

SAMPLE NEWS RELEASE

Contact: Your Name
Telephone: Your Office Telephone Number
Cell: Your Cell Number
Email: Your email address

FREE COMMUNITY LECTURES OFFERED DURING CRANIOSACRAL AWARENESS MONTH

(City, State), Month, Date, Year – April is International CranioSacral Therapy Awareness Month. To celebrate, a free community lecture on this natural, hands-on manual therapy utilized to help relieve pain and promote relaxation will be held (insert date and time) at (insert location).

The presenter (insert presenter's name and credentials) will introduce aspects of CranioSacral Therapy (CST), a gentle, hands-on therapy developed in the 1970s by Osteopathic Physician and researcher, Dr. John E. Upledger. CranioSacral Therapy is utilized by a variety of healthcare practitioners worldwide to detect and relieve restrictions to relieve pain and improve overall health.

(Name of Presenter) lecture will explain CranioSacral Therapy and provide a brief demonstration. Healthcare professionals with manual therapy licenses such as massage therapists, physical therapists, occupational therapists, chiropractors, osteopaths, athletic trainers, etc. use CST to determine restrictions and sources of dysfunction. Attendees will be able to observe this simple and safe technique that promotes relaxation, reduces stress and helps to relieve symptoms associated with a variety of conditions such as neck and back pain, autism, TMJ syndrome, Scoliosis and post-traumatic stress, and post-concussion syndrome.

(If Applicable) - (Insert Name of Official) has declared April as CranioSacral Therapy Awareness Month. This proclamation is part of the worldwide recognition honoring CST practitioners for their efforts and the many benefits CST offers.

To register for the upcoming community lectures or for more information, call (insert your name and contact information again).



The Healing Power of a Gentle TouchSM