

What would it be like to live *the Good Life*



[www.MiddleWayHealth.com](http://www.MiddleWayHealth.com)

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## Living the Good Life

Middle Way Health is a gathering space for health & wellness. We offer a wide variety of **services, programs & practitioners** to benefit the community.

Personal & Professional

Relational & Inspirational

Physical & Mental

Emotional & Spiritual



Imagine a world where healing  
and wellbeing are celebrated activities

## Middle Way Health

was established in 2000 and has since blossomed into an active center for healing, growth & vitality.



For us, wellness and thriving are a lifestyle. As we aim to become more self-aware and empowered, we uncover more ways in which to harness the healing power of mind, body, life & spirit.



## La Dolce Vita Magazine

Check out our online magazine at [MiddleWayHealth.com](http://MiddleWayHealth.com), where you'll find articles, interviews and events highlighting

### *The Good Life.*



## Special Needs

We also aim to encompass and support all aspects of the community.

- Developmental Disabilities
- Maternal Depression
- Veterans, Service Members & Family
- LGBTQ Youth & Adults
- Domestic Violence Victims
- Bi-Lingual (Spanish & Japanese)

## Open Clinic

For your convenience we offer drop-in Counseling, Coaching & Consulting services on a daily basis for NEW clients.

## PROGRAMS

We have pre-designed programs, as well as an array of tools and services that can be customized for each individual.

- Marriage, Couples, Children & Families
- Mindfulness-based Psychotherapy
- Shamanic Healing, MesoAmerican Healing & Buddhist Psychotherapy
- Dream Life Designing & Writing Coaching
- Business Consulting & Non-Violent Communication
- Tai Chi/ChiGong & Meditative Movement
- Energy Medicine & Essential Oil Healing
- Biofeedback & Hypnotherapy
- Maternal Wellness
- Drug & Alcohol Recovery
- Classes, Workshops & Books

