com or visit www.riversedgecleveland.com/what-we-offer/classes

In closing

We welcome your feedback. It will help us plan for next year.

- Veterans, how did you like this program? How can it be improved? Share your success stories.
- Practitioners, how can the program be improved next year? How many veterans took advantage of the offer at your facility?

Send your feedback to JeromeMasekCH@aol.com. Thank you.

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