

Insight Learning & Wellness Center

Insight Learning & Wellness Center offers programs for both children and adults that include psychological counseling, innovative movement classes, camps for children, self-improvement courses and a wide range of wellness services such as acupuncture, reflexology, therapeutic massage, reiki and yoga.



Our Mission

To provide holistic services using a kind, caring approach that educates and fosters social, emotional, physical and spiritual well-being.

Healthy families are the goal

Insight provides transformational classes for children and their caregivers. Our focus is to nurture wellness of the individual and the family.



Michelle Martin, ED.S.
Founder/Director
School Psychologist

Mind • Body • Spirit

Your partners
on the path to wellness



***Blending natural holistic therapies
with conventional medicine to create
an optimal healing environment***



**Integrative Psychology
& Wellness Services**

Free initial consult

216.765.4470

www.insight-wellness.com

info@insight-wellness.com

Emery Place Suite 112 • 25901 Emery Road
Warrensville Heights, OH 44128

*Conveniently located at Richmond & Emery Road,
off I-271 and close to 480*

Insight Learning & Wellness Center does not discriminate on the basis of race, ethnicity, natural origin, religion, gender, disability or ancestry.

Approved provider for the Autism Scholarship Program.



Simple solutions
for peace and harmony

Wellness Services for You & Your Family

Learning new ways to maximize joy and happiness is a life-long journey

Insight Learning & Wellness Center takes an integrative approach to care, combining the best of conventional medicine with natural, holistic therapies that have been proven to work. The center offers wellness services that reduce stress, increase happiness, self esteem, concentration, balance, cardiovascular stamina, strength and flexibility.

We do this with a kind, caring approach that fosters emotional, physical and spiritual well being.

Wellness Services

- Acupuncture, Reflexology
- Massage Therapy, Reiki & Aromatherapy
- Energy Psychology, EFT, Mindfulness/Meditation
- Individual Counseling and Evaluations
- Parenting Classes
- Camp Insight (summer camp for ages 6-12)
- Yoga, Tai Chi, Qi Gong

Healing Treatments for

Stress	Anxiety	Depression
ADHD	Tourette's	Autism
Addictions	Asperger's	OCD
Sleep disorders	Dyslexia	Learning Disability

Group Therapy Programs (age 6 to adult)

Social Skills	Adult ADD/ADHD Support
Asperger's	Addiction
Indigo	Living the Light (Laws of Attraction)

ADHD & Autism Packages

Affordable services that promote powerful change and hope for a brighter future. Families receive counseling and wellness services tailored to their needs.

Complete Psychological & Educational Evaluations



Insight Learning & Wellness Center offers private psychological and educational evaluations.

As you consider an evaluation for yourself or your child, you can be assured that the experienced professionals at Insight will provide high quality evaluations quickly and affordably.

Evaluations Include:

- Individual assessments with a Psychologist, Speech Language Pathologist and Occupational Therapist.
- Testing encompasses academic skills, intelligence, attention, language, memory, perceptual and motor skills, sensory integration and social-emotional adjustment.

**Call 216.765.4470
to schedule an appointment**

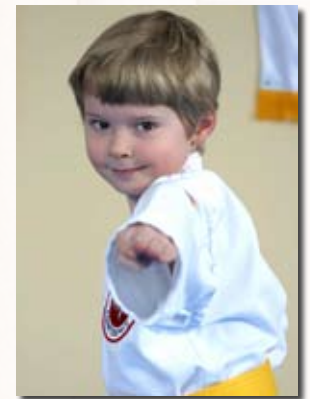
"Your evaluation reports are absolutely excellent - thorough and very helpful - much more so than most!"

- Private School Psychologist, Willoughby, Ohio

Tae Kwon Do Fun Fusion Innovative Movement Programs for Children & Teens

TKD Fun Fusion blends fun activities with character building lessons that will help your child succeed in school and in life.

Led by Michelle Martin, ED.S., licensed school psychologist and trained black belt, TKD Fun Fusion incorporates the disciplines of Tae Kwon Do, Pilates, Yoga and Brain Gym.



Lessons for life

The class teaches students patience, confidence, self-control, respect, inner calm and the ability to focus – all while having fun. Therapeutic movement programs such as TKD Fun Fusion have been shown to help children focus, gain strength and reduce tension – leading to better behavior.

Special Needs

Insight offers specialized classes for children with learning and attention difficulties and has demonstrated great success in helping these children. With small classes, group counseling and an extensive behavior monitoring and reward system, TKD Fun Fusion offers much more than exercise.

Multiple class times are available weekly for students aged 3 to adult.

Try a class for free!

Hope, Health & Healing