



801 E. Front Street, Traverse City, Michigan 49686

231-922-4911

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*Making longer lives, better lives.*

**\*FOR IMMEDIATE RELEASE\***

**Date:**

Contact: Lori Wells, Manager  
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**Subject: Get your spark back**

**Traverse City** – Energy healing or energy medicine is based on the ancient concept that there is a vital force or an underlying flow of energy, both within the physical body and extending out from it. The underlying theory is that there is this energetic component to our overall health. We are now seeing a reintroduction or resurgence of energy healing techniques in the western culture of medicine. The flow of energy through the body can be compared to the flow of water through a river and its tributaries. Energy healing's goal is to keep the water or the energy flowing smoothly throughout the system by clearing the main river way and the tributaries of any debris that builds up.

Join Carolyn Schwab, licensed occupational therapist from Sound Therapeutics, as she answers the question, what is energy, and explains how to get relief from physical pain, anxiety and depression. Learn basic concepts and tools to help with disease prevention and general wellness.

Attend Schwab's free introductory class on Tuesday, March 14, at 4 p.m. or Wednesday, March 22, at 6 p.m. at the Traverse City Senior Center, 801 East Front Street. Please choose just one of the dates for the introductory class. A three-week series, expanding on the concepts to help release specific painful conditions, will follow, beginning Tuesday, April 11, at 3 p.m. at Twin Lakes Fitness in the Gilbert Lodge, located at Grand Traverse County's Twin Lakes Park, 6800 North Long Lake Road. The cost for the three week series is \$5 per week for members of the Senior Center Network or \$10 for non-members. Advanced registration is required.

For reservations please email [dmikowski@grandtraverse.org](mailto:dmikowski@grandtraverse.org) or call 231-922-4911.

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*The Senior Center Network, part of the Grand Traverse County Parks and Recreation Department, offers diverse programs to older adults in Grand Traverse County. Thousands each year enjoy dozens of activities on a daily basis at locations in Traverse City, Acme, Fife Lake, Interlochen, and Kingsley. Business hours are Monday through Friday, from 8 a.m. to 5 p.m. For more information, call 231-922-4911, or visit [www.grandtraverse.org/scn](http://www.grandtraverse.org/scn) or our Facebook page.*