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InWellness Introduces “Breakthrough to Wellbeing” -- A Life-Changing Seminar

Milwaukee, WI. --- InWellness, the integrative health organization that features a collaborative network of traditional and alternative providers, introduces a highly successful seminar to help participants make the positive changes they want in their lives. The seminar is called “Breakthrough to Wellbeing,” and will be held Saturday, June 25, 9 am – 5 pm and Sunday, June 26, 10 am – 4:30 pm at InWellness headquarters, 4200 W. Good Hope Road, Milwaukee.

What’s the magic formula that makes this seminar so effective at producing sustained positive change in peoples’ lives? “Breakthrough to Wellbeing” incorporates four crucial elements for success:

1. InWellness’ nationally acclaimed **whole-person** wellness/interest assessment (used by US Military)
2. Guided therapeutic Breathwork to aid the experience of wellness on a **physical** level
3. Mastery of the six Personal Effectiveness Principles (PEP) covering the **mental/emotional** elements
4. Personal Wellness Plan with **support** of a coach and team for one year.

Studies in prominent medical journals show that modalities like Breathwork and EMDR (Eye Movement Desensitization and Reprocessing) that address life habits including even unwanted syndromes such as PTSD on the physical level as well as on the mental/emotional level, have a much higher rate of success.

Tuition is \$275 and covers the Breakthrough Seminar and one year membership in InWellness including the IW complete health and wellness assessment, a personal navigation and wellness plan with daily/ weekly support and 10-20% discounts on InWellness Network Provider services, seminars and events.

To register or for more information, contact info@inwellnesstoday.com or 414-434-7031.

Jim Morningstar, founder of InWellness, has honed the techniques in this seminar for nearly 30 years through his other business, Transformations Inc., the School of Integrative Psychology. He has developed the unique Transformations course curriculum including PEP that combines the mental, emotional and physical aspects of positive life fulfillment with team support and made it available to scores of devotees in

Southeastern Wisconsin and beyond. “The integrative approach to wellbeing and personal life fulfillment is infinitely more successful than creating a list of goals. This program will be really beneficial in a corporate setting,” says Morningstar. Dr. Morningstar also serves as Co-director at the International Breathwork Training Alliance.

InWellness is a southeastern Wisconsin membership network of healthcare practitioners and clients who use comprehensive assessment tools, holistic, customized treatments and support in all life areas to create wellbeing and personal fulfillment. Providers include both traditional medical doctors and alternative health practitioners who work according to principles adapted from the American Board of Integrated Holistic Medicine (ABIHM) and collaborate for clients’ wellness. InWellness can enhance the health and wellbeing of your business or organization and reduce the costs of current care plans. To join, or for more information, visit www.inwellnesstoday.com .

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