

Living the Good Life

Middle Way Health is a **gathering space for health and wellness**, where you may choose from a wide variety of **services, programs & practitioners.**

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Imagine a World where
Healing and Wellbeing are
Celebrated Activities

MIDDLE WAY HEALTH

Established in 2000, Middle Way Health has since blossomed into an active center for **Healing, Growth & Vitality.**

We believe that wellness and thriving are a lifestyle. As you aim to become more self-aware and empowered, you uncover more ways in which to harness the healing power of **Mind, Body & Spirit.**



LA DOLCE VITA

Access our online magazine at middlewayhealth.com where you'll find articles, interviews & events highlighting The Good Life.

The Middle Way Health WELLNESS PROGRAM

Simplicity, Variety, Confidentiality

The Middle Way Health Wellness Program is a prepaid program that allows businesses and individuals to use one or all of our clinicians and services. This is a unique and comprehensive approach to care where each program is individualized to fit one's needs.

- For Businesses & Individuals
- A Variety of Services & Clinicians
- Emotional/Physical/Spiritual Healing
- Comfortable, Uplifting Environment
- Friendly, Welcoming Staff
- Easy to Access
- Strictly Confidential



SERVICES

- Individual, Couple & Family Counseling
- EMDR Trauma Protocol
- Mindfulness-based Psychotherapy
- Buddhist Psychotherapy
- Shamanic Healing & Meso-American Healing
- Yoga
- Ayurvedic Medicine
- Reichian Therapy
- Dream Life Designing & Creativity Coaching
- Business Consulting
- Tai Chi/QiGong & Meditative Movement
- Energy Medicine & Essential Oil Healing
- Biofeedback & Hypnotherapy
- Personal Training & Massage Therapy
- Maternal Wellness & Yoga
- Drug & Alcohol Counseling
- Classes, Workshops & Books

Middle Way Health is incorporated as **Middle Way Health Family Counseling, Inc.**