



FINE TUNE YOUR RECOVERY

Tui Na (Acupressure) / Qi Gong (Energy Cultivation)



Steven J. Rendina, MTS, LICDC, ADS

For those individuals who would like to improve their health and well-being through a balanced approach to recovery utilizing principles of natural healing and traditional oriental medicine.

Services offered:

*Tui Na (Chinese medical acupressure massage)
Qigong (energy cultivation, breath work, exercise sets)
Trigger Point and Other Massage Therapies
Lee's Modified Tai Chi Chuan for Health
Fire Cupping to Dispel Stagnation
Chinese External Martial Arts Sports Medicine
Acupuncture Detoxification (using ear accu-patch pellets)
Healthy Lifestyle and Food Preparation
Anger and Stress Resolution
Pain Management (relaxation and massage)
Recovery Counseling*

My background includes:

- Level IV Tui Na Chinese Medical Massage (*Zheng Gu Tui Na - New York*)
- Medical Massage Certificate program (*Columbus State Community College*)
- Teacher training in Qi Gong (*Ken Cohen renowned author and scholar*)
- Certified Acupuncture Detoxification Specialist (*National Acupuncture Detox Association*)
- Lee's Modified Tai Chi Chuan for Health (*Ro-Z Mendelsohn*)
- Licensed Independent Chemical Dependency Counselor (*18 years in Ohio*)
- Master's Degree in Theological Studies (*Trinity Lutheran Seminary awarded 1993*)
- Adjunct Faculty teaching Addiction Studies and Mental Health (*CSCC and Univ. of Cincinnati*)
- Group Leader: Anger, Stress, Nature, Relaxation, Healthy Living, Expressive Art (*House of Hope*)
- Healthy Nutrition and Food Preparation (*ServSafe certified*)
- Marketing Director, Educator, and Health Food Store Manager (*Sunny Food for Thought*)

Contact me614-284-0100

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