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HEALTH & WELLNESS



Happy and Healthy Living with Darlene Godwin

Archives Available

November 2nd 2016: Answers for Pain and That Feeling of Cold What Running through Your Veins

Suffering from pain is no picnic and learning to cope with pain is not the answer. Getting rid of pain is the solution and learning how through Dr. Ramky's few simple and painless therapies just may be the remedy to end your chronic pain, or recovery more quickly from a new injury. You will hear about Myofascial Release, Dry Needling, Back to Golf Therapy and words on Fitness Training.

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Featured Guest

Guest Image

Ramakrishnan Kavaserry MSPT

Ramakrishnan Kavaserry, MSPT (Physical Therapist) Born in India, whose patients call him Ramky, graduated from his Bachelors in Physical Therapy from Sri Ramachandra Medical College in 2002.

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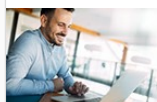
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