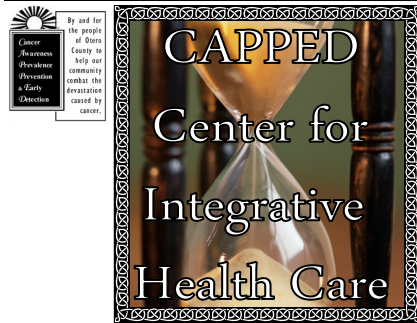


CAPPED "Hall of Angels" is home to a beautiful Labyrinth. A peaceful path . . .



"The Miracle on New York Ave."



The CAPPED Center for Integrative Health Care

907 New York Ave.
Alamogordo, NM 88310

Phone: (575) 434-HOPE (4673)
Fax: (575) 434-1177
E-mail: samantha@capped.org

CAPPED Center for Integrative Health Care
Our Purpose . . .

CAPPED, Inc. is dedicated to helping people improve their health.

We have watched many die of cancer through the years and few live. In the first year we began researching the primary prevention of disease. In July of 2010, we opened Phase I of our Center for Integrative Health Care.

"Integrative Health Care is healing oriented medicine that views the whole person "mind, body and spirit", including all aspects of lifestyle. It emphasizes the therapeutic relationship and makes use of all appropriate therapeutic approaches to promote optimal health and healing."

So, we are looking for answers "outside of the box". For most people the world is moving a little too fast. The stress levels we live with today are not compatible with good health. Therefore, we work to reduce the physical, mental, spiritual, emotional and social stress in your life. We do this by using some unusual tools, like crystal singing bowls, Aqua Chi Energizing Footbaths, an indoor labyrinth, meditation, Reiki, massage (by a massage therapist or mechanical healthcare massage chair), essential oils, raindrop therapy, cooking classes, medicinal teas, foot and calf machine massage, zero gravity chair and the world's most wonderful Volunteers. Come visit us and you will see why we are called . . .

"The Miracle on New York Ave."



The CAPPED Building
907 New York Ave.
Alamogordo, NM 88310

**The CAPPED
Center for Integrative
Health Care**

Our Goal is to help **you** . . .

To **create healing partnerships** with our providers and others in the healing community.

Problems do not occur overnight, they evolve over time. Integrative Health Care looks at the whole person, the physical, biological, mental, psychological, social, emotional and spiritual. (Plus your daily environment - everything that is impacting your health)

**We understand that
“Self-Care”
is the Heart
of all healthcare.**

Therefore, we encourage our clients to select the services they feel will best serve their needs. Our Computer Learning Center is a wonderful place to research the options available to help you.



Cooking Classes are fun and promote good health!





Zero Gravity Chair takes the stress off your body. Our calf and foot massager has to be experienced!



Recharge your bodies batteries in the **NEW Aqua Chi Ionic Footbath Center!**



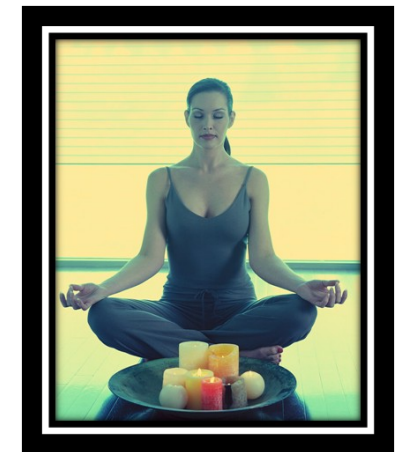
Our Human Touch Healthcare Massage Chair provides a new level of relaxation . . .

 **Enjoy Music /Vibrational Therapy with Crystal Singing Bowls and other simple Instruments.** 

**We need to recognize that Self-Care is at the heart of all health care.
We need to empower each client with the knowledge and tools to be an active participant.**



**M
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**With Sharon Weaver, RN
Thursdays from 5-6 p.m.**

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Open 10—5 Monday—Friday
Hope to see you soon!