

WellnessDirectory

for body, mind & spirit

Acupressure



859-344-5196

75-S TO 275 E. TO EXIT 83
DIXIE HWY (42 HWY).
TURN GO 1 MILE.
IN SILVER LAKE PLAZA.

9AM-10PM
3186 DIXIE HWY.
ERLANGER, KY.

Chiropractic



- Precise spinal correction WITHOUT twisting or "cracking" of the neck.
- Free educational classes on health related topics such as ADD/ADHD, exercise, nutrition, weight management etc.
- Advanced training in caring for carpal tunnel syndrome and other on the job injuries
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Dr. Carolyn Anderson
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WHITE WILLOW SCHOOL OF TAI CHI
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Wellness

WHATEVER WORKS WELLNESS
Center & Bookstore. Providers of alternative medicine and alternative spirituality products, services and counseling since 1990. 7433 Montgomery Road, 513-791-9428. Come in and see our Crystals & Stones. whateverworks.com

NOTICE: Advertisements in the Wellness Directory are not associated with those in the Adult Services Section. Do not contact these establishments if you are interested in services offered in the Adult Section.

Workshops

ONE WORLD ONE VISION, LLC
"Raising the Earth's Consciousness"

WORKSHOP: Creating the Life You Want - \$75
Saturday 1/25 9am-2pm Covington

GROUPS: A Soul's Companion - \$15 PER SESSION
Saturday 1/11, 2/8, 3/8, 4/12 - 10am-noon Oakley
Downtown Luncheon - \$15 PER MONTH
Every Wednesday 1-1:30pm - Butterfield Recreation Center

CLASSES: One Day My Soul Just Opened Up - \$90
Tuesdays: 1/7 to 2/11 - 7-8:30pm - Covington

RELATIONSHIPS: Making the Most of Them
Series Package - \$90 - or Per Session - \$30
Thursdays: 1/23, 2/20, 3/27, 4/24 - 7-9pm Covington

CATHY M. FIKE, MS
KATHY GAITHER, CDA AQP
SOPHIA PAPARODIS, M. Ed.

Call for information. Receive
a discount for signing
up By Jan 1.

(859) 468-8522

cmfike667@aol.com

Counseling

Adama, Inc.

Holistic Counseling

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SPIRITUAL

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Sorry, we do not accept insurance

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Second Sight, straight talk.

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Therapy

Ads in this category are from massage therapists licensed in the State of Ohio, or establishments with licensed therapists on staff. CityBeat asks that advertisers in this category provide documentation of their Ohio license. CityBeat recognizes and supports the benefits of therapeutic massage.

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Do you feel down and out?
do you feel your life
has gotten you no where?
Take control of
your life again.
I will help you with all matters of
Life Love, Happiness, and Health.
I do all types of readings
including new age, don't let time
and distance stand in your way.
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CALL 665-4700 TODAY!

For body,
mind & spirit

check out

Wellness
Directory

at

www.citybeat.com

MUSICIANS EXCHANGE

FEMALE CELLEST AND guitarist
needed (20-25) for rock oriented proj-
ect. Future hopes to include regional
touring. Please call 513-237-4668

PROFESSIONAL BASSIST NEEDED
for band playing current music with full
production. Must be available 3 week-
ends/month. Call Dave @ 825-2744
email dealphoto@isoc.net

GUITAR PLAYER NEEDED covers first
with possibility of originals later 97.3,
97.7 type music. Lead vocal ability
MAJOR PLUS email at
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6131

BASS PLAYER NEEDED Former
members of the snow shoe crabs seek-
ing talented bass player for weekend
work and practices. (513)539-1080

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90's R&B, Funk & Dance. Must have a
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VETERAN ROCK DRUMMER seeks
working band. Email
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62 KEY DIGITAL Yamaha keyboard for
sale. 16 recordable tracks with floppy
disk drive, touch sensitive keys. \$150
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inals. no wannabe rock stars please.
contact caseyandsonproductions@hotmail.com

