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**wellness**  
LOUNGE

**A STEP FURTHER<sup>®</sup>**  
*with Desiree Watson*

Achieve empowerment  
through a wellness lifestyle

### The Wellness Lounge – A Step Further Archives Available

February 25th 2013: **REGAINING WELLNESS THROUGH RESTORATIVE AND REMEDIAL THERAPIES**

REGAINING WELLNESS THROUGH RESTORATIVE AND REMEDIAL THERAPIES will be the focus at the Wellness Lounge, A Step Further Mon., Feb. 28. Guest Kim Pozharsky, of Personal Care Professionals, will join Host Desiree Watson this week offering his empowering insight into the complex world of injury avoidance and rehabilitation therapy. Mr. Pozharsky is an expert in the fields of physical therapy and rehabilitation. For the past 15 years, he has helped a broad range of clients including recovering stroke and paralysis patients, professional dancers and sports teams like the NY Giants and Rutgers Baske

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