

Day of Mindful Medicine: Demonstrations, healthy snacks and refreshments at Mattapoissett Wellness Center's Open House, Nov. 4

Mattapoissett Wellness Center is Mattapoissett's premier integrative holistic practice providing a variety of health and wellness services for the body, mind and spirit.

We are thankful for YOU! For everyone who supports our business as clients, referrals and business partners. We invite you to enjoy a day of demonstrations, healthy snacks and refreshments. Exclusive holiday promotions will be on display.

Bring a friend that's never visited the center before and **both** of you will receive a \$20 Pass!

About The Mattapoissett Wellness Center

The center bridges the gap between conventional and alternative medicine giving our clients/patients the best of both worlds, reaching with you, as one, toward optimum health and creating a continuum toward sustained wellness through yoga and holistic therapies.

The integrative philosophy, increasingly popularized by, among others, Deepak Chopra and Andrew Weil, believes that health is more than just the absence of disease; a person is more than their symptoms, and healing requires a whole-person approach.

The whole person approach strives to create health and healing

as well as treating illness. It is looking at the bigger picture that includes relationships, community, physical environment, and taking into account the person's spiritual and emotional state. Truly finding root causes that underlie the illness and frequently impede upon wellness. At Mattapoisett Wellness we help to empower those by assisting them in making lasting changes that support healing, optimum health, and movement.

Providing wellness to mean a healthy balance of the mind, body, and spirit that results in an overall feeling of wellbeing.

Mattapoisett Wellness Center, Inc.

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