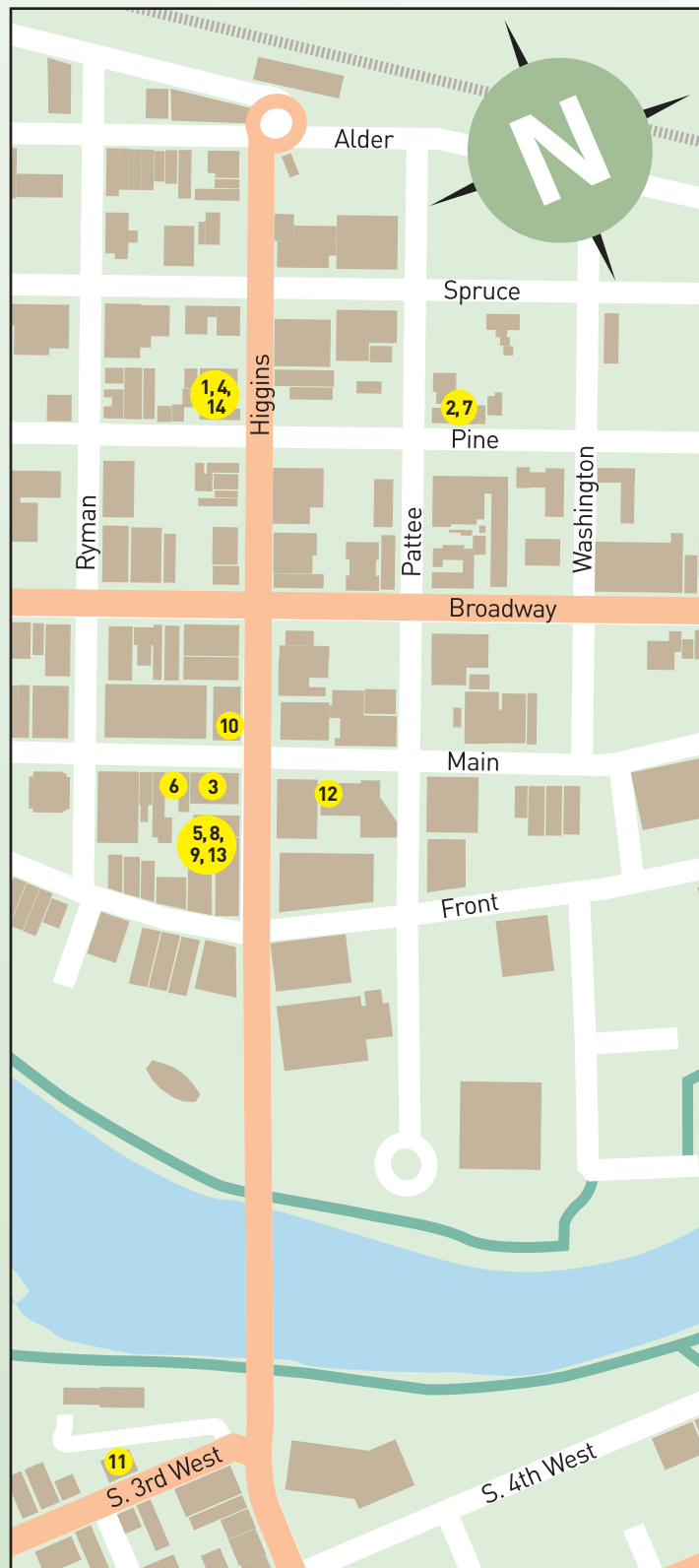


- 1 **A Balanced Body**
415 N. Higgins Ave. #128
RoseStoudt.com
- 2 **Apothecary Esthetics**
200 E. Pine St
ApothecaryEsthetics.com
- 3 **Bodies by Bender**
113 W. Main St. (downstairs)
BodiesByBender.com
- 4 **Cosmic Healing Massage Therapy**
415 N. Higgins Ave. #10
CosmicHealing.AMTAmembers.com
- 5 **Diamond Heart Healing**
127 N. Higgins Ave. #308
- 6 **Downtown Dance Collective**
121 W. Main St.
DDCmontana.com
- 7 **Empyrean Skin Care**
200 E. Pine St.
vagar.com/Empyrean
- 8 **Evy O'Leary Counseling**
127 N. Higgins Ave. #206
EvyOleary.com
- 9 **Inner Wisdom Hypnotherapy**
127 N. Higgins Ave. #307 B
InnerWisdomMissoula.com
- 10 **Main Street Pilates**
211 N. Higgins Ave. #320
MissoulaMainStreetPilates.com
- 11 **Meadowsweet Herbs**
180 3rd. St. W. (next to Bernice's Bakery)
MeadowSweet-Herbs.com
- 12 **Missoula Acupuncture & Wellness Center**
127 E. Main St. #314
MissoulaAcupunctureWellness.com
- 13 **Shana's Heart of Healing**
127 N. Higgins Ave. #303
ShanasHeartOfHealing.com
- 14 **Your Energy Fix**
415 N. Higgins Ave. #19
YourEnergyFix.com



2nd Annual!

Missoula Healthy Downtown Day Saturday November 1, 2014 9am – 5pm

Many holistic health and fitness providers are located in the Downtown Missoula Area on or near Higgins Avenue. Once again, you will have the opportunity to find out who they are and what they are providing! This year, 14 unique practitioners and small businesses invite you to a casual meet-and-greet opportunity in their office, store or studio, without any further obligation.

Learn about the benefits of herbs, hypnotherapy and acupuncture, try out a Pilates or Yoga session, check out skin care options, take a dance class, or get a mini treatment of CranioSacral Therapy, Reiki or massage. Check out the schedule inside brochure!

Sample treatments, informative talks and classes will be offered all day long – within easy walking distance from one another. You can take in as much or as little as you want, while spending time with old friends or making new ones!

Missoula Healthy Downtown Day thanks all the providers & participants that helped to make this a successful event!

All times listed here are only for events on November 1st Healthy Downtown Day!
Open Houses run 9-5 and are free, unless otherwise noted.



1 A Balanced Body
 415 North Higgins Ave. #128
