

ACCEPTING NEW PATIENTS



McKenna Kring | *Massage Therapist*

Unravel Massage, LLC

Massage Therapist McKenna Kring says her work is akin to shaping clay into a balanced form - it takes listening, practice and patience. At Unravel Massage, LLC, McKenna uses several massage techniques, including cupping, to help her clients recover from stress and trauma, and reach their optimal health. Cupping uses small containers to provide suction that are scientifically proven to aid in healing. McKenna firmly believes that massage complements the efforts of western-style doctors or holistic medicine practitioners to improve every client's wellness.

McKenna came to Kalamazoo in 2011 to attend Kalamazoo College, where she studied playwriting, poetry and art, as well as began her circus career (and passion for stretching) with K College's Cirque Du K. Outside of business hours, she continues to express and create in many forms, ranging from linocut prints, to logo design, to long-form novels. In addition to featuring her own paintings and prints, her massage space also strives to be P.O.C. and LGBTQ+ welcoming.

McKenna is bringing old practices and new ideas to the world of massage, earning her Bachelor of Arts degree in 2015, and her license and certifications from Kalamazoo's Institute for Massage Education and the International Cupping Therapy Association in 2017.

Advice:

The body speaks in many languages. Rehabilitation is just as much about finding a good translator as it is the actual treatment.



3305 Greenleaf Blvd., Kalamazoo | unravelmassagellc.com

734-546-4912

ACCEPTING NEW PATIENTS



Patrick Quinn, RPh | Gitendra Bommareddy, RPh

Westlake Drug & Giftshop

Patrick Quinn, RPh, is a Kalamazoo native and had been the proud owner of Westlake Drug for 37 years. He earned his Bachelor of Science in Pharmacy at Ferris State University and then returned home to begin work at Westlake Drug, which he later purchased. He is proud to have served his community's pharmaceutical needs for forty years and to have raised his family here. He has, in the past, served as president of both the Southwest Michigan Pharmacists Association and the Michigan Society of Community Pharmacists. When he's not hard at work, Patrick loves to travel, play golf and discover great wines to enjoy.

Gitendra Bommareddy, better known as "Reddy", recently joined the team at Westlake Drug and Giftshop when he moved from Florida to Portage with his family. A community Pharmacist with 10 years of experience under his belt, he is a proud graduate of the University of Toronto. He is a member of the Michigan Pharmacists Association and is thrilled to be a part of the team at Westlake Drug and Giftshop. Farming and family are of the utmost importance to Reddy and he is happy to live in a community so conducive of both.

Advice:

Before you leave the pharmacy, make sure you are counseled by the Pharmacist on how to take your medication and how it might affect you.



8822 Portage Rd. Portage, MI
www.westlakedrug.com

(269)327-3049