**Our Life Changing Services**

Whatever your current level of health, whether you want to relieve pain and revitalize your body, transform your life, or awaken your heart and mind, we can help!

At Kimberton Wellness Connection, we use an advanced clinical technology called Network Spinal to not only decrease pain and symptoms, but to also create long-term strategies for increased vitality, health, and overall quality of life! So, if you want to create a foundation of e vitality, grace and happiness and have your body perform optimally on all levels, then you’ve come to the right place!

You can receive care by the visit or as one of our Wellness Programs. During your initial visits, Drs. Allison & Matthew Lapp will evaluate your current levels of health and well-being and discuss your short and long-term goals before helping you to choose the best plan of action.

We also have a generous Family Program so that your whole family can receive the benefits of this care!

**Immediate Benefits of Care: *Relieve Pain & Tension and Revitalize Your Body & Mind***

**•Decrease your pain levels & experience more physical ease and mental clarity**

**•Relax and energize your body**

**•Learn how to release tension in your spine and body more easily *on your own***

**•Learn self-care techniques to decrease the effects of stress on your body, mind and spirit**

**Long-term Benefits of Care: *Transform your life & Awaken to your highest potential***

**•Resolve chronic tension patterns** habituated by body postures and mental/emotional attitudesfrom the past

**•Improve your ability to change undesirable actions** and behaviors that you were eitherunaware of or unable to let go of

**•Become clear about** what you want and don’t want in your life, and feel more free and capable totake the actions necessary to create what you *really* desire

**•Reinvent your identity if necessary**, so you can be the person you need to be & live a life youlove

**•Experience more intuitive and graceful states of trust and synchronicity in life**

**•Experience more gratitude and joy, even during challenging or stressful situations**

**•Experience an opening to transcendent awareness, greater depth, knowing and wisdom**

**•Experience more love, empathy, compassion and gratitude**