

Personalized wellness plan

Why choose Key Elements for Health?

Key Elements for Health

*More energy, less stress—
keys to optimal wellness!*

- Drug-free option
- Boost concentration and focus
- Feelings of deep relaxation
- Increased energy
- Preventive care
- Pain management

Personalized sessions aid in reducing the effects of:

PTSD	Traumatic Brain Injury
Stress	Injury
Backaches	Tendonitis
Sciatica	Chemotherapy
Fibromyalgia	Anxiety
Arthritis	Fatigue

Gail Okray, Director of Business Development, has more than 15 years of hands-on experience. She is a Jin Shin Jyutsu teacher and practitioner.

Key Elements for Health practitioners are **certified** experts in this field.

NAIS/SIC

621339 Offices of all other Miscellaneous Health Practitioners

621339/8049 Office of Health Practitioner

812990 All Other Personal Services

812990/7299 Miscellaneous personal services

812910 Pet Care (except veterinarian) Services

812910/0752 Animal Specialty Services

Services/Niche Area of Expertise

Personal Sessions:

One hour session for people

30-minute sessions for animals

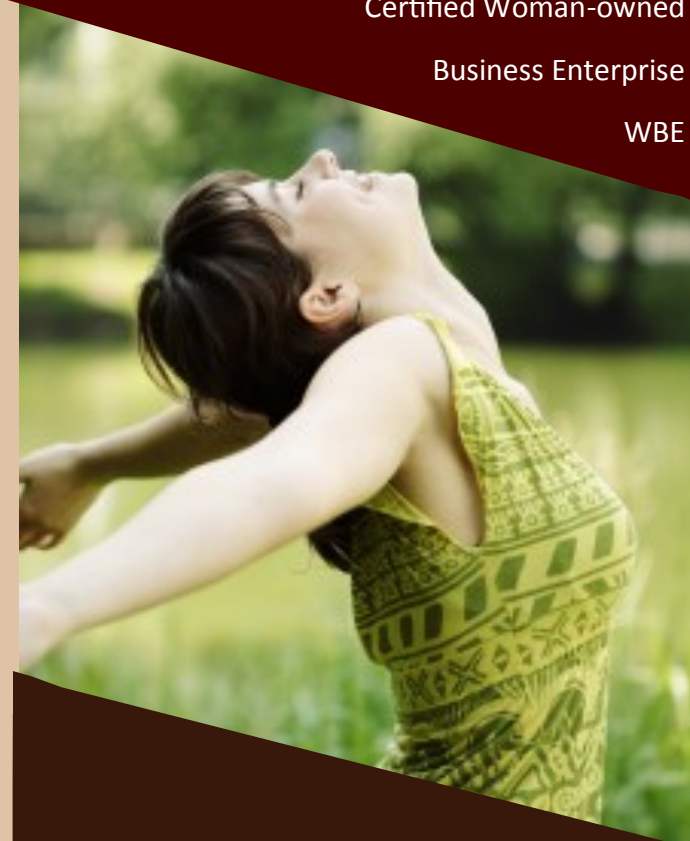
Small group classes (10-20 people)

Self-care techniques

Certified Woman-owned

Business Enterprise

WBE



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SAM Registered



What is wellness?

Comfortable living is just a phone call away!

Keeping these elements in proper alignment leads to a healthy, balanced life.

Elements of wellness



Integrative Partnerships

Facilities that incorporate Jin Shin Jyutsu into their programs through referral or on-site care for Cardiac and/or Oncology Programs include:

Morristown Memorial Hospital

California Pacific Medical Center

Brattleboro Memorial Hospital

Marin County Oncology Center

Markey Cancer Center

Workshops and Self-Empowerment Classes

Practitioner and teacher, Gail Okray, will guide you through the flow patterns that help balance the body's energies to promote wellness, health maintenance, and pain management.

For Military Service Animals

A touch therapy aiding in increased mobility, longevity of service, and overall well-being in service animals.



What is Jin Shin Jyutsu?

Jin Shin Jyutsu, an ancient touch therapy, addresses specific issues of body, mind and spirit by restoring harmony to the body's energetic pathways.

- Similar to acupuncture, but non-invasive (**no needles!**)
- Uses **gentle touch**; no pressure is needed, making it an ideal modality for arthritis, neuropathy, and many other ailments.
- Focuses on the *cause* of the symptoms to encourage healing.
- Sessions given at **any age**, from birth to far beyond retirement.
- Come as you are—disrobing not necessary.
- Continues to restore harmony for *five to eight hours after the session* is complete.
- Includes a **self-help component**, providing clients a way to participate in their own wellness.

