

## FOR IMMEDIATE RELEASE

### Contact:

Dr. Suzy Holmes, Revolution Chiropractic Wellness Center

Tel: (763) 425.4577 Cell: (612) 245.3460

[drsuzy@revolution-chiropractic.com](mailto:drsuzy@revolution-chiropractic.com)

### **Maple Grove wellness practitioner empowers and educates the community to look at healthcare in a new way.**

March 22, 2010, Maple Grove, Minn. – Dr. Suzy Holmes of Revolution Chiropractic Wellness Center has a revolutionary and effective way of working with her patients.

The Wellness Center transforms lives by providing a wide array of services and resources to empower patients into becoming their own personal healthcare advocates. “If we want to make healthcare affordable to the 48 million Americans who do not have health insurance we need to look at the root issues. Heart disease, cancer, and obesity account for a large portion of our over \$2.1 billion in healthcare costs, yet they are preventable AND even reversible,” says Dr. Holmes. Revolution Chiropractic believes education and guidance are key steps toward addressing the chronic diseases crippling our healthcare system and pocketbooks. Dr. Holmes’ event series, **Rev It Up**, is just another path to build awareness and help individuals who want to take a revolutionary and active role in their healthcare and lifestyle choices.

Partnering with local businesses such as Maple Grove Fitness Together, Fresh & Natural Food of Plymouth, Organic Natural Enterprise Group, as well as offering a chance to win over \$1,000 in prizes, **Rev It Up** is guaranteed to create a buzz in the community. With topics ranging from detoxification to nutrition, the spring series is designed to help individuals realize they are capable of having a voice AND choice in their health care decisions. Come and see individuals in the community spring into a wellness during this four-series’ educational retreat. **Rev It Up** will kick off their spring series on Friday, April 9 at the Maple Grove Community Center.

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## **Rev It Up!**

### **Four-part series**

**Maple Grove Community Center, 12951 Weaver Lake Road**

\$50/person(includes book)

\$75/couple (includes book)

Price includes course materials and resource guide.

### **Fridays in April 6pm-8pm**

**Apr: *Rev Up Your Energy & Shrink your Waistline!***

**April 16: *Nutrition to Rev Up & Heal!***

**April 23: *Detoxify & Rev Up Your Health!***

**April 30: *Rev Up Your Body & Mind!***

Reservations taken at 763.425.4577 or [revolutionwellnesscenter@gmail.com](mailto:revolutionwellnesscenter@gmail.com).

### **About Dr. Suzy Holmes**

With a degree from Northwestern Health Sciences University, Dr. Suzy Holmes has an impressive background in Nutritional Healing, Detoxification Therapy, and Corrective Chiropractic Care. Her study of healing New Millennium Disease (Autism, ADHD, Lyme Disease, Fibromyalgia, MS, ALS, Parkinson's Disease) launched her into a national consulting position to fellow chiropractors. With the help of her sister, Dr. Holmes ran the largest Nutrition and Detoxification Center in Chicago. In 2008, she moved back to her native land of the Twin Cities and teamed up with her sister to provide life-saving wellness service to help transform lives of individuals and their families.

Dr. Holmes' approach to healthcare is both preventative and natural, a model that builds strength, self-awareness and confidence.

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