



www.SustainableBallard.org

Ballard Health Walk Participating Businesses

1 Acupuncture & Chinese Nutrition Center

8026 15th Ave NW
Free acupuncture treatments all afternoon!

2 Thrive-Center for Healing Traditions

1407 NW 70th St
Join us for sample acupuncture treatments, free chair massage, yummy Chinese teas and nutritious snacks. Practitioners will be available to meet and answer questions.

3 Wellness for Life Chiropractic

6700 15th Ave NW
Meet Dr. Hoats and staff for one-on-one discussion of the benefits of Chiropractic care.

4 Abrahamson Gentle Chiropractic

5709 20th Ave NW
Learn how a sequence of gentle touches helps your body realize a new level of wellness. Free introduction to Network Spinal Analysis and raffle for a free month of care.

5 Ballard Health Club

Stop by for a visit and receive complimentary day passes to the gym and free water bottles!

6 Shakti Vinyasa Yoga

2238 NW Market St
Come visit this popular Ballard yoga studio! Pick up a free class pass, current schedule and information. Tour the studio. Learn how you can invite yoga into your life.

7 Dandelion Botanical Company

5424 Ballard Ave. NW Suite 103
Enjoy tasty herbal tea blends while touring this beautiful herbal apothecary.

8 Divine Spine Chiropractic Studio

5429 Russell Ave NW Suite 300
Divine Spine and its staff invite you to check out our beautiful healing space in the Old Ballard Firehouse. We are offering complimentary refreshments and health screenings using state of the art technology.

9 Cynthia Wold LMP

1752 NW Market St (behind Ballard Sip en Ship)
Stop by to enjoy a complimentary 15 minute chair massage and learn about our new sugar scrubs!

10 Sugar Sugar

1737 NW 56th St
Body Sugaring (hair removal) and Skin Care
• Body sugaring demonstrations from 10-5
• Free eyebrow sugaring & skin analysis 1-4pm

10 Julie Nachtway, LMP

1737 NW 56th St
Free 10 minute chair Massage from 11-3pm

11 Embrace the Moon Taijiguan & Qigong

1716 NW Market St.
Offering 30 minute interactive classes for Taiji, Qigong and yoga from 2:30-4:00. Drop-in anytime for information on the studio and give-aways.

12 Ballard Neighborhood Doctors

Ballard Medical Center- 5416 Barnes Ave NW
Offering caring and affordable natural medicine for the whole family. Stop by our NEW office and feed your creative soul by making your own silkscreen T-shirt!

13 Docere Center for Natural Medicine

Tallman Medical Center - 5343 Tallman Ave NW Suite 100
• 2pm - What is Naturopathic Medicine?
• 3pm - Midwifery Infession
• 1-4pm - Meet the Practitioners

14 Sandalwood Healing Arts

5343 Tallman Avenue NW Ste 104
Stop by for complimentary 15 minute back and neck massages and receive a \$10 off coupon for a future massage.

15 Folktown Counseling

1900 Dock Place NW (just off Ballard Ave)
Drop by for some light refreshments and to pick up a session card for a free 1-hour counseling consultation to use for yourself or to give as a referral.

16 re ju've na'tion

4775 Ballard Ave NW
Offering free 10 minute mini massage samples, orthopedic mini demos-bring a friend to learn how to massage you best. Acupuncture samplings (10-15 min. sessions)

17 Eden Healing Paradise

4208 Leary Way NW
1-3pm- Stop by and relax with complimentary 10 minute neck and scalp massages.