

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



www.MiddleWayHealth.com
708 Alhambra Blvd., Suite 100
Sacramento, CA 95816
(916) 492-9007

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, 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
- Spanish Speaking

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

