

health exams • primary health care • specialist referrals • movement therapy

# NO HEALTH INSURANCE?

## *no problem!*

Shepherd's Clinic offers FREE health care for  
the uninsured and those who cannot  
afford health insurance\*

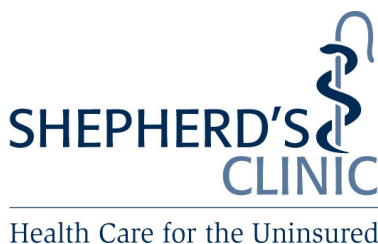
We serve these zipcodes:

21211, 21212, 21213, 21214, 21215, 21216, 21217, 21218, 21234, 21239, 21206

**\*CALL US to see if you're eligible:**

**410-467-7140**

*no walk-ins*



2800 Kirk Ave, Baltimore, MD  
21218 (behind City College on  
the #36 MTA bus line)  
[www.shepherdsclinic.org](http://www.shepherdsclinic.org)

*Joy* Wellness  
Center

acupuncture • pain management classes • smoking cessation programs • weight management • yoga

behavioral health services • diabetes screening • nutrition education • stress reduction • meditation classes

health exams • primary health care • specialist referrals • movement therapy

# FREE programs for everyone at the JOY WELLNESS CENTER

\*private appts. reserved for patients of the Shepherd's Clinic and MedStar Kirk Avenue practice\*

## Nutrition

Eat delicious food and learn about healthy cooking and eating habits. Nutritionist interns lead cooking demonstrations on topics such as quick summer snacks and lower salt meals. WE OFFER: nutrition class, private appts.

## Support Groups

Multi-week workshops run by health professionals that target different aspects of achieving wellness. WE OFFER: smoking cessation, integrative health coaching, life balance, weight management, pain management.

## Yoga

Combine physical postures, breathing exercises, meditation, and a distinct philosophy to balance mind, body, and spirit. WE OFFER: Joy Yoga, Yoga for Life Balance, Chair Yoga, Yoga Nidra.

## Gardening

We plant, water, maintain, and harvest fresh fruits and vegetables in our organic garden. The produce is distributed for free to patients and community members. WE OFFER: free produce, volunteering opportunities.

## Acupuncture

A gentle treatment that re-establishes a healthy flow of the body's vital energy so healing can occur. Hair-thin needles are inserted in points along lines that correlate to a person's symptoms. WE OFFER: acupuncture circle, private appts.

## Diabetes Education

Learn how live a happier and healthier life by managing diabetes through one-on-one consultations with diabetes educators. WE OFFER: private education appts., private nutrition appts.



## Reiki

Clear the body's energy pathways to allow its life force to flow in a healthy, natural way. Practitioners use light touch or hover their hands over parts of the body. WE OFFER: appointments for patients and non-patients.

## Reflexology

The ancient Chinese practice of applying various degrees of pressure over reflex points in the hands and feet reflecting organs of the body. WE OFFER: private appts.

## Massage

Therapists press, rub, and manipulate the body using light to medium pressure to calm the nervous system and decrease stress and muscle tension. WE OFFER: private appts.

## Cranio Sacral Therapy

A therapy that improves the functioning of the central nervous system by releasing tensions in the whole body, allowing it to relax and self-correct. Practitioners use a light touch. WE OFFER: private appts.

## Get in touch!

410-467-7140 ext. 240 2800 Kirk Ave, Baltimore, MD 21218

Facebook: Shepherd's Joy Wellness