



Wholistic Wellness Solutions



Shelly Kucharczyk is a respected member of the community. She has been helping people with Massage Therapy for many years. She is well respected and trusted within the community. She has studied several methods of Massage as well as other alternative therapies.

Massage: A Powerful Ally

There's no denying the power of bodywork. Regardless of the adjectives we assign to it (pampering, rejuvenating, therapeutic) or the reasons we seek it out (a luxurious treat, stress relief, pain management), massage and Infrared therapy can be a powerful ally in your healthcare regimen. Experts estimate that upwards of ninety percent of disease is stress related. Perhaps nothing ages us faster, internally and externally, than high stress. While eliminating anxiety and pressure altogether in this fast-paced world may be idealistic, massage can, without a doubt, help manage stress. This translates into: Decreased anxiety, Enhanced sleep quality, Greater energy, Improved concentration, Reduced fatigue, and Increased circulation. Furthermore, clients often report a sense of perspective and clarity after receiving a massage. The emotional balance bodywork provides can often be just as vital and valuable as the more tangible physical benefits.

MORE BENEFITS:

Research continues to show the enormous benefits of touch—which range from treating chronic diseases, neurological disorders, and injuries, to alleviating the tensions of modern lifestyles. Consequently, the medical community is actively embracing bodywork, and massage is becoming an integral part of hospice care and neonatal intensive care units. Many hospitals are also incorporating on-site massage practitioners and spas to treat post surgery or pain patients as part of the recovery process.

Service Population:

- ◆ Eligible clients are enrolled members of the collaborating tribes and members of other Federally recognized, State recognized and Canadian tribes residing in the project service area, as well as Non-Native family members and descendants
- ◆ Male & Female.

Services Offered:

- ◆ **Health and Global Wellness**
 - Massage Therapy
 - Stress Reduction
 - Other Alternative Therapies



Level of Care:

- ◆ Recovery Support

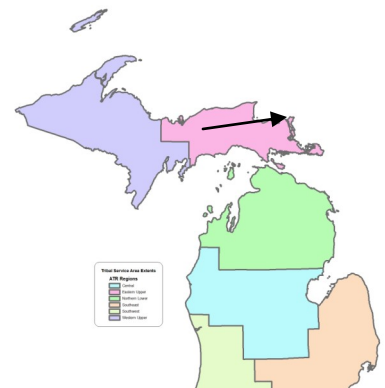
Contact Information:

First Point of Contact: ATR
Shelly Kucharczyk
906.440.2224
S.kucharczyk@yahoo.com

Hours: By Appointment

Region Where Located:

- ◆ Eastern Upper



“Choose Recovery”