

## August is HEALTH & WELLNESS MONTH at **BODY WORLDS**

*HEALTH & WELLNESS MONTH* is a month-long health observance coordinated by *BODY WORLDS* at the San Diego Natural History Museum. Our goal is to make health a top priority, encouraging everyone to take small steps for a longer, healthier, and happier life.

During *HEALTH & WELLNESS MONTH*, *BODY WORLDS* will host a variety of organizations that will conduct demonstrations by experts in their field, to educate and inspire physical health and overall wellness.

### **SCHEDULE:**

#### **Pilates Week**

August 3–9 from 11 AM–4 PM daily you will see demonstrations of key Pilates exercises that develop long, lean muscles, increase flexibility, strengthen the body, and improve circulation and energy. Sign up for a free training session at their studio!

[www.hotbodypilates.com](http://www.hotbodypilates.com)

*Sponsored by Hot Body Pilates, Inc.*



#### **Yoga Week**

August 10–16 will feature demonstrations and information about the health benefits of yoga. Learn how yoga can increase flexibility, lubricate joints, ligaments and tendons, and tone muscles. Throughout the week representatives will be onsite to answer questions and provide tips for starting your yoga regime.

[www.yes4yoga.org](http://www.yes4yoga.org)

*Sponsored by the Yoga Education Society*



#### **Massage Week**

August 17–23 is dedicated to increasing public awareness of the benefits of therapeutic massage. Research studies show how massage reduces heart rate, lowers blood pressure, increases blood circulation and increases endorphins. During this week only *BODY WORLDS* visitors can enjoy complimentary 5-minute massages by *San Diego Massage & Wellness* practitioners.

[www.sd-massage.com](http://www.sd-massage.com)

*Sponsored by San Diego Massage & Wellness*

#### **Physical Therapy Week**

August 24–31 will focus on the benefits of physical therapy such as muscle strengthening and endurance, restoring and increasing joint range-of-motion, decreasing pain and stress, and much more.

[www.ccapta.org](http://www.ccapta.org)

*Sponsored by the California Physical Therapy Association*



*All programs are included with a BODY WORLDS ticket and will be featured on the Lower Level of the museum at the exit of the exhibition. Dates and times of onsite demonstrations will vary. For more information please call 877.946.7797.*



& The Brain—Our Three Pound Gem



## ENTER TO WIN!

All month long *BODY WORLDS* you will have the opportunity to win! Each week will feature a different raffle. Look out for the following prizes to help jumpstart your road to wellness:

- 1-hour massage compliments of San Diego Massage & Wellness [www.sd-massage.com](http://www.sd-massage.com)
- 1.5-hour acupuncture session, compliments of Jiva Health [www.jivahealth.com](http://www.jivahealth.com)
- 1-hour personal training session, compliments of Hot Body Pilates [www.hotbodypilates.com](http://www.hotbodypilates.com)
- 1-hour yoga class, compliments of Yoga Education Society [www.yes4yoga.org](http://www.yes4yoga.org)

...and more!

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To celebrate HEALTH & WELLNESS MONTH we are offering a  
BUY ONE *BODY WORLDS* TICKET, GET ONE 50% OFF!

Simply mention coupon code **BRAIN** when ordering.

Purchase tickets at the Museum or by calling 877.946.7797.

*Not available online. New sales only. No retroactive discounts, refunds or exchanges.  
May not be combined with any other offer. Not valid for group sales. Subject to availability.*

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