



Middle Way Health  
a spirited life



~ What's New at Middle Way Health ~

*MINDFULNESS  
& MOVEMENT GROUP*

Starts November 22nd  
Tuesday Evenings  
7-8PM

For Information  
& Registration  
Call 916.492.9007

*OPENHOUSE  
& NEWLOCATION*

Watch for our Open House!  
Winter 2012  
at our new location:

708 Alhambra Blvd, Suite 2  
Sacramento, CA 95816  
[across from McKinley Park]