 Rose Stoudt, LMP, LMT
 406-880-8060



Practicing Body Work in Missoula Since 1985.

9am - 5pm: Free Consultations, learn about the Bio Dynamic Cranial Sacral Therapy that requires fewer sessions as chronic neck, back, sciatic and other pain issues resolve long term

Signup for discounts: \$10 off first session, \$20 off second session, \$30 off third session, for completing all 3 sessions, new clients only. Call for free consultation. Experience the difference!

2 Apothecary Esthetics
 200 E. Pine St.
 Anna Rummel Tenenbaum
 406-544-0785



Apothecary Esthetics is a holistic skin care studio & apothecary specializing in customized organic facials and aromatherapy. Anna is a licensed esthetician & professional herbalist

Offering: complimentary 10 min. holistic skincare consult/analysis.

3 Bodies by Bender
 113 W. Main St. (downstairs)
 Laura Bender
 406-728-4395



Holistic Personal Training & Meditation Studio instructor Laura Bender is a Chopra Certified Meditation Teacher with over 33 years experience helping people improve health and fitness.

10am - 11am: What is Primordial Sound Meditation? Explore this easy internal Mantra practice, originating from India.
11:30 - 12noon: Mindfulness Meditation Practice. A daily meditation managing stress and improving attention, communication & clarity.
1pm - 1:30pm: Strong from the Inside Out - Tools for Change. Be aerobically fit, strong, eat well and manage stress.
2pm - 2:30pm: What is a Holistic Personal Trainer? Learn about, trainers, which is right for you, and how to pick one.

4 Cosmic Healing Massage Therapy
 415 N. Higgins Ave. #10
 Sara Trotchie L.M.T. & Reiki Master
 406-450-2862



Join us for a day of healing and relaxation in beautiful downtown Missoula! Learn about different massage and healing techniques, enjoy a chair massage from professional, licensed massage therapists, and enter a drawing to win a free massage session!

5 Diamond Heart Healing
 127 N. Higgins Ave. #308
 Valann Valdason, PhD Clinical Psychology
 406-880-6199



Valann provides sessions and classes for: Reiki and Intuitive Development; releasing trauma; using energetic healing; and past-life regression. She provides information from spirit guides and teachers. Valann has 20 years experience as a therapist, and 17 years as a Reiki Master.

10am - 5pm: Mini Reiki treatments & session information.

