

NEW AT LORMA!

LORMA WELLNESS & INTEGRATIVE MEDICINE

The new Lorma Wellness & Integrative Medicine Center was created for individuals who want to take an active role in their own health and well-being. The Lorma Wellness Center is managed by a team of medical specialists, who are committed to the concept of creating and maintaining a healthier you, so you can achieve a better quality of life.

The Lorma Wellness Center focuses on the use of complementary and alternative medicine combined with treatments from conventional medicine, so that the approach becomes *integrative*.

Integrative medicine is a holistic, "whole-person" approach that focuses on treating not only the body, but also the mind and spirit.

The Lorma Wellness Center will, initially, include the following therapies:

- I. Acupuncture and Acupressure
- II. Aroma Therapy
- III. Counseling
- IV. Herbal Medicine and Ayurveda
- V. Massage Therapy (Shiatsu Swedish Massage)
- VI. Meditation & Prayer Therapy
- VII. Nutritional Therapy & Lifestyle Change
- VIII. Pranic Healing
- IX. Yoga & Tai Chi

The Lorma Wellness and Integrative Medicine Team is composed of:

Integrative Medical Specialist: Dr. Carol Lynn Macagba, ABIHM

Chairman: Dr. Jeisela C. Balderas-Gaerlan, FPPS, DTM&H

Asst. Chairman: Dr. Jubila Balderas-de Guzman, FPCP, FPSEM

Members:

Dr. Virginia Q. Biteng, FPCP, FPSN; Dr. Edward L. Chiu, FPOA, FPCS;
Dr. Brenda M. Espinosa, FPCP, FPCC; Dr. Raymond L. Espinosa, FPNA;
Dr. Manuel C. Monis, FPCP, FPCCP; Dr. Maria Luisa R. Ordoño, FPSC,
FPSMO, FPCP; Dr. Maria Teresa V. Orlino, DPAFP



Remarkable services, exceptional care!



For further inquiries call Lorma Corporate Services at 072-700-0000 local 187 or visit us at Lorma Wellness Center located at the 2nd floor of Lorma's west wing, across from the Nursing Services.