

3942

Workshop teaches natural health techniques

P 11

ShareCare®, a one-day seminar that teaches people techniques to relieve pain and promote relaxation, will be held Friday, February 25, at St. Mark's Episcopal Church, 23 E. Chicago, Coldwater.

ShareCare is based on the successful therapeutic techniques developed by Dr. John E. Upledger, the licensed osteopathic physician and surgeon who established The Upledger Institute in 1985. A healthcare-education resource center and clinic in Palm Beach Gardens, Fla., the Institute specializes in therapies that encourage the body's natural healing processes. In ShareCare, participants are introduced to CranioSacral Therapy, a gentle, hands-on therapy developed by Dr. Upledger. CranioSacral Therapy is used by healthcare



Workshop leader Lauri Rowe of Natural Options will explain the craniosacral system's influence on health at the upcoming workshop.

professionals worldwide to detect and relieve the root causes of conditions such as chronic headaches and back

pain, fatigue and central nervous system problems.

Workshop leader Lauri Rowe of Natural Options will explain CranioSacral Therapy and the craniosacral system's influence on health. After a demonstration, participants will practice a few simple techniques that they can use themselves or to help family members relieve headaches, reduce stress, control pain and promote relaxation.

Workshop hours are 9 a.m. until 4:30 p.m., with registration at 8:30 a.m. The cost is \$50 per person. Pre-registration is recommended as workshop space is limited. To register or for more information, call Natural Options/Soul Selections at (517) 279.2722 or Upledger Institute at (800) 233-5880.

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