

Visit us on the  
web at  
[IntegratedHealthOfSi.com](http://IntegratedHealthOfSi.com)

# Integrated Health Newsletter

Volume 2, First  
Edition

Winter 2011

## INSIDE THIS ISSUE:

5k/10k/ 1 Mile Family Fun Walk	2
Team News	2
Healthy Weight Management Program	3
FREE Wellness Workshops	3
New Locations	3
Facebook	4
Quote of the Quarter	4
Nutrition Corner	4

## Welcome Kyleen Muehlenbein, PT, DPT

In January, we welcomed Doctor of Physical Therapy Kyleen Muehlenbein to our team.

Dr. Muehlenbein is proud to call Southern Illinois home, and was born and raised in nearby McLeansboro. She attended Southern Illinois University Edwardsville where she earned a Bachelor of Science Degree in Kinesiology. She earned her Doctorate Degree in Physical Therapy from the top-ranked Washington University in St. Louis.

Dr. Muehlenbein enjoys treating a variety of musculoskeletal impair-

ments and is a member of the American Physical Therapy Association.

Outside of the office, Dr. Muehlenbein enjoys reading, playing piano, walking her dog, and singing in her family's gospel trio.

Prior to working as a Physical Therapist, she worked as a personal trainer for a large gym and is certified through the American College of Sports Medicine.

She will be seeing patients Monday through Friday from 8-5 with additional appointments available as needed.



## Choose the "Integrated" approach:

- Chiropractic
- Physical Therapy
- Nutrition
- Massage Therapy
- Occupational Therapy
- Acupuncture

## Back by Popular

We've brought back our Massage Gift Certificate Specials yet again. So many of you took advantage of our Holiday Specials and we wanted to say THANK YOU just in time for Valentine's Day.

A One Hour Massage is \$50, but buy five for just

\$200. That's getting an hour massage for FREE! Other Valentine's Day gift giving specials include our 25-Minute Massage Gift Certificates.

Our 25-Minute Massage for \$25 is a great price, but we've made it even better when you buy more.

Buy three for just \$60 (regularly \$75). Or, stock up for 2011 and buy five for \$100, that's getting a 25-Minute Massage for FREE!

These prices are only good through February 14, 2011, so hurry in to Integrated Health to stock up!

# 1st Annual Integrated Health 5k/10k Race and 1 Mile Family Fun Walk to benefit "Clothes for Kids"

Join Integrated Health on Saturday, June 4th, 2011 for the 1st Annual 5k/10k Race and 1 Mile Family Fun Walk to help raise money to benefit the Fowler-Bonan Foundation "Clothes for Kids" program!

The "Clothes for Kids" program sponsored by the Fowler-Bonan Foundation provides shoes, shirts, socks, underwear & pants to underprivileged children from K-12 at no cost, based on referrals from local school personnel. The foundation serves nine Southern Illinois Counties: Saline, Williamson, Franklin, Gallatin,

The Fowler-Bonan Foundation provides shoes, shirts, socks, underwear and pants to underprivileged children in NINE Southern Illinois counties.



## "Clothes for Kids"

Pope, Hardin, White, Hamilton and Johnson.

The 10k will start at 7:30 a.m.; the 5k will start at 7:45 a.m.; and the Family Fun Walk will start at 8:15 a.m.

The 5k/10k is \$25 per racer and the Family Fun Walk is just \$7 each. Register by May 15th and take \$5 off the registration price for the 5k/10k and take \$2 off for the Walk.

Registration forms can be picked up at Integrated Health or you can log on to [www.active.com](http://www.active.com) and search "Integrated Health" to register.

Overall, Masters, Grand Mas-

ters, and 3 Deep Age Group Awards will be given out. \$150.00 Prize Purse for the Top Overall Female, Top Overall Male, Top Overall Grand Masters Female, and Top Overall Grand Masters Male.

All Finishers will receive a commemorative finisher's medal and technical t-shirt.

We're also looking for volunteers to help organize the race! Call Integrated Health at 618.252.5555 to find out how you can help!

Not racing? Support a great cause by making a donation. The Fowler – Bonan Foundation is a 501 (c) (3) non-profit organization, and operates under the auspices of the Southern Illinois Community Foundation. The foundation phone number is 618-231-3904, and mailing address is PO Box 848 in Harrisburg.

## Team News

Melanie Washinski of our Front Office Staff married Benji Hunt on Saturday, November 27, 2010. Congratulations to Mr. & Mrs. Hunt and best wishes in the future!

The team at Integrated Health would like to congratulate Dr. Brian Hester, wife Tonja, big

sister Maycee & big brother Will on the new edition to their family! Ty Daniel arrived on November 30, 2010 at 10:18am and was 8 pounds & 20 inches long.

