

12 Days of Wellness

CRANIOSACRAL THERAPY

Wednesday, December 12 • 9:00-10:30am



TO REDUCE HOLIDAY STRESS

The best holiday gift you can give to loved ones is a calmer, happier you during the holidays!

Craniosacral therapy is used to calm and quiet the central nervous system, an important tool in reducing the physiological and psychological effects of stress. Take a break and sign up for a short, private hands-on treatment session with Kathleen Doehla and also learn some self treatment strategies to help you enjoy a calm holiday season!

Wear comfortable clothing.

Kathleen Doehla, M.S. P.T., is a licensed physical therapist and owner of Points North PT, her outpatient orthopedics/sports medicine clinic in Stowe. Doehla graduated with honors from Hamilton College, and received her M.S. in physical therapy from the Medical College of Virginia in 1999. She has advanced manual therapy training in myofascial release, muscle energy, joint and spinal alignment techniques, and energy work through the Center for Integrative Manual Therapy in Hartford, CT. She has trained with Kinesio Taping Association International and is a Rock Doc for RockTape. Doehla is a triathlete, masters swimmer and locally competitive trail runner and mountain biker.

Sign-up at the Front Desk for your 15 minute time slots between 9:00-10:30am

FREE

The Swimming Hole • 75 Weeks Hill Road • Stowe, VT • 802.253.9229 • www.theswimmingholestowe.com
The Swimming Hole is a non-profit community pool & fitness center that welcomes community support.

THE
SWIMMING
HOLE