



**FOR IMMEDIATE RELEASE**

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**Experience Everything from Acupuncture to Meditation -- Hands-on -- at Restore**

Minneapolis, MN -- Ever wondered how herbs can help prevent illness? Can meditation reduce stress? Does an acupuncture needle hurt?

Restore – Healing the Mind, Body and Spirit is a day-long event designed to allow anyone to learn about and explore -- hands-on -- holistic healing practices such as acupuncture, homeopathy, energy work, Tai Chi and much more.

The event will take place Sunday, March 7 from 10:00 a.m. to 5:00 p.m. at the historic Depot in downtown Minneapolis and is open to the public. Tickets are \$20 in advance or \$30 at the door. Refreshments are included in the ticket price.

Participants will enjoy a day full of relaxation, learning, rejuvenation and exploring with local practitioners and organizations that connect the mind, body and spirit. Organizations such as St. Catherine University, U of M Center for Spirituality and Healing, Mayo Health System, Northwestern Health Sciences University and more will offer expert speakers, interactive workshops and experiential treatments.

“People often say holistic healing is too ‘out there’, but that’s because they’ve never experienced it,” says Pamela LaBelle, founding director of Restore. “Come to the event, ask questions, meet practitioners and people who have benefited from healing practices. Then form an opinion on what may be right for you. Our mission is to empower individuals to have a voice in their overall health care.”

The team behind Restore has more than 30 years experience producing events and many are graduates of St. Catherine University’s Masters of Holistic Health Studies program.

For additional information or to purchase tickets, visit [RestoreHealing.com](http://RestoreHealing.com) or visit [Twitter.com/RestoreHealing](https://twitter.com/RestoreHealing) or the Facebook fan page for lively conversation.

For more information on Restore or to schedule an interview and/or photo opportunity with the team or any exhibitor or sponsor, please contact Lynne Kozarek at (612) 801.2747 or [Lynne@SocialVisibilityConsulting.com](mailto:Lynne@SocialVisibilityConsulting.com).

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