

HEALTHY LIVING
HEALTHY PLANET

feel good
live simply
laugh more

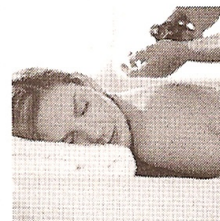
natural awakenings



Miami-Dade &
FL Keys Editions
www.namiami.com
NOVEMBER 2009

Wellness meets Wellbeing SOBE WELL Opens in Coral Gables

SoBe Well, a comprehensive wellness center, has opened its doors in Coral Gables. Located at 3121 Ponce De Leon, SoBe Well's services include chiropractic, acupuncture and nutrition, as well as massage, physical therapy, and spinal decompression. Led by renowned practitioner, author and educator, Dr. Patrece Frisbee, who boasts more than 20 years of healthcare management, SoBe Well operates under the motto "where wellness meets wellbeing."



"As a veteran healthcare provider I saw a void in the way that we provide healthcare. Patients are accustomed to uncomfortable doctors' offices that sometimes increase tension and anxiety. I created SoBe Well out of a belief that wellness is nurtured through all five senses, so our space is calming, not clinical," says Dr. Frisbee.

In addition to its tranquil environment, SoBe Well is focused on personalization. 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. In fact, during a new patient's initial consultation and body evaluation, Dr. Frisbee employs advanced scientific technology to address each individual's issues. SoBe Well is currently offering a complimentary full-body evaluation for first-time visitors. Appointments may be scheduled by calling (305) 598-6767.

SoBe Well's 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, visit www.sobewell.com.