

# PLENA

## Integrative Health Center

---

*Compassionate Care for Mind, Body, & Soul*

**Warm wishes to you and  
your family this holiday season!**

We offer annual and gynecological exams  
for preventative care, as well as personalized  
approaches to mental health, heart disease,  
thyroid issues, and hormone therapies  
for menopause.



**119-B University Blvd, Harrisonburg, VA 22801**

**Office: 540-575-5245**

**[www.plena-ihc.com](http://www.plena-ihc.com)**

**Online scheduling available!**