



Welcome to a Different
combining physical therapy, yoga

Kind of Physical Therapy
and herbs to help you feel fabulous

Did you know PT can help with many age-related changes?

- Cognitive health
- Bone and joint health
- Cardiovascular health
- Post-menopausal health
- Balance & fall risk

Sage Physical Therapy and Sage Herbal Consulting offer comprehensive care dedicated to meeting your health goals throughout your childbearing years and beyond. Julie combines her years of experience with yoga, herbs and childbirth education in a unique approach to health. She considers your diet, sleep patterns, exercise, emotional well-being and musculoskeletal issues as you work together to create a plan to promote life-long health.



"I don't think I've had a single hot flash in 24 hours. I was having them several times a day and a few over the night! ...I have had people telling me the last couple of weeks how good my skin and/or hair look. I like that because I think it's also a reflection of improving health! Thank you for being part of that!! - Laura

Julie Pettler, MPT
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Yoga Teacher

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