

HEALTHY LIVING

Resources that promote health and healing for our bodies as well as our spirits.



Massage Therapy

Chayo Alvarez offers the gift of therapeutic massage to both men and women. Chayo received her certification from the California Institute of Massage in 1995 and has many years of professional experience incorporating various massage techniques: Swedish, Deep Tissue, Hot Stone, Trigger Point, Acupressure, Reflexology, Healing Touch, Prenatal/Pregnancy and Spa Services. She specializes in deep tissue and neck and shoulder massage.

To make an appointment, please call Chayo at the Journey Center, 707-578-2121.



Diet and Nutrition

Chiara Kae (PhD, RDN) is a Registered Dietitian Nutritionist, offering research-based, nutrition solutions to chronic digestive, weight and eating problems. Using a food as medicine approach, Chiara provides motivational coaching, nutrition education and practical tools that empower clients to accomplish their nutrition and wellness goals. Assessments and sessions are available by phone or Skype.

Contact Chiara (chiarakaePHDRDN@gmail.com) to schedule a complimentary 30-minute assessment.