



**Acupuncture**  
*with*  
**Sally McMullen**

**Sessions may be booked on the hour  
Tuesdays from 10:00 AM- noon and  
Thursdays from  
1:00-4:00 PM.**

**Other times may also be available.**

**Contact Sally for details.**

**\$75 for initial session/ \$60 for  
subsequent visits.**

**To schedule a session, call:  
440-774-7090**

**Alexander Technique**  
*with*  
**Jim Froelich**

**Lessons may be booked on the hour  
Wednesdays from  
2:00-5:00 PM**

**Other times may also be available.**

**Contacts Jim for details.**

**\$60 per lesson. Small groups up to  
four people may do a lesson  
together and split the cost if  
desired.**

**To schedule a lesson, call:  
419-281-3864  
or email: jimf@bright.net**

**Sally McMullen**, a specialist in **acupuncture** and herbal medicine, has a long-standing commitment to health and the healing arts.

She is a graduate of the American College of Traditional Chinese Medicine and Ohio State University. Her postgraduate training includes certification as a Diplomate in Acupuncture Orthopedics from the National Board of Acupuncture Orthopedics. **She has been a practicing acupuncturist for 23 years.**

Her practice includes the treatment of pain as well as internal medical problems, stress management and general health maintenance. Her primary specialties are the treatment of pain (arthritis, sprains/strains, headaches, upper/lower back pain, sciatica, tendinitis, limb pain, carpal tunnel syndrome, cramps, stomach pain), as well as treating internal problems (allergies, PMS, irreg. menses, menopause, skin disorders, common cold, chronic fatigue, elimination).

Her secondary specialties are treating stress (anxiety, panic disorder, insomnia, depression) and doing general health maintenance (such as "body tune-ups", and programs for stopping smoking and weight loss). She makes every effort to provide a warm, gentle, caring environment, especially for those new to acupuncture.



***Any insurance plan that covers acupuncture will be accepted.***

**The Alexander Technique** gently restores free movement and ease of being through self-awareness. This increases the support and balance of natural reflexes. The teacher guides this process with gentle hands-on contact and explanation.

**Alexander Technique** addresses a wide range of harmful physical conditions and discomfort. It is also widely used by actors, dancers, musicians, and athletes to promote presence and ease in skilled activity.

**Jim Froelich** is a certified teaching member of Alexander Technique International (ATI). He has presented the Alexander Technique to musicians, actors, dancers, equestrians, computer users with repetitive strain injuries, physical therapists, bicycle riders, office workers, martial arts instructors and people from all walks of life.

Jim has studied the Alexander Technique since 1977, and completed the teacher training course at the Alexander Technique Center in Cambridge, Massachusetts, in 1997. He has taught privately and given workshops in the Boston area and in Ohio.

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