



Kramer Chiropractic
and Acupuncture Center

PRESS RELEASE

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Kramer Chiropractic & Acupuncture Center and Massage by Kramer (Kramer) to Host Sixth Annual Women's Health and Well-Being Event

Tradition of hosting informative women's health and well-being event continues as Kramer transitions to Senara Health and Healing Center and Senara Spa (Senara)

PEORIA, Ill. — July 14, 2011 — Kramer, which is in the process of transitioning its name to Senara, will host its sixth annual "Girls Night In" event on Thursday, July 21 at Mt. Hawley Country Club, 7724 N. Knoxville Ave. The popular event, which is expected to draw more than 200 attendees, features lectures and breakout sessions focused on women's health and general well being, with topics covered ranging from diet and exercise to yoga and green living. Aromatherapy massages, food and drinks are also on the agenda. The event is open to Kramer/Senara patrons, their guests and the public. Registration starts at 5 p.m., with activities taking place throughout the evening until 9 p.m.

Dr. Keith Kramer and his wife, Penny, sponsor Girls Night In. "It gives us a great way to show how passionately we care about women's health and well-being issues," said Dr. Kramer. "We focus the entire evening on making it enjoyable for our guests to learn more about how they can 'live life well.'"

Penny Kramer said the overwhelmingly positive response from guests attending in the past played a major role in continuing to host the event. "Yes, Kramer is going to be a lot different when we move into our new building this November as Senara," she said. "But our guests have let us know how much they love this event. So it will stay with us and become a Senara tradition now. In fact, it will be better than ever, because we're going to be incorporating activities related to the expanded services we'll be providing at our Senara Spa."

Women interested in attending the event **should RSVP by July 19** by calling 309-693-9600 or via email to KramerChiroAcu@sbcglobal.net.

Additional details about the event can be found online at www.KramerChiroAcu.com.



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About Kramer Chiropractic & Acupuncture Center and Massage by Kramer (Kramer), soon to be Senara Health and Healing Center and Senara Spa (Senara)

Since opening in 1998, Kramer has earned recognition as an outstanding health and healing care provider in downstate Illinois. Kramer began by offering complete chiropractic care services and over the years has expanded to include other health and healing services, such as acupuncture and full-service massage therapies through its Massage by Kramer group.

Kramer is in the process of building Senara Center at 2200 W. Willow Knolls Road. When construction is complete in November, the 12,000-square-foot building that will house Senara will become the new home for Kramer. The move will also end use of the Kramer name and finalize the transition to operating solely under the name Senara. As Senara, the business will continue to offer Kramer's existing services of complete chiropractic care, acupuncture, massage, physical therapy and nutrition counseling.

The new building is also home to the 7,000-square-foot, state-of-the-art Senara Spa, which will be the first full-service day spa retreat in downstate Illinois with a true spa feeling and environment. Senara Spa will provide many different massage services, body wraps and treatments, facials and water therapies. It will also have a physical therapy center, personal training studio, yoga/Pilates studio, manicure and pedicure studios, locker rooms for men and women, relaxation rooms with hospitality bars and a serenity garden.

More information about Kramer can be found at www.kramerchiroacu.com and www.kramermassage.com.

Additional information about Senara, including construction progress updates, is also available at www.buildingsenara.com.

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