

HOLISTIC HIGHWAY

Medicine is not one size fits all—come learn about Ayurveda



Monday Nov 12th: 6:30-8:30pm. \$15.00

- Do you feel like your life is a struggle?
- Do you drink coffee in the morning to get your day started?
- Do you work through lunch?
- Do you crave sweets, caffeine, chips, bread or a nap in the afternoon?
- Have you tried losing weight in the past 3 years and just given up?
- Do you tend to have bouts of worry, anxiety, and depression?
- Do you have difficulty remembering things?
- Do you finish your day feeling like you were hit by a bus?
- Do you wake up tired without the motivation to get up and go?
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Learn simple techniques of Ayurveda specifically for you...to support health and vitality!

Register quickly as classes fill at UPMC Center for Integrative Medicine. (412) 623-3023



Kerry's ethos as a health professional is that health is NOT one size fits all. Each of us is unique, and as such require individualized treatment. Her philosophy on health began when, as part of her graduate studies, she observed the effects of environmental toxins on human health; toxins which left patients with a myriad of symptoms that didn't have a specific diagnosis. She has since dedicated her life to developing an integrative approach to medicine that combines the individualized approach of Ayurveda with the benefits of modern technology, such as genetic testing. By combining the wisdom of eastern medicine with the breakthroughs of western technology, she is able to create wellness plans for her patients that are personalized down to the molecular level.

Kerry has a B.S. in Neuroscience, a Masters in Education, and has studied at The Kripalu School For Ayurveda and the world renowned Ayurveda Institute. She is the CEO of The Holistic Highway, where she helps her clients achieve optimal health through customized health services and programs. She also has a practice at The University Of Pittsburgh's Center For Integrative Medicine, runs the Ayurveda Sanctuary, is a registered practitioner with the National Ayurvedic Medical Association (NAMA), member of Yoga Alliance and the owner of the TEDx Talk "Context Is Everything."