

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



Living the Good Life

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

Personal & Professional

Relational & Inspirational

Physical & Mental

Emotional & Spiritual



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

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

Access our online magazine at
middlewayhealth.com, where
you'll find articles, interviews
and events highlighting

The Good Life.

Prepaid Wellness Program

Simplicity, Variety & Confidentiality

- Similar to Employee Assistance Programs (EAP)
- Strictly confidential and easy to access
- A variety of services
- The ability to use different clinicians
- For businesses and individuals

Community Connections

We are inclusive and work with diverse
communities, having expertise with
a wide range of lifestyles.

- Families in Crisis
- Recovery Community
- Developmentally Disabled
- Veterans, Service Members & Family
- LGBTQ Youth & Adults
- Spanish Speaking

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

SERVICES

- Couples Counseling
- Healing Trauma
- Mindfulness-based Psychotherapy
- Buddhist Psychotherapy
- Shamanic Healing & Meso-American Healing
- Dream Life Designing & Creativity Coaching
- Business Consulting
- Non-Violent Communication Training
- Tai Chi/Chi gong & Meditative Movement
- Energy Medicine & Essential Oil Healing
- Biofeedback & Hypnotherapy
- Personal Training & Massage Therapy
- Maternal Wellness
- Drug & Alcohol Counseling
- Classes, Workshops & Books

