

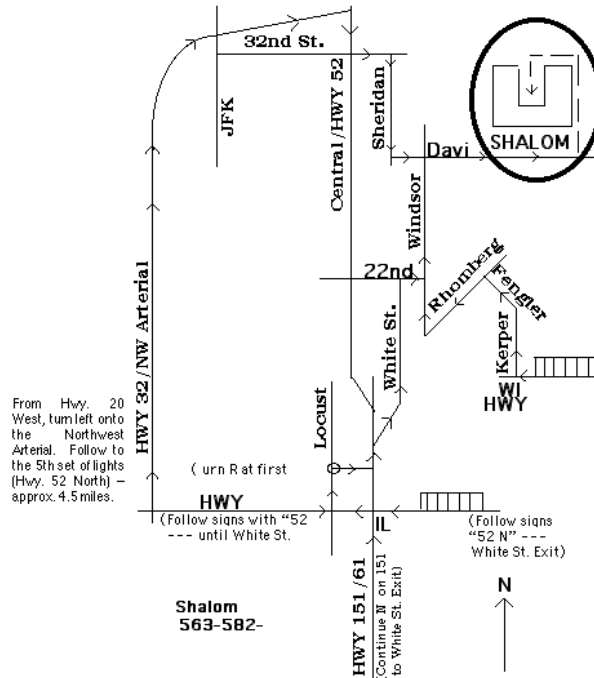
Our Mission

In an environment of hospitality and peace, Wellness on Davis and Affinity Center provide therapeutic services which address the needs of MIND, BODY, and SPIRIT. Our services facilitate health and wellbeing, and empower persons who choose to make the journey toward fullness of life.



Our Location

We are located on the lower level of Shalom Retreat Center off Davis Street. Wellness on Davis' entrance is in the back courtyard where there is a private parking lot for all clients with Reserved and Handicapped Parking spaces available



1001 Davis St. Suite 1
Dubuque, IA 52001
(563)-690-0506
www.wellnessondavis.com

Wellness on Davis

Body therapy in a healing environment

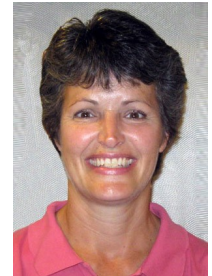


Sharon Hoppenjan

- Registered Nurse
- Licensed Massage Therapist
- Certified Reflexologist

Lisa Schmidt

- Licensed Massage Therapist



Kay Forkenbrock

- Licensed Massage Therapist
- Healing Touch Practitioner

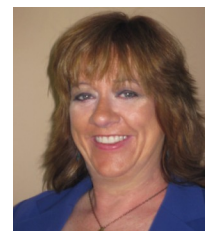
Appointments

We invite you to take time out of your busy schedule, relax and attend to your physical, mental and spiritual health. Visit our center, where we offer many services to enhance your wellbeing.

You may call (563)-690-0506 for an appointment by leaving a voice mail message if no one is available to take your call. We will return your call as soon as possible.

AFFINITY CENTER Kim Kali-Schultes, LISW

Counseling and consulting services with individuals, couples and professionals facing emotional, physical and spiritual challenges.



Who We Are

Our services are provided by professional and competent therapists who are members of the national professional organizations of their skill and licensed by the state of Iowa. We are committed to holistic and preventative healthcare for all adults.



Benefits

Therapeutic massage and related modalities are long-standing, effective and proven means of promoting the health of the entire person dating back as far as 4,000 years.

The goal of our services is to restore a healthy balance of mind, body and spirit to enhance overall wellbeing and maintain good health. Some of the benefits include:

- Reduced stress and anxiety
- Improved circulation and lowered blood pressure
- Relaxation of sore or stiff muscles
- Pain relief associated with chronic conditions
- Release of the effects of trauma

Our Peaceful Setting

We are located on the north side of Dubuque at the Shalom Retreat Center, which provides an environment of quiet peacefulness and rest. We invite you to take extra time to enjoy the contemplative atmosphere where you can spend time in reflection in the chapel or on the grounds. You may also want to visit the gift shop and peruse the listing of retreat offerings in the brochures and publications.



Counseling Services

Within Wellness on Davis is our new Affinity Center. Our Licensed Independent Social Worker (LISW) sees couples, individuals and professionals who are facing varied challenges in their lives and empowers them to release negative and self-defeating behaviors for more positive, life-changing choices. This addition to our wellness center further expands our capacity to be a source of health and wellness for all.

Massage Services

Our therapists have received training in a number of massage related modalities. Types of services we offer include:

Therapeutic Massage

- Swedish massage
- Relaxation techniques
- Deep Tissue
- Myofascial Release
- Trigger Point Therapy
- Myokinesthetics

Reflexology (reflexive points on hands and feet)

- Relieves pain/assists healing
- Adjusts whole body to natural balance

Acupressure

- Pressure on specific energy points
- Balancing mind, body and spirit

Healing Touch

- Energy balancing
- Assists in release of trauma effects
- Fosters healing of the whole person



Gift certificates are available