6 Downtown Dance Collective
 121 W. Main St.
 Heather Adams
 406-541-7240



1pm - 2pm: Oula with Anne Marie Williams! Join her for a high energy, fun filled hour of pure fun!! Bring water, movement clothes and clean sneakers.

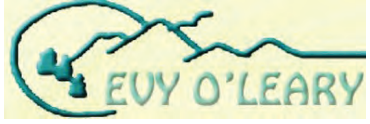
7 Empyrean Skin Care
 200 E. Pine St.
 Vanessa Barger
 406-360-9422



Empyrean is a holistically rooted, clinically oriented, outcome driven skin care center. Vanessa is a licensed esthetician, trained in Vodder Manual Lymphatic Drainage and formulates custom skin care products.

Visit her for your free skin analysis or MLD treatment.

8 Evy O'Leary Counseling, RN, LCPC
Teri Connolly
 127 N. Higgins Ave. #206
 406-549-2625



Evy is a Holistic Counselor, CranioSacral Therapist, and Energy Healing Instructor. Teri is a Facilitator and Shamanic Practitioner

10am (Evy): Peace, Health and Safety: Ownership of your personal space.
11am (Teri): Simple Healing Rituals: Creating Sacred Space.
1pm (Teri): Tools to incorporate Spiritual Practices in daily life.
2pm (Evy): Share Care: Basic CranioSacral Techniques for self and family.

9 Inner Wisdom Hypnotherapy
 127 N. Higgins Ave. #307 B
 Clark Patton
 406-544-2486



Inner Wisdom Hypnotherapy provides high quality, individual care using hypnosis for therapeutic benefit. Hypnotherapy utilizes the amazing power of the mind to create personal healing and growth. Clients eliminate stress, remove mental blocks, and quickly change unwanted patterns.

10 Main Street Pilates
 211 N. Higgins Ave. #320
 Kirsten Cherubini
 406-541-CORE



Main Street Pilates is a fully equipped classically-based studio committed to teaching the work of Joseph Pilates. Our teachers are a team of highly qualified and comprehensively certified Pilates & Barre instructors specializing in private/semi private sessions on the equipment and mat, group Reformer and Booty Barre Method Classes.

9:30am - 4pm: open house. Drawing to win free classes.
9:30am - 11:30am: Free 20 min. one-on-one private Pilates intro session.
12noon: Free Intro to Booty Barre class.

11 Meadowsweet Herbs
 180 3rd. St. W. (next to Bernice's)
 Karrie Westwood, New Owner
 406-728-0543



Bulk Herbs, Doterra, Floracopeia, and bulk essential oils. Tinctures, Pure supplements, ingredients for soap, lotion, salve, etc. making. Inspiring gifts, books, and more. Herbalists on staff, and a healing room with many offerings.

11am - 1pm: Aroma touch, Flower essence consult.
1pm - 3pm: Earseeding.

12 Missoula Acupuncture & Wellness Center
 127 E. Main St. #314
 Michael J. Peluso, M.S., L.Ac.,
 406-926-1611



MAWC offers comprehensive Chinese medical care as well as massage and bodywork services. We practice the most effective form of acupuncture and structural bodywork for rapid pain relief!

Open house: Meet-and-greet with the massage therapists, Free Chinese Pulse Diagnosis, free chair massages.

13 Shana's Heart of Healing
 127 N. Higgins Ave. #303
 Shana Dieterle, P.T., CST
 406-396-5788



Holistic body work grounded in 30+ years of work experience as Licensed Physical Therapist with Advanced Training in CranioSacral Therapy. Also providing myofascial release, bioenergetic and lymph drainage therapy. Body-Mind-Spirit Integration leads to a more joyful and fulfilling life experience.

10am - 12noon: Free 15 minute consults or mini-treatments.
Noon: Sack lunch. Join me for a hot cup of tea!
1pm - 5pm: Free 15 minute consults or mini-treatments.

14 Your Energy Fix
 415 N. Higgins Ave. #19
 James V. Fix, Reiki Master,
 CranioSacral & EFT practitioner.
 360-840-3492



James works a path to personal healing - and helps others uncover their paths along the way. He specializes in ADD/ADHD Relief... Naturally, bringing calm and peace to individuals, families and helps people release stress, anxiety, discomfort and pain so their bodies can restore health.

9am - 5pm: free 10 minute mini experiential CranioSacral Therapy and Reiki sessions.