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**FOR IMMEDIATE RELEASE**

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## **InWellness Launches Free Monthly Health Seminars**

**Milwaukee, WI.** --- Want to opt out of healthcare hassles for good? Amid the public frustration and governmental wrangling over our current state, InWellness offers an attractive alternative: Take matters into your own hands—with the help of a burgeoning group of local practitioners who are committed to support your wellbeing.

InWellness, the local wellness network, is stepping up to meet the need for more public education on how individuals can mastermind their own health. It is holding free, public offerings called “InWellness Awareness Seminars” each month. January’s seminar, “Tips and Techniques for Reaching Peak Wellness in 2011” will be held Sunday, January 30, 1 – 3 pm at InWellness, 4200 W. Good Hope Road. On February 8, InWellness presents "Brain Power: How to Improve Your Child's, Your Own, or Your Aging Parent's Brain Without Medication" by Dr. Ray Lueck, Licensed Psychologist. On March 22, the topic will be "Emotional Intelligence: The Ultimate Stress Buster," by Patricia Clason, Center for Creative Learning. Visit the website at [www.inwellnesstoday.com](http://www.inwellnesstoday.com) for subsequent times and locations.

With a 60+ and growing membership of top complementary medical specialists in southeastern Wisconsin, InWellness is in a unique position to meet the growing interest in these gentler, less invasive modalities. Seminars will feature discussions on a full range of holistic and alternative treatments from the more accepted acupuncture and yoga to the less familiar breathwork and Chinese herbalism. All will be presented by specialists themselves.

The series will help participants understand the importance of complete lifestyle assessment, how various alternative treatment modalities work, and the role the community plays in their wellbeing. Assessment discussions are taken directly from InWellness’ nationally acclaimed “Wellness Inventory,” which details twelve human functions like Moving, Eating, Communicating, Intimacy and Finding Meaning.

InWellness is a southeastern Wisconsin membership network of healthcare practitioners and clients who create wellbeing and personal fulfillment through comprehensive assessment tools, holistic, customized treatments and support in all life areas. 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, call 800-208-5531 or 414-434-7031 or visit [www.inwellnesstoday.com](http://www.inwellnesstoday.com) .

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