



## NEWS RELEASE

**Contacts:** Michelle Martin, 216.765.4470  
ilmartin@sbcglobal.net  
Melissa Fitzgerald, 440.498.1563  
fitzgeraldpr@att.net

### **Fun Activities for Kids and Free Wellness Programs at the Family Wellness Fair Sunday, October 4, 1 – 5 p.m.**

#### ***Health Discussions to Focus on Stress Relief for Adults and Children***

**CLEVELAND, OH, SEPTEMBER 15, 2009** – Two leading providers of holistic wellness programs in Northeast Ohio have joined forces to create the Family Wellness Fair – a free event to educate, inspire and provide you with ways to reduce the stress of daily life. On Sunday, October 4 from 1:00 to 5:00 p.m., Insight Learning & Wellness Center and The STAR Institute of Ohio will present the Family Wellness Fair at their facilities in the Emery Place Office Suites, 25901 Emery Road in Warrensville Heights. The free open house event includes fun activities for kids and educational health programs for adults.

Designed to introduce the community to the many natural and holistic ways we can find stress relief and take better care of ourselves, the Family Wellness Fair will be a fun and inspirational event with refreshments, door prizes and give-aways.

#### **The impact of stress on our health**

Everyone carries the burden of stress, however you may not realize that stress leads to many health problems and can reduce your lifespan when left unchecked. The good news is there are many natural ways to relieve your body of stress and maintain optimum health. Stress reducing therapies are among the many services offered to both children and adults by Insight Wellness and STAR Institute. The Family Wellness Fair will introduce several of these techniques from Reiki to yoga to biodynamic craniosacral therapy.

#### **Children's Activities**

Children will enjoy movement and fun activities such as musical yoga, art expressions and how to make a nutritional snack. The children will also get to experience TKD Focus Fusion, a fun movement class for kids that incorporates the disciplines of Tae Kwon Do, Pilates, yoga and Brain Gym. The class teaches children confidence, self-control, respect, problem-solving and the ability to focus – all while having fun.

#### **Health Programs**

Adults will have the opportunity to choose from eight health programs presented by highly experienced and credentialed professionals on a variety of topics, including natural stress relieving techniques. Noted Integrative Psychiatrist, Lynn Klimo, MD, of Summa Psychiatry Associates, Summa Health System, will present “**Releasing Negative Emotions with EFT (Emotional Freedom Technique).**” EFT is a method used to identify and reduce negative and stressful emotions and bring about a positive change in behavior patterns that reduce stress and generate overall feelings of well being.

Jennifer Corlett, Ph.D., a registered craniosacral therapist (RSCT) will lead one of two programs related to stress reduction and achieving better health. She will present “**Biodynamic Craniosacral Therapy: Beyond Meds,**” a discussion of how this gentle touch therapy can help balance the central nervous system and has been an effective treatment for many conditions. Christine Lang, LPC, will offer “**Settling: A Simple Way to Calm the Nervous System**” a stress reducing practice that can enable you to become calmer even in stressful situations.

#### **Parenting Education Programs**

The event will also feature parenting education seminars to help facilitate better behavior, stronger communication and reduce stress within families. “**Parenting Mindfully with Emotional Intelligence,**” presented by Kathy McMullin, certified CTI Coach and Gestalt Practitioner, will discuss the struggle between love and discipline and describe ways to improve communication and reduce negativity in the family unit.

Licensed School Psychologist, Michelle Martin, ED.S, will present two seminars for parents. “**ADHD & Autism: Holistic Answers with No Side Effects**” will focus on natural methods to reduce hyperactivity, anxiety and depression, while increasing focus and control. “**Focus Fusion TKD: Benefits of Movement for Attention and Learning**” will introduce parents to an innovative blend of movement and energy psychology that has been found to be especially effective in helping children and teens with behavioral or learning difficulties.

Attendees will learn about the Social Nervous System with Fred Snowden, RCST, RPP and LMT, who will present “**An Introduction to Biodynamic Work with Babies and Young Children**” a discussion of how Biodynamic Craniosacral Therapy can ease birth transition and lessen the effects of birth challenges.

The health programs will also include a presentation by Marilyn Wise, LICDC, Licensed Addiction Counselor, who will discuss “**ASTARA: An Alternative Approach to Addiction Recovery.**” ASTARA is a new method of treating all kinds of addictions by using a blend of holistic modalities to heal the roots of the problem and treat the whole person, not just the addiction.

Space for each program is limited. Please call 216.765.4470 to reserve your spot in one of the many programs offered. For a complete schedule of events, go to [www.insightwellness.org](http://www.insightwellness.org).

#### **About Insight Learning & Wellness Center**

Insight Learning & Wellness Center offers a variety of programs for children and adults. Its wide range of classes, seminars, counseling and wellness services incorporates traditional and complementary modalities to nurture better health. Licensed professionals offer multi-dimensional opportunities to increase happiness and peace, self esteem, self control, and concentration/focus, as well as balance, stamina, strength, and flexibility. The center offers psychological and educational evaluations, Tae Kwon Do Fusion, social skills groups, Reiki, yoga, meditation, nutritional consultation, ADHD support groups, and Rising Stars Camps for children and teens.

For more information, go to [www.insightwellness.org](http://www.insightwellness.org).

#### **About STAR Institute**

With locations in Colorado and Ohio, STAR Institute seeks to support the inherent health and wholeness in each person at the personal, interpersonal and community levels. Our therapies help individuals to settle their nervous systems in order to experience more balance, vitality and well-being. STAR Institute offers a diverse assortment of classes, trainings and individual therapies.

For more information, go to [www.starinstitute.us](http://www.starinstitute.us).

###