

This is a great time to focus on wellness and The Center for Fitness has a unique group of health professionals that offer specialty services for your total well-being:

- **Massage therapy** with Susan Russell (830-890-5207). Susan practices and teaches both Healing Touch (energy medicine) and Therapeutic Massage. She integrates traditional Swedish strokes, gentle Shiatsu acupressure, and other styles. Rather than offering Deep Tissue massage, Susan provides “Deeply Effective” Massage Therapy. Using intuition, higher sense perceptions, and a detailed knowledge of human anatomy, Susan will work with you to set the intention to do what the body asks of the work.
- **Nutrition** counseling with Linda Irion, Registered Dietitian and Medicare provider (830-370-2186). Linda specializes in nutritional counseling for Diabetes and Kidney diseases. In addition, she is in the process of including Weight Loss Counseling in her Medicare coverage.
- **Reiki** with Reiki Master, Anne Schneider (830-739-5828). Reiki is a worldwide practice that promotes relaxation and healing. This technique catalyzes the body's natural ability to heal itself - addressing pain and disease - both physically and emotionally. Experience for yourself this integrative and supportive therapy to help balance body/mind/spirit.
- **Swim lessons** year-round with Alan Cone (214-244-7382). Alan is a dedicated and active volunteer for Red Cross as an Instructor in Disaster Services and Safety Services. As a Red Cross Certified Life Guard and Swimming Instructor, he teaches Water Safety and Swimming to all ages and skills. Session rates are \$3 for ages 4-12, \$6 for ages 13-17, and \$12 for ages 18+.
- **Light Therapy** with Marcie Denton, MA, Med (210-771-6498). Light Therapy promotes natural healing processes by focusing specific wavelengths of light on specific areas of the body. Whether your ailment is arthritis, diabetes, an aching back, or allergies, she likely has a solution for you!