



PRESS RELEASE

FOR MORE INFORMATION, CONTACT:

Jessica Wisner

Marketing and Social Media Manager

Senara Health and Healing Center & Spa

Office: (309)693-9600

JessicaW@experiencesenara.com

Senara Announces Wellness Partnership with Preckshot Pharmacy

Senara Health and Healing Center & Spa expands on its Corporate Wellness Offerings in Conjunction with Preckshot Pharmacy

PEORIA, Ill. — August 1, 2013 —

Senara has formed a partnership with Preckshot Pharmacy, located in Peoria Heights, IL, to bring the latest health and wellness information to the Central Illinois area as part of Senara's Corporate Wellness Program. Both Senara and Preckshot Pharmacy are committed to educating the people of Central Illinois about nutrition, weight loss, natural health, fitness, and other wellness topics.

For several years now, the Corporate Wellness Programs offered by Senara have brought local businesses, community groups, and other organizations, a variety of wellness focused options, including: health lectures, yoga sessions, stress screening and massages, wellness assessments, and much more. Most of the program's sessions are free and part of Senara's commitment to promoting the health and wellness of the people that live and work in the Peoria area. And they're all designed to be fun and interactive learning experiences.

Preckshot Pharmacy's alliance brings an additional nine health lecture topics to Senara's already long list of wellness program options. These engaging seminars bring the world of integrative medicine and therapy to the forefront, giving guests of these seminars a front seat to the most effective ways to heal the body with supplements, diet, and exercise.

To schedule or inquire about a Corporate Wellness Program for your organization, contact Penny Kramer by calling 309.693.9600. Or to submit an online request form, [click here](#).

About Senara

As Senara, the new Center continues to offer the former Kramer services of chiropractic care, acupuncture, massage, physical therapy and nutrition counseling. Senara has also expanded staff, as well as guest services and health-related product availability through its dedicated physical therapy center, personal training studio, yoga studio and retail shop. Senara Spa, designed to be an escape and retreat from everyday life, offers many different massage services, body wraps and treatments, facials and water therapies. It has: eight massage rooms, including a couple's massage suite; two water therapy rooms; manicure and pedicure studios; a make-up service station, with a full-time professional make-up specialist; separate locker rooms for men and women; relaxation rooms that include hospitality bars, with snacks and beverages; and a wooded serenity garden. Senara also provides customers with on-site, free childcare in its Kids' Lounge.

More information about Senara is available at ExperienceSenara.com