



I'm not a robot

































Jacqueline Kern, PhD, RN, introduces Visit us on Saturday, November 26 for Small Business Saturday. From our 2020 Integrative Health & Wellness conference. "Wellness Is An Inside Job: Integrative Medicine nurse Carol Joy shows you how to perform acupressure on family and friends. Dawn Morse of Core Elements Training demonstrates compression of the QL / Psoas common trigger point with the elbow. Fir theÂ ... We shot this promo video on the Panasonic GH5 in Vlog and exported in 4K HDR. Our first try at a 4K HDR video.