Lisa Cox joined our team in January as a Patient Advocate. She is a resident of Eldorado,

has two grown children and one grandchild, and she enjoys photography. Lisa is also taking classes in marketing & graphic design.

Chiropractic Assistant Catherine Ferrera, LPN passed her Limited Radiology Technician (LRT) exam last month. Congratulations Catherine!

# LIVE Healthy Weight Management Program

Have you tried everything to lose weight and keep it off? Are you tired of "cookie cutter" programs that help you lose weight initially but as soon as you go off the program, you put the weight right back on? The LIVE Healthy Weight Management Program with Wellness Director Rebecca Meyer is the answer you have been looking for!

Rebecca Meyer has over 25 years of experience in the fitness/wellness industry. The program incorporates all as-

pects of making permanent changes to help you take the weight off and keep it off for life.

This program includes:

- Daily Exercise Prescriptions
- Twice a Week Meetings
- Accountability and Support
- Pre-Program Comprehensive Fitness / Wellness Assessment
- Pre-Program Physical Activity Readiness Questionnaire
- Nutrition Plan and Counseling
- Standard Process Supplementation
- Free 30 Day Gym Membership
- Healthy Cooking Night



- Grocery Store "101"
- Free Hot Stone Massage for All Graduates
- Custom Designed Long Sleeve T-Shirt

What have YOU got to LOSE? Call Rebecca at 618.252.5555 to sign up today!

## FREE Wellness Workshops

**Massage Therapy: The Power of Touch** – Presented by Emily Frost, LMT at noon in SIC's Private Dining Room on Thursday, February 17th. You must register by February 14th.

vate Dining Room on Thursday, March 31st. You must register by March 28th.

**How to Manage Low Back Pain** – Presented by Shawn Owens, OT at noon in SIC's Pri-

To register for the workshops, please call Kellee at 618.252.5555. Lunch provided by Integrated Health at all workshops.

**Problems with Balance or Dizziness? Discover Vestibular Rehab!** – Presented by Allison Mitchell, C.O.T.A./L. at noon in SIC's Private Dining Room on Thursday, April 21st. You must register by April 18th.

## New Locations

November was a big month for Integrated Health. We opened not one, but TWO new clinics!

Dr. Dennison, chiropractor at Integrated Health, started seeing patients in Vienna in early November. The office is located at 304 West Vine Street, inside ReNew Wellness Center, LLC.

Dr. Dennison sees patients in Vienna on Mondays and Fridays from 10a.m. to 1p.m. and 2p.m. to 6p.m.

Integrated Health also opened a clinic at Brookstone Estates at 165 Ron Morse Drive in Harrisburg during the middle of November.

Our Occupational & Physical Therapy teams (Shawn Owens, OT; Allison Mitchell, COTA; Laura Steele, COTA; Kyleen Muehlenbein, PT, DPT; & Bethany Cole, PTA) have been working with the residents to improve: self-care, functional activity tolerance, and ability to com-

plete daily activities.

The providers see patients on Monday, Wednesday and Friday mornings at Brookstone Estates.





303 South Commercial Street  
Suite 10-Parker Plaza  
Harrisburg, IL 62946

p. 618.252.5555  
f. 618.252.2279

**Integrated Health**

*Live Life.*

[IntegratedHealthOfSi.com](http://IntegratedHealthOfSi.com)

## Quote of the Quarter

"Take care of your body. It's the only place you have to live." -- Jim Rohn

## Are you on Facebook?

Find us and LIKE us!

You'll be in the loop about

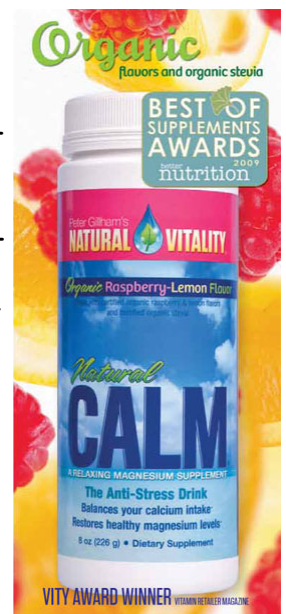
specials,  
upcoming  
events, FAQs,  
new services  
and more!



## Nutrition Corner

Magnesium and calcium are fundamental nutrients that need to be in balance with each other in order for you to fully experience good health. Their importance on a cellular level is critical. Calcium and magnesium are like opposite sides of a coin. Calcium excites nerves, while magnesium calms them down. Calcium makes muscles contract. Magnesium is necessary for muscles to relax. Calcium is needed for blood clotting, but magnesium keeps the blood flowing freely.

For a perfectly balanced natural Magnesium supplement, try Natural Calm. This is a convenient powder formula available in Organic Orange, Raspberry-Lemon, and Original Flavor that is easily mixed into a drink for optimum absorption and stress relief.



Take a Sip against Stress