

Balance Wellness Center Special Helps Healthcare Workers and First Responders



New Jersey, Brick, Apr 7, 2021 ([IssueWire.com](https://www.IssueWire.com)) - [Balance Wellness Center](#), owned by Dr. Jeff Hurewitz, is committed to relieving pain and optimizing the overall mental, physical and spiritual health of each client. Healthcare workers and first responders have been under enormous stress during the past year and the practice is offering them a 30-30-30 special. Healthcare workers and first responders can receive a 30-minute massage and 30-minute infrared sauna session for just \$30.

The multidisciplinary team at Balance Wellness Center offers an extensive array of services for a holistic approach to health for people of all ages. Services encompass chiropractic care and physical therapy, psychology, massage, and acupuncture. Individuals can also avail themselves of the practice's nutrition, weight loss services, supplement e-store, and yoga and meditation through its mind Body Studio.

[Massage in Brick](#) is effective for relieving pain, treating chronic conditions, improving mobility, and rehabilitation. Massage therapy at Balance Wellness Center relieves pain, improves circulation, and

strengthens the immune system. It's beneficial for reducing stress and anxiety, strains, sprains, sports injuries, and conditions that include asthma, migraines, and post-surgical rehabilitation.

The body is a complex bio-mechanical organism and when any part becomes misaligned, it can produce stress on the neurological system. It can result in pain, dysfunction and interrupt the normal functioning of signals from the brain to the rest of the body. The [chiropractor in Brick](#) uses a variety of natural, painless, and hands-on techniques to realign the body's skeletal structure and relieve neurological stress to enable the body to heal.

[Meditation in Point Pleasant](#) is offered through the practice's Mind Body Studio. Sessions are limited to six per class. Balance Wellness Center is offering special pricing on memberships. Individuals can enjoy unlimited classes with a six-month commitment for \$79 per month. The first 50 people that join with a six-month commitment receive unlimited classes for \$69 per month.

The 30-30-30 special for healthcare workers and first responders at Balance Wellness Center is an opportunity for individuals to relieve stress and center themselves. The practice provides a holistic approach to relieving pain and improving health through a comprehensive range of treatments for a healthier lifestyle.

About Balance Wellness Center

The practice has been addressing the physical, mental and spiritual needs of residents since 2013. The Balance Wellness Center's team of highly-trained professionals is dedicated to providing individuals with a complete wellness experience. Connect with the practice on [Instagram](#) and [Twitter](#).

Media Contact

Balance Wellness Center

team@getabsolutehealth.com

Source : Balance Wellness Center

[See on IssueWire](#)