

TAKING THE NEXT STEP TO ENHANCE BODY, MIND & SPIRIT *Next Step[®] Institute's 2008 Series of Wellness Weeks*

Embracing an innovative and integrative approach to healthcare, Next Step[®] Institute of Integrative Medicine, Inc., headquartered in the world-class resort destination of Vail, Colorado, has recently announced its 2008 series of life-changing Wellness Weeks scheduled now through December 2008.

Next Step[®] Institute Wellness Weeks are six-night, five-day programs that promote physical, mental, and emotional well being to individuals, families, and groups throughout The United States and Canada, addressing the needs of patients suffering from physical illness, chronic pain, and for those wanting to establish and maintain healthy lifestyles. The organization offers healing experiences led by a team of four clinical directors, including renowned physicians and therapists, and more than 15 holistic practitioners. Each program costs \$8,900 per week, inclusive of accommodations at *Two Thunderbirds Ranch*.

"True wellness is best achieved when there is health and balance within the mind, body and spirit. Emotional health is key to this balance; it is what brings about true happiness, which we believe is achievable regardless of burden or physical challenges," says Executive Director Cathleen Brooks Weiss.

Each Wellness Week caters to no more than five or six patients with similar health challenges and goals. The program provides all patients with a review of medical records, more than ten hours of physician consultation, medical evaluations, a customized treatment plan and follow up wellness plan. In addition to comprehensive sessions with medical doctors, patients are prescribed individual treatment plans that may integrate a spectrum of up to 25 holistic therapies, including:

Acupuncture

Breathwork

Chi Kung

Creative Therapy

Energy Healing

Equine Assisted Therapy

Herbal Therapies

Medication Evaluation

Meditation

Native American Healing

Naturopathic Medicine

Nutritional Therapy

Pain Management

Personal Fitness Training

Physical Therapy

Pilates

Recreational Activities

Spiritual Wellness

Sweat Lodge

Therapeutic Massage

Yoga

During the Wellness Week course, patients are transported via private car to their accommodation of choice, and welcomed by Patient Services Coordinator Robert Wagner. Each patient receives a welcome gift containing mountain-life essentials: lip balm, water bottle, sun block, polar fleece and Next Step[®] Institute yoga mat.

Patients are encouraged to stay at Next Step[®] Institute's *Two Thunderbirds Ranch* in nearby Eagle, Colorado. The Ranch is nestled in a harmonious alpine landscape featuring glorious sunrises and stunning mountain vistas. Situated on five acres of rolling hills, sagebrush and Colorado wild grasses, *Two Thunderbirds Ranch's* tranquil grounds nourish the healing process. Each of the five guest accommodations are designed to evoke a connection to nature, with guest rooms thematically named the "Canyon," "Forest," "Mountain," "River" and "Waterfall" Rooms. The Ranch is also home to seven therapy horses and a traditional Native American Sweat Lodge. The organization's partner hotel, RockResorts, Vail Collection, also offers alternative accommodations at The Lodge & Spa at Cordillera, The Lodge at Vail, Austria Haus Hotel and Vail's newest luxury hotel, Arrabelle at Vail Square.

As part of the Ranch experience, Chef Marc Rouse creates delicious and nutritious meals addressing the diverse dietary needs of patients. At the end of their stay, patients are given the necessary tools to continue their healing through holistic therapies integrated with medical management. A comprehensive wellness plan is developed by the patient and clinical directors, and the patient is encouraged to stay in contact with the Next Step[®] team. Each participant also receives a Certificate of Completion and gift from the Next Step[®] Institute team of clinical directors.

Next Step[®] Institute of Integrative Medicine, Inc. is a non-profit team of nationally recognized physicians, clinicians and therapists who work together to create profound healing experiences for their patients. Situated in the restorative setting of the Colorado Rockies, Next Step[®] Institute helps patients achieve optimal wellness by integrating the best of modern and Eastern medicine, with Native American healing practices and holistic therapies.

The organization is located at 3971 Bighorn Road, Suite 7BB, in Vail, Colorado. For information regarding Next Step[®] Institute's Wellness Weeks, contact Program Director Bonnie McDonald at 970-477-2800, e-mail bmcdonald@nextstepinstitute.org or visit www.nextstepinstitute.org.

2008 Wellness Week Schedule

Healing With Cancer	January 27-February 2 April 27-May 3 July 20-26
Moving Ahead with Multiple Sclerosis	Feb 24-March 1 August 10-16
Fibromyalgia Relief	March 2-8 June 29-July 5
Wellness of Body, Mind & Spirit	March 16-22 November 16-22
Reclaiming Your Life from Chronic Illness	April 6-22 September 14-20
Conquering Chronic Pain	April 20-26 September 28-October 4
Triumph Over Chronic Headaches	May 4-10 October 12-18
Reversing the Effects of Silicone-Induced Illness	May 11-17
Healthy Living with Diabetes	May 18-24 October 19-25
Arthritis—Turning the Corner	June 1-7 November 2-8
Living Well With Parkinson's Disease	June 15-21
Beyond Breast Cancer	July 6-12
Breathe Easy: Smoking Cessation	July 27-August 2
Filling the Void—Overcoming Food Addiction	August 17-23
HIV/AIDS Wellness	August 31-September 6
My Turn—Adult Survivors of Childhood Trauma	November 30-December 6