

## **FOR IMMEDIATE RELEASE**

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## **JOURNEY ON A PATH TO TRUE WELLNESS WITH NEXT STEP<sup>®</sup> INSTITUTE'S THREE NEW WELLNESS PROGRAMS**

**Vail, Colorado (June, 2008)** – Realize the goal of optimal health in mind, body and spirit with Next Step<sup>®</sup> Institute of Integrative Medicine's three new wellness programs. The programs offer distinct options for intensive one-day consultation and healing experiences; individual therapy sessions with a wide array of healing specialists; and a year-round, around the clock medical concierge service.

Headquartered in the world-class resort destination of Vail, Colorado, Next Step<sup>®</sup> Institute of Integrative Medicine, Inc. is a non-profit team of nationally-recognized physicians, therapists and clinicians committed to improving health and quality of life through Integrative Medicine—a results-oriented approach which incorporates the very best of modern Western medicine along with Eastern, Native American and other alternative healing practices. Next Step<sup>®</sup>'s four clinical directors are nationally recognized experts in integrative medicine who have worked together for 16 years, bringing an innovative, effective and non-invasive approach to physical, emotional, spiritual and intellectual well-being.

The new programs are in addition to Next Step<sup>®</sup> Institute's signature *Wellness Weeks*—seven-day healing retreats hosted at the organization's ranch house in Eagle, Colorado. Now, whether one is seeking relief from chronic pain; addiction; conditions such as cancer, multiple sclerosis or fibromyalgia; or is simply seeking improved wellness, Next Step<sup>®</sup> Institute now allows patients to select from a host of integrative medicine programs.

### **Day of Wellness: Medicine for the Body, Mind & Spirit**

Devote a day to achieving unsurpassed wellness with comprehensive, integrated medical care designed to meet individual needs and health concerns. In addition to an extensive consultation with one of the organization's distinguished physicians, patients' treatment plans may include acupuncture, Chi Kung, equine and creative therapies, Pilates, meditation and spirituality, massage therapy, nutrition and exercise, Sweat Lodge and yoga. \$1250

### **Medical Concierge Year-Round Care**

Opt for around-the-clock premium integrative healthcare throughout the year. Benefits include initial comprehensive integrative medical evaluation, nutritional consultation and physical therapy evaluation; thorough, on-going review of all testing, medications and supplements; coordination of all healthcare; access to medical care within 24 hours; priority referrals and appointments for medical care and specialized testing at top national centers, including Mayo Clinic; 20% discount on all Next Step<sup>®</sup> therapies and services; and insurance filing when applicable. \$3,500

### **Individual Therapies**

Following a thorough integrative medical assessment, specialists work with patients to schedule rejuvenating holistic therapies according to individual need and goals. Healing techniques used at the clinic include acupuncture and herbal therapies, spiritual wellness counseling, Chinese medicine and energy healing, creative therapy, equine-assisted therapy, meditation, Native American healing,

## **Next Step® Institute of Integrative Medicine New Wellness Programs/2**

nutritional therapy, personal fitness training and recreation, Pilates, physical therapy, physician care, therapeutic massage and yoga. One-time integrative medicine assessment \$250; individual therapies ranging from \$60 to \$300

Next Step® Institute of Integrative Medicine is located at 3971 Bighorn Road, Suite 7BB in Vail, Colorado. For information regarding Next Step® Institute's wellness programs, contact Program Director Bonnie McDonald at 970-477-2800, e-mail her at [bmcdonald@nextstepinstitute.org](mailto:bmcdonald@nextstepinstitute.org) or [info@nextstepinstute.org](mailto:info@nextstepinstute.org) or visit [www.nextstepinstitute.org](http://www.nextstepinstitute.org).

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