

Embracing Healthy Lifestyles

Find balance in healthy living at any age. We specialize in one-on-one or small group options to help you identify your goals and to support you in making small lifestyle choices that will create the lasting change you're looking for.

Traditional Medicine. Holistic Health. Under One Roof.

Coaching and Counseling

We believe in mind, body, spirit health and wellness, and our services are designed to support you in your lifelong health and wellness journey through specialized one-on-one appointments.

- Holistic Health and Integrative Nutrition Coaching
- Ayurveda Health Counseling
- Life Purpose Coaching
- Meditation
- HeartMath
- Mental Health Counseling
- Behavioral Health Nurse Practitioner

Thursdays are for Healing

Join us on the first, second, third and fourth Thursday evening of each month to experience a sampler healing service. Each service is 30 minutes for \$40, and is a great way to dip your toe into a new service you've been interested in!

- 1st - Reiki or AromaTouch (coming in August!)
- 2nd - HeartMath Introductory Session (coming in August!)
- 3rd - Community Acupuncture
- 4th - Reflexology

Workshops

Throughout the year, we offer support groups, workshops, and events open to the community. Including cooking classes, free lunch-and-learn sessions and more, visit stateraintegrated.com to view our current offerings.

Private Fitness, Yoga and Meditation

We offer personal training, as well as private or semi-private sessions for yoga, mat pilates, or equipment pilates. Our highly trained fitness and yoga professionals will modify your programming to support you in your unique needs and goals.

Small Group Fitness, Yoga and Meditation

We offer a variety of ongoing weekly fitness and yoga classes for you to enjoy. Small group sizes allow for more personalized care. Payment options include single sessions, 10/20/30 punchcards, or 30-day unlimited classes.

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| • Physical Therapy Led Classes | • Yoga |
| • AntiGravity | • TRX |
| • Meditation | • Mat Pilates |
| • Barre | • Equipment Pilates |

Wellness Retreats

Intermittently through the year, we offer wellness retreats hosted by our integrative team of professionals. Retreats may include a combination of learning, quiet space for meditation, yoga, reiki, sound healing or other activities all focused on personal growth and healing. Contact us if you would like to create your own private wellness retreat!

Other One-on-One Appointments

We offer a wide variety of options, both traditional medicine and complementary therapies. Our providers work together to provide collaborative care and support you in optimizing mind, body, and spirit health and wellness.

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| • Family Medicine | • Acupuncture |
| • Chiropractic | • Reiki |
| • Physical Therapy | • Massage Therapy |
| • Reflexology | • Esthetics |

Open Cardio

Enjoy use of our cardio equipment! Free for clients with a current 10/20/30 punchcard, 30-days unlimited classes, or coaching package (Life Purpose Coaching, Holistic Health and Integrative Nutrition Coaching). Payment options include day use, monthly use, or ongoing monthly contract.

On-Demand Content

We are committed to providing our clients and the community with additional learning opportunities through on-demand content available on our website, such as:

- Video recordings
- Guided meditations
- Articles
- Courses

Not sure where to start? Schedule a free 30-minute consultation!