

Chiropractor offers free treatment to South Florida emergency officials

For Hometown News

PALM BEACH GARDENS — Dr. James P. Cima, chiropractor and physical trainer, is offering one complimentary evaluation to all emergency officials in Palm Beach Coun-

ty and surrounding areas. Dr. Cima is offering these screenings to thank the emergency employees who have worked so hard to help repair and maintain safety of local towns following the recent hurricanes.

The screenings are available through Oct. 20. All city emergency employees must call (561) 627-3810 to schedule an appointment.

Dr. Cima's Palm Beach Gardens office is located at 3300 PGA Blvd., Suite 600.

Upledger hurricane relief day spells free therapy for those in need

For Hometown News

PALM BEACH GARDENS — The Upledger Foundation will host an Upledger Hurricane Relief Day on Oct. 16 from 9 a.m. to 5 p.m. at its clinic in Palm Beach Gardens.

Anyone whose life has been devastated by Hurricanes Frances and Jeanne, or who worked tirelessly to ease the plight of others in the community, is invited to receive a free one-hour craniosacral therapy session to help relieve body tension.

"As South Florida residents, we know the physical and emotional toll that power outages, lost wages and hurricane-related accidents have taken on many of our neighbors," said Michele McGrew, director of development for the Upledger Foundation. "That's why we're offering a day of healing to benefit anyone, from local resi-

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Director of development, Upledger Foundation

dents to relief workers, who has suffered the debilitating stress of Frances and Jeanne."

Developed by osteopathic physician John E. Upledger, craniosacral therapy is a light-touch method of releasing restrictions around the central nervous system to relieve stress throughout the body.

The Upledger Institute HealthPlex clinical services, site of the Upledger Hurricane Relief Day, staffs many of the world's leading craniosacral therapy practitioners. They include physicians, massage therapists, occupational therapists,

physical therapists and other healthcare providers.

Appointments are required for a free one-hour craniosacral therapy session on Oct. 16, and anyone requesting an appointment must call (561) 622-4706 by 5 p.m. Oct. 15.

The clinic is located at 11211 Prosperity Farms Road, Suite D-223, in Palm Beach Gardens.

To learn more about craniosacral therapy and The Upledger Foundation, visit www.upledger.com or www.upledgerfoundation.org.

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