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THIN, ATTRACTIVE FEMALE vocalist
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original band. Influences include
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Denon DN2000F, pitch control, new
optical readers, nice bright LCD read-
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Bob
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NEED A BASSIST AND Drummer for
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ested

CONGA DRUM SET LP Aspire series.
Two piece set with chrome stand.
REAL wood grain. (Not fiberglass).
Great condition. Includes instruction
video. \$199. 513-677-9636

CRATE HALF STACK - 500 watt max
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350 watt bass head \$200, Hartke trans-
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bass head \$200; Fender bass cab 4x12
\$200. 859-283-9001

KEYBOARD SUBSTITUTE NEEDED
for gig in Springfield, OH on Sat., Dec.
21 with established local pop band.
\$300 hit. Call Larry (513)861-9749

TAYLOR 314 ACOUSTIC guitar!!!
Perfect condition - Includes case,
Fishman on-board processor. \$1250.00
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PA EQUIPMENT 4SALE!!! System
includes: Mackie 808M powered mixer;
Two Yamaha Mains (Concert Series);
matching Yamaha monitor; Audix OM-7
mic. PERFECT CONDITION!
\$1350.00 513-237-4668

30YO GUITAR PLAYER playing mostly
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drummer to jam and record with. scott-
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DRUMKIT FOR SALE twenty seven
pieces willing to part in pieces!! con-
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email: tdrmrboy@aol.com

REHEARSAL STUDIOS 24 x 7
access, near downtown, carpeted, heat-
ed, individual alarms. call 513-421-6298
10a -10p.

KICK-ASS BASS STACK for sale.
Ampeg B2R 350 Watt Head, Genz-
Benz 2x10" cabinet, and Crate 18" cabi-
net. All in great condition. \$950 Or
Best Offer. rc101@hotmail.com for
more info.

BASS PLAYER / GUITARIST-need to
complete pop trio. 10-20% covers,
influences include Police, DMB,
Beatles, BaréNL. Have background in
jazz, pop, rock -email,
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MRS DRUMS nice set, blk finish
DW7000 double pedal. \$450.00
(513)861-2437 ask for jody

CRATE SPEAKER CABINET 4X12 gui-
tar cabinet barely played through - like
new, asking \$150.00 ask for Mick
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97z formatted rock band, serious only,
only have practice spot in Clevel, Ohio
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FEMALE SINGER / SONGWRITER/
acoustic guitar seeks musicians to work
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Many influences. Shannon 513-929-
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VERSATILE DRUMMER SEEKS gig-
ging band. 20+ yrs exp. Pro gear & atti-
tude. Prefer 50's-present Rock. Kurt
520-9370 or kortez32@hotmail.com

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The Road to Wellness

As the new year approaches, you might be deciding what changes could bring you a more positive life. Many of you will embark on resolutions involving weight loss, image transformation and health improvement. These are certainly excellent goals to set and ones you can reach if you desire to put forth the effort, prioritizing these resolutions in your life.

Only you can defeat yourself by giving up, so we encourage you to emphasize your goals and stick with them. Don't spend another year looking back saying, "If only I had stuck with it, I'd be there..." You can be there this time next year with a smile.

We'd like to share a couple of stories with you. We have a client in her 50s who began training for the first time in her life. She hired us to train her and set a goal of toning her body. She approached her goal with complete dedication and soon entered a body transformation contest. She won the contest but, more importantly, achieved self-satisfaction because she lost 37 pounds of fat in just three

months.

We also know this man who struggled with high cholesterol. His doctor suggested prescription medication, but he chose to eat healthier instead and contacted us to set up a dietary regimen for the sake of his health. Within five weeks, his cholesterol went from over 300 to 150. His doctor was surprised that he was able to contain his problem naturally.

These individuals decided to make a change, dedicated themselves to it and accomplished their goals. We believe everyone is capable of achieving their goals of becoming healthier and more fit by approaching their goals the same they would anything else of importance in their life.

Good luck to you on your goals. We know you can do it. Life is too short to not live it in a way that makes you happy. ©

Get Going in the New Year

BY SHELLI E. JONES, CFT
AND KIMBERLY R. BLANTON, CFT