

Natural Wellness in the Heart of Tell City: Herbs and Health Care Offers Trusted Alternatives

For more than 26 years, Herbs and Health Care, located at 1417 Main Street in Tell City, has been a trusted destination for natural wellness—especially for seniors seeking gentle, effective alternatives to prescription medications. With a wide selection of herbs, vitamins, essential oils, and supplements, the store offers natural support for energy, digestion, joint comfort, and more. It's a welcoming place to explore holistic options and feel your best at every stage of life.

For over 26 years, Herbs and Health Care, located at 1417 Main Street in Tell City, has been a trusted resource for those seeking natural alternatives to support their health—especially seniors who want to feel their best without relying solely on prescriptions.

As we age, many of us become more mindful of what we put into our bodies. Herbs and Health Care offers gentle, holistic solutions that work with the body to support energy, digestion, joint comfort, memory, immunity, and overall well-being. Unlike many pharmaceutical drugs that come with potential side effects or interactions, high-quality supplements can offer natural support—often with fewer risks.

The store carries a wide range of products from respected companies. These brands are known for their purity and reliability—so customers can trust that what's on the label is exactly what's in the bottle.

Herbs and Health Care also offers Iridology consultations, a gentle, non-invasive way of assessing wellness by examining the iris of the eye. This centuries-old technique can help identify imbalances in the body and guide natural supplement suggestions tailored to individual needs.

Focused on customer care, Herbs and Health Care welcomes seniors to stop in, ask questions, and explore natural ways to feel their best every day.

Visit Herbs and Health Care at 1417 Main Street in Tell City, IN—where good health is always in season.

QUALITY SUPPLEMENTS TO FIT YOUR LIFESTYLE



**Thank You For Voting Us
The #1 Health Food Store
In Perry County!**

• Whole Food Multi-Vitamin & Minerals	• Weight Loss Formulas
• Unique Herbal Blends	• Health Food Including Gluten Free Items
• Enzyme & Probiotic Formulas	• Essential Oils
• Stress Reduction	• Iridology Available

Herbs & Health Care Inc


1417 Main Street • Tell City, IN • **812-547-8788**

Open Monday-Friday 8:30AM - 4:30PM
Saturday 8:30AM - 12:00PM


Email Us At: HerbsAndHealth@sbcglobal.net

Advanced Rehabilitation Inc. Helping Seniors Live Pain-Free, Active Lives

As we age, staying active and independent becomes more important than ever. At Advanced Rehabilitation Inc. (ARI), We believe that mobility, strength, and a pain-free lifestyle are essential for maintaining independence and well-being. That's why our expert physical therapy team is dedicated to helping seniors regain confidence, overcome pain, and enjoy their favorite activities once again. With three convenient locations in Tell City, Jasper, and Santa Claus, Indiana, we are committed to providing top-tier rehabilitation services with a personal touch.



At Advanced Rehabilitation, we specialize in identifying and addressing what's causing your discomfort. Whether it's back pain, joint stiffness, or recovering from an injury, our evidence based treatments are designed to reduce pain, restore function, and help you move better—all without unnecessary medications or procedures.



Jasper: 812-482-7755
Santa Claus: 812-937-4970
Tell City: 812-547-7770

Why Choose Advanced Rehabilitation Inc.?

Unlike large, impersonal healthcare facilities, we take a one-on-one approach to care. Our compassionate therapists truly listen to your concerns and goals, ensuring that each treatment plan is tailored specifically to your needs. Whether you're recovering from surgery, managing arthritis, or looking to improve balance and prevent falls, we are here to help every step of the way.

Our goal is simple: to help you move better, feel better, and live better in a warm, welcoming environment where you are treated like family.

Comprehensive Services for Seniors

We offer a wide range of specialized treatments to address common mobility and pain issues faced by older adults:

- Dry Needling
- Balance & Fall Prevention
- Arthritis & Joint Pain Management
- Post-Surgical Rehabilitation
- Proprio 3000 (Vestibular Therapy)
- Custom Orthotics
- Lightforce Class IV Laser Therapy
- ASTYM
- LSVT BIG

A Team That Cares

At Advanced Rehabilitation Inc., we don't just treat symptoms—we treat people. Our skilled therapists combine advanced clinical techniques with a genuine passion for helping others. We are honored to serve the surrounding community and to make a lasting impact on the lives of our patients.

Convenient Locations Near You

We are proud to serve you at three locations:

Tell City

- Address: 1020 11th Street, Suite C, Tell City, IN 47586
- Phone: (812) 547-7770

Jasper

- Address: 225 W 41st Street, Suite C, Jasper, IN 47546
- Phone: (812) 482-7755

Santa Claus

- Address: 5 E Christmas Blvd, Suite D, Santa Claus, IN 47579
- Phone: (812) 937-4970

If pain or mobility issues are keeping you from enjoying life to the fullest, don't wait. Call us today to schedule a consultation and take the first step toward a healthier, more active future.