



Where wellness meets wellbeing.

JOIN THE SOBE WELL NETWORK ON FACEBOOK

CORAL GABLES, Fla. – December 16, 2009 – SoBe Well, a comprehensive wellness center in Coral Gables, today announced that it has created a business page on Facebook. Fans of SoBe Well can now connect and interact with the wellness center through the social network's easy-to-use platform.

The SoBe Well fan page includes regular updates of event photos, staff profiles, services, and exclusive promotions. Fans are also treated to Dr. Patrece Frisbee's popular 'Wellness Wednesday' health and wellness tips. In addition, fans are encouraged to ask Dr. Frisbee health-related questions as well as to provide feedback on their SoBe Well experience.

Individuals with a Facebook account may become a fan of the SoBe Well page by visiting: <http://www.facebook.com/pages/Coral-Gables-FL/SoBe-Well/174451083980>.

Located at 3121 Ponce De Leon, SoBe Well's services include chiropractic, acupuncture and nutrition, as well as massage, physical therapy, and spinal decompression. SoBe Well accepts most major insurances. Office hours are Monday, Wednesday and Friday from 9:00 a.m. to 1:00 p.m. and 3:00 p.m. to 7:00 p.m. The office is also open Tuesday, Thursday and Saturday by appointment only. For more information, visit www.sobewell.com or call (305) 598-6767.

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About SoBe Well

Located in the heart of Coral Gables, SoBe Well is an oasis of healing and health in an upscale spa atmosphere. With an emphasis on personal care, tailored to each patient's own wellness needs, SoBe Well offers an array of services including chiropractic, acupuncture and nutrition, as well as massage, physical therapy, and spinal decompression. Led by renowned practitioner, author and educator, Dr. Patrece Frisbee, SoBe Well's services are available a la carte or as part of a customized, multi-pronged treatment program designed for each individual patient to address a full range of health and wellness issues. SoBe Well operates under the creed, "where wellness meets wellbeing," incorporating a green approach to its practice. Through earth-friendly design, recycled furnishings, sustainable office supplies

and organic textiles, SoBe Well is as comforting to its planet as it is to its patients. SoBe Well is located at 3121 Ponce De Leon. Office hours are Tuesday and Thursday from 9:00 a.m. to 1:00 p.m. and 3:00 p.m. to 7:00 p.m.; Saturday from 10:00 a.m. to 2:00 p.m.; and Monday, Wednesday and Friday by appointment only. For more information, call (305) 598-6767 or visit www.sobewell.com.

About Dr. Patrece Frisbee

Dr. Patrece Frisbee is a doctor of Chiropractic, a board certified Acupuncturist and a respected and visible authority on alternative therapies throughout South Florida and beyond. She is also a holistic nutritionist, a published author, and boasts more than 20 years of healthcare management experience. Dr. Frisbee brings a high level of energy to every endeavor and possesses an uncommon ability to harness a diverse spectrum of therapies for the benefit of her patients.

Beginning her professional life with a Doctorate Degree of Chiropractic and a B.S. in nutrition, Dr. Frisbee went on to receive certifications in Acupuncture from the University of Miami School of Medicine, Herbology from Shanghai College of Traditional Chinese Medicine and Oriental Medicine from China Medical University in Beijing. Her quest to bring a multi-disciplined approach to diagnostics and healing has garnered national attention, and led her, in 2004, to become a founding partner of TheCEU.com, a breakthrough online continuing education resource that delivered CE credits in 50 states for Nursing, Acupuncture and Massage, and in 36 states for Chiropractic. With the publication of *Back to the Basics With Balanced Nutrition*, and the 2000 founding of her mobile diagnostic/treatment business serving businesses and a high-end residential clientele, she further expanded her healthcare skills to reach a wider audience.

Her boundless enthusiasm for personal interaction coupled with her strong leadership and healthcare management skills enable Dr. Frisbee to bring a wealth of assets to her practice and, most importantly, to her patients.