



Health By Choice Education & Research

For Immediate Release

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Health by Choice Education and Research Announces their Fall/Winter Educational Series

Altoona, PA | October 9, 2017 — Health by Choice Education and Research (HBCER) is proud to announce their fall educational seminars. These Integrative Healthcare (IH), seminars are focused on combining conventional medicine (what we recognize as the current medical model practiced in hospitals and clinics) to therapies that fall under “alternative”, natural methods, and personal coaching systems.

IH provides the opportunity for patients to partner with caregivers and coaches in therapeutic and educational environments, which also empowers them to take charge of their health in ways that ensure long-term success.

“Our educational seminars are designed to cover every aspect of the topic that ‘self-care is a pillar of wellbeing’ and to educate participants that wellbeing is a choice,” stated Director, Jennifer Gehl.

Sessions are open to the public for a minimum \$10.00 donation and occur in both Altoona, PA and Lancaster, PA. Attendees will receive a binder with action items they can follow in their lives each month (based on that month’s topic) and the seminars will act as a monthly check in - to keep regular attendees on their personal path to wellness.

President, Ella McElwee, ND, HmD, PhD; shares the following, “We, at HBCER, want to encourage people to become more proactive in their own healthcare, and to recognize that

fear, guilt, blame, shame, and anger all profoundly impact physical stress to such a degree that they contribute to the onset of disease and illness!"

Altoona sessions are provided every third Thursday from 7:00- 8:30PM at the Sheetz Entrepreneurial Center, Downtown Altoona and the Lancaster sessions are on the fourth Tuesday of every month at the Lancaster Farm and Home Center, 1383 Arcadia Road Lancaster, PA 17603.

You can check out past sessions on their website under, Recent Posts:

<http://hbcer.org/events/>.

About HBCE&R

Health by Choice Education and Research is comprised of health practitioners and other individuals with extensive knowledge and experience in complementary and alternative health treatments. As a 501(c) 3 tax-exempt, non-profit organization, our mission is to promote education and research to achieve wellness through natural foods, to develop an open forum for the exchange of ideas, and to empower professionals to optimize health and wellness through a more comprehensive, integrated approach to healing.

For more information on attending, speaking, or becoming involved in this 501c (3) non-profit organization contact the Director, Jen Gehl at jen@hbcer.com.

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