

**FOR IMMEDIATE RELEASE
(INSERT RELEASE DATE)**

**CONTACT: (INSERT CONTACT)
PHONE: (INSERT PHONE)**

**LEARN SIMPLE HEALING TECHNIQUES THAT CAN
CHANGE YOUR LIFE AND THE LIVES OF THOSE YOU TOUCH**

(CITY, STATE) – Are you looking for ways to relieve pain and stress in your life and in the lives of your loved ones? The Upledger Institute's ShareCare® program is designed to teach people easily applied light-touch techniques to maximize the body's self-healing properties and enhance overall health and well-being.

This fun and interactive one-day class will take place (DATE OF EVENT) from (EVENT TIMES) at (LOCATION OF EVENT). Participants will explore the critical role the craniosacral system plays in promoting optimal health, while learning simple yet powerful techniques that can be applied daily without the residual effects of drugs or invasive healthcare approaches. Workshop registration is (INSERT PRICE). Space is limited, so pre-registration is encouraged. Click on www.upledger.com or call 1-800-233-5880 (INSERT YOUR NUMBER IF YOU ARE TAKING REGISTRATIONS) to sign up today or to learn more about this workshop.

ShareCare® is being presented by (PRESENTER'S NAME AND CREDENTIALS) in conjunction with The Upledger Institute. The gentle, hands-on approach taught in this class was developed by John E. Upledger, DO, OMM – recognized in *Time* magazine as one of America's next wave of innovators – after decades of research. The techniques presented in this class have been taught to over 90,000 students worldwide through a dynamic combination of lecture, demonstration and hands-on practice.

CranioSacral Therapy is effectively used to detect and relieve the causes of a variety of conditions, including: migraine headaches, chronic neck and back pain, emotional and stress related problems, depression, TMJ dysfunction, chronic fatigue, ADD, hyperactivity and much more.

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The Upledger Institute was founded by Dr. John E. Upledger to teach people worldwide the value of the effective therapeutic approach he coined CranioSacral Therapy. Today, the Institute is one of the world's most respected training facilities in the field of complementary healthcare. To learn more, visit www.upledger.com.