



## HEALTH & WELLNESS

### Health and Wellness Specialists Cluster at Kent Village Barn Shops

(KENT, Connecticut) – Kent Village Barn Shops has emerged as a Mecca of sorts for people in the Northwest corner of Connecticut seeking health, fitness and perhaps even a bit of pampering. Within a few steps of each other in this "village within a village" is a doctor specializing in natural medicine, acupuncturist, massage therapist, chiropractor, addiction counselor and attractive new studios for yoga, Pilates and other forms of conditioning. There is also a health food store and a day spa.

"It wasn't really by design, but Kent Village Barn Shops attracted a nucleus of health care and fitness professionals and we're suddenly the place to be," said James Preston, Principal of Rock Hill Associates, LLC, the developer of the complex. "I think people appreciate the beauty and warmth of our buildings compared to typical commercial buildings. It's a 'feel good' environment here."

Among the professionals now located at Kent Village Barns are:

#### **FITNESS MATTERS**

14 Old Barn Road, Unit #4 • (860) 927-4555 • [www.fitnessmatters.com](http://www.fitnessmatters.com)

Fitness Matters is a private studio that integrates holistic lifestyle coaching, fitness, and post-rehabilitation as part of our "Train for Longevity" wellness program. Fitness Matters is passionate in promoting optimal health, progressive in exercise design, and professional as a holistic lifestyle coach.

#### **HEAD-TO-TOE CHIROPRACTIC, LLC**

14 Old Barn Road, Unit #4 • (860) 927-4555 or (203) 979-3142

Head-To-Toe Chiropractic opened its Kent location in 2007 with Dr. Heather Gansel as the owner and sole practitioner. Dr. Gansel also owns Head-To-Toe Chiropractic in Stamford. Dr. Gansel combines soft tissue, therapeutic modalities, rehab, corrective exercises and extremity adjusting.

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**THE BEDFORD STUDIO**

14 Old Barn Road • (860) 927-5232

The Bedford Studio is the home of two body-mind disciplines – Pilates and Gyrotonic® – taught individually on specially designed equipment. Both methods promote flexibility, coordination, endurance and strength and can be easily tailored to suit each client's needs and goals. Sessions may be booked by appointment.

**ESSENTIALS DAY SPA**

14 Old Barn Road • (860) 927-3695

A place to relax and be pampered, Essentials Day Spa offers a full range of services for both men and women, including facials, massage, manicures, pedicures, waxing and tanning. Appointments are recommended, but walk-ins are welcome.

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