

CENTER FOR HEALTHY LIVING

At National Integrated Health Associates announces

Topic: **Cranio-Sacral/Cranial Bio-Dynamics: Home-care basics for the Home Unit**

Teacher: Ralph Wilson, ND, M.S. Acupuncture, Cranio-Sacral Therapy Practitioner*

Dates: **Saturday April 24; Time: 10 a.m. to 4 p.m.** (snacks provided)

Where: National Integrated Health Associates Center for Healthy Living
5225 Wisconsin Avenue, N.W. Suite # 401
Washington, D.C. (Near intersection of Military Road and Wisconsin Ave./
Friendship Heights Red Line Metro Station)

Cost: \$35 for an individual. Couples for \$45. Children under 18 with adult \$5.
Advance reservation required due to limited space.[Save \$5: Prepay 1 week ahead.]

Who Can Come: Any adult (or under 18 with permission). No prerequisites.

Recommended: Optional reading is Your Inner Physician and You by John Upledger, D.O.
Some in stock at Border's Books, or at www.Upledger.com.

For couples, families and people who work together to support each other on Life's Journey. This six-hour experience begins with the background of Dr. Wilson's program of Cranio-Sacral Therapy that he calls Cranial Bio-Dynamics. You then learn what could be called "The Care and Feeding of Your Autonomic Cranio-Sacral System."

The teaching features basic self-care techniques that Dr. Wilson shows his patients how to do for themselves. You will also learn a powerful procedure that can be done by one person for another (though solo treatment can be very helpful too).

This is based on the Integrative Medicine and Biological Dentistry model described on the NIHA web site. This is not Upledger training. Dr. Wilson draws on his knowledge gained from different schools of thought regarding cranio-sacral fluid dynamics.

Bring a sack lunch and be prepared to join in an empowering workshop that will give you more control over your own health and help you help those you love.

***Details and to register online: www.cnri.edu/DrWilson**

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