

## ARE YOU INTERESTED IN AN INDIVIDUAL SESSION

### CLASSES FOR YOUR EMPLOYEES A SPEAKER FOR YOUR GROUP

I am a Health and Wellness Counselor, Educator, and Professional Speaker. I am available to speak to your group, teach corporate classes or individual instruction.

Classes and Individual Sessions taught are:

- End Carpal Tunnel Pain Without Surgery - The Montgomery Method™ (A Self-Care Program)
- Pain Free Back - (Lower Body Alignment) - The Montgomery Method™ (Self-Care Program)
- The Athletic Ritual - Learn your individual sport ritual that can help you win the gold. Guaranteed Results!
- Sports Massage + Muscle Balancing - individual session.
- Nutritional Balance – Assessment using Hair Tissue Mineral Analysis + Consultation on Life-Style Modifications.
- Energetic Balance
- Dyslexic Learning Correction and Brain Integration
- Touch For Health Mini Classes - Balancing the Energy Within - all ages.

Achieving Balance in All Aspects of Your Life Enhances  
Your Quality of Health and Your Quality of Life

### For More Information: To Schedule an Appt. with Kate'

Contact her at:

Web: [www.sportstouch.com](http://www.sportstouch.com)

Email: [info@sportstouch.com](mailto:info@sportstouch.com)

Cell: 574-612-0789 cell

OPTIMAL LIFE - FORCE...

EXISTS ONLY IN...

EQUILATERAL BALANCE

Kate Montgomery is a Certified Sports Massage Therapist, Holistic Health Practitioner, Naturopathic Doctor, Certified Touch for Health Instructor, with a prior career as a respiratory therapist. She is the creator of The Montgomery Method™ Self-Care Programs. She counsels her clients on lifestyle changes and nutritional programs using hair tissue mineral analysis as her guide.

Kate's clients have included Olympic athletes, Ironman triathletes, world famous musicians, and thousands who have suffered from carpal tunnel syndrome and lower back pain. She is the author of *End Your Carpal Tunnel Pain Without Surgery*, *The Athletic Ritual*, *Pain Free Back*, *Hand Health - for the Musician/Artist*

## TESTIMONIALS...

from those who have used Kate's programs

Hand Health...

"With the current health trend of visiting local gymnasiums and being invaded by commercial television to get some other device to improve your abs, it's extraordinary that the one part of your body that you rely on to work and communicate with is taken so much for granted. Until something goes wrong! Regardless in which capacity you use your hands, whether it be punching stuff into a lap-top or being a concert pianist, you'd do well to put Kate Montgomery's program at the top of your health regime. Assuming, of course, that you have one. Very kind regards Kate. Thanks for steering me the right way."

**Keith Emerson - (Emerson, Lake and Palmer) – Keyboards**

"Many times, after exhausting all avenues of conventional treatments, I have turned to Kate' and her methods to get me back on the court. I have integrated her programs into a daily ritual, which I used during the Olympic Games in Seoul, South Korea and the results were impressive. Not only did we win the gold medal, but my level of energy didn't wane during the entire 21 days. Kate's methods are worth learning. You have nothing to lose but a few minutes a day...and oh so much to gain."

**Bob Ctvrtlik - 1988 USA Volleyball Team**