

WellBeingMD[®], LTD

Simplifying Lifestyles, Sustaining Wellness
MOVING MEDICINE TO WHERE IT BELONGS



Holistic Services

John R. Principe, MD

- Primary Care
- Chiropractic Care
- Acupuncture
- Massage Therapy
- Wellcoaching
- Wellness Planning

NEW: Annual Medicare Wellness Exam

NUTRITION

- Fooducation
- Nutritional Counseling
- Hands-on Cooking Classes

PHYSICAL TRAINING

- Functional Fitness
- MELT Method
- Sound Life Yoga
- Vinyasa Yoga
- T'ai Chi & Qigong

STRESS MANAGEMENT

- Meditative Therapies
- Gong Sound Therapy
- Tapping Therapy - EFT

- **RoadMap 1.0 – RoadMap to Wellness Program**

Our signature six week holistic course designed to improve nutrition, increase physical activity and overall life balance. Check our website for the exact dates of our free introductory classes and 6 week course.

- **RoadMap 2.0 – Continuing Wellness Education**

Taking key concepts learned in RoadMap 1.0, mini courses are developed to allow individuals to maintain optimal health.

YOUR TRUSTED RESOURCE FOR SUSTAINABLE HEALTH

WellBeingMD[®] - Center for Life

11950 South Harlem Avenue – Palos Heights, IL 60463 – **708.448.9450**
Home of "The Mindful Kitchen" on YouTube and Channel 4 in Palos Heights

WellBeingMD.com

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View our event calendar for specific dates and times.