

NEW HEALTH PLAN BENEFITS LOCAL EMPLOYERS

May 30, 2008, Nashua, NH--The Holistic Self Care Center of Nashua, NH announces its "Synergistic Health Plan" which is open - at no cost - to local businesses and non-profit organizations. With this plan employees are encouraged to be proactive in utilizing affordable natural health care, which will raise morale and lower company health care costs. The Holistic Self Care Center provides this plan for employers to use as a supplemental program for health care insurance.

When a company joins the Synergistic Health Plan, employees are given a discount toward health care services. It provides employees a stress-free environment and a staff that listens and identify with confidential health issues. Within the plan employees are taught healthy alternatives to their current lifestyles such as reducing stress and pain, eating healthy meals and snacks, strengthening core muscles, ergonomics, and self care, which all lead to increased energy, hope for healing, and lower health care costs overall. When appropriate, the Holistic Self Care Center follows up with the employee's medical doctors to coordinate patient care. Regarding health care costs, each dollar invested in health care will bring a six to seven dollar return.

The Holistic Self Care Center takes an integrative approach to health care by providing: massage, acupuncture, nutritional counseling, general health assessments, Reiki, weight-loss programs, smoking cessations, detoxification programs, life coaching, hypnotherapy, reflexology, movement classes and sixty educational health programs.

In July of 2005, The Holistic Self Care Center opened its newly constructed and handicapped accessible facility. Since that time the center has assisted thousands of clients in their quality of life changes. The staff at the center is comprised of licensed, certified, and insured professionals who provide the highest level of care to fill the needs of clients. The mission of The Holistic Self Care Center is to be the most recognized, quality driven, and respected wellness center throughout New England with the largest variety of holistic professions under one roof, to care for and teach preventative self-care to customers, businesses, and the community. Contact us today for information on enrolling your employees. The Holistic Self Care Center, (603) 883-1490, fax (603) 883-0977, www.thehscenter.com or email info@thehscenter.com.

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