

# Unite for HER Wellness Providers

## COMPLEMENTARY THERAPIES

The following providers are in the Unite for HER complementary therapy network. Please consult your physician prior to seeking treatments to verify you are permitted to receive these therapies. You may contact the providers on this list directly to schedule a consultation, appointment, or session. If you have any questions or require further assistance, please contact Gail Kelly at [info@uniteforher.org](mailto:info@uniteforher.org).

## Acupuncture

Thomas Burgoon, MD  
Medical Acupuncture of  
Chester County  
1217 West Chester Pike  
West Chester, PA 19382  
610-431-0850  
[medicalacupuncturepa.com](http://medicalacupuncturepa.com)

Holistic Healing Pro  
Minchun Chen, L OM, Dipl OM, MD, PhD  
455 Pennsylvania Avenue,  
Suite 120  
Fort Washington, PA 19034  
215-715-5562  
[chenmichell@gmail.com](mailto:chenmichell@gmail.com)

Lisa Ducker, DO  
930 Town Center Drive  
Suite G10  
Langhorne, PA 19047  
215-750-8373

Jia Guo, DOM, LAc, MD  
4990 State Road, Suite 7  
Drexline Shopping Center  
Drexel Hill, PA 19026  
or  
211 N. Monroe Street  
Media, PA 19063  
[jiaguowang@yahoo.com](mailto:jiaguowang@yahoo.com)  
610-628-9220

Dr. Hui Kang  
Paoli Medical & Professional  
Commons, Suite 150  
250 W. Lancaster Avenue  
Paoli, PA 19301  
610-296-8833  
[www.kangacupuncture.com](http://www.kangacupuncture.com)  
or  
915 Montgomery Avenue  
4th Floor, Suite #1  
Narberth, PA 19072  
610-285-8228

Seth Koss, MD  
Wellspring Physician Acupuncture 950  
West Valley Road, Suite 2301 Wayne,  
PA 19087  
610-687-9334  
[sethkoss@verizon.net](mailto:sethkoss@verizon.net)  
[www.wellspringmdacupuncture.com](http://www.wellspringmdacupuncture.com)

Dan-Ning Lewis, L. Ac., Dipl CH, P.O.M.  
Oriental Wellness Center  
577 Limekiln Rd  
Doylestown, PA 18901  
215-489-0375

Karen Lin, MD  
Temple University School  
of Medicine  
1316 West Ontario Street, 1st floor  
Philadelphia, PA 19140  
Jones Hall Practice  
215-707-1800

Don Liu, LAc, LOM, MD, MS Main Line  
Acupuncture & Oriental Medicine  
2 W. Lancaster Avenue  
Ardmore, PA 19003  
or  
4001 Kennett Pike  
Suite 232, 2nd Floor  
Greenville, DE 19807  
[acupuncture101@gmail.com](mailto:acupuncture101@gmail.com)  
[www.mainlineacu.com](http://www.mainlineacu.com)  
610-642-8888

Ruijuan (Jane) Liu, MD  
506 N. Broad Street  
Lansdale, PA 19446  
610-505-5188  
[email@beijingacupuncture.com](mailto:email@beijingacupuncture.com)

Lingling Luo, MD  
1062 Lancaster Avenue, Suite 17A  
Rosemont, PA 19010  
610-520-0877  
[llynn5988@gmail.com](mailto:llynn5988@gmail.com)  
[www.acupuncturebrynmaurpa.com](http://www.acupuncturebrynmaurpa.com)

Kalpna Patankar, MD, MAC  
Traditional Acupuncture Plus 1288  
Valley Forge Road Phoenixville, PA  
19460  
610-935-4434  
[www.greatwelcome.com](http://www.greatwelcome.com)

Lynnae Schwartz, M.D., M.Ac.  
Medical Tower Building Suite 1408  
255 South 17th Street  
Philadelphia, PA 19103  
646-397-0267  
[info@schwartzmedacupuncture.com](mailto:info@schwartzmedacupuncture.com)

Margaret Stroz, MD  
405 North Walnut Street  
West Chester, PA 19380  
610-368-0789  
[stroz.margaret@gmail.com](mailto:stroz.margaret@gmail.com)

Sherry Wang L.Ac.  
MacDade Blvd. & Virginia Ave.  
Folsom, PA 19033  
Phone: 610-586-3808  
[shewg@yahoo.com](mailto:shewg@yahoo.com)

Li Sheng Weng, LAC  
10431 Academy Rd Ste F  
Philadelphia, PA 19114  
215-612-0889  
or  
301 Oxford Valley Road  
Ste 205A  
Yardley, PA 19067  
215-612-0889

Mary van den Berg-Wolf, MD, FACP,  
DABMA  
225 E. City Line Avenue, Suite 109  
Bala Cynwyd, PA 19004  
215-503-3838  
mary.vandenberg-wolf@jefferson.edu

Dr. Weiping Wang, LAc  
858 Welsh Road, Suite 10  
Maple Glen, PA 19002  
215-628-4888  
acupunctureinfertilitycenter.com

Ming Yang Ph.D., M.D. (China), Dipl. & MS  
L.Ac.  
Acupuncture & Oriental Health Care, LLC  
Central Philadelphia Office  
1737 Chestnut Street, Suite 200  
Philadelphia, PA 19103  
1-888-983-3688 (O), (856)-857-1445 (Fax)  
Email: ming.yang@jefferson.edu  
www.acupuncture-ohc.com

Dr. Ruonan Zhang, LAc  
Specializing in Oncology  
Yang Institute of Integrative Medicine  
940 Haverford Rd  
Bryn Mawr, PA 19010  
610-520-1128

Tianming Zhou, MD  
4070 Butler Pike  
Suite 200  
Plymouth Meeting, PA 19462  
610-825-5741

## Massage Therapy

All providers have completed  
oncology training approved by UFH.  
\*\*Provider trained in Reiki.

Joseph Abdelrahman, LMT, Manual  
Lymphatic Drainage, Medical and  
Crainiosacral Therapy  
In-home, serving Southeastern PA  
917-972-9301  
Relieftherapist@gmail.com

Andrew Abramson, LMT, MSW  
Synergy Sports & Corrective Massage  
40 Morris Avenue, Suite 120  
Bryn Mawr, PA 19010  
1025 Andrew Drive, Suite 140  
West Chester, PA 19380  
610-457-5979  
andrew@synergycorrective.com  
synergycorrective.com

Julie Ackerman, LMT, CLT  
Flow Therapies  
8618 Germantown Ave.  
Chestnut Hill, PA 19118  
541-870-2334  
www.flowtherapies.com  
Specializes in lymphatic massage

Kate Foley Alvarez, LMT, RN, MSCC  
507 S.Maryland Avenue  
Wilmington, DE 19804  
302-354-5276  
Katefoley76@gmail.com

Jen Andrews, LMT, RYT-200, M.Ed. Mindful  
Muscles, LLC  
954 Montgomery Ave. #5  
Narberth, PA 19072  
240-674-8069  
jenandrews@mindfulmuscles.org  
mindfulmuscles.org  
Mobile services are also available

Danica Arizola, RM, LMT\*\*  
The Salon House  
400 South Sydenham Street Philadelphia,  
PA 19146  
or  
Back to Life Urban Sanctuary  
171 W. Thompson Street  
Philadelphia, PA 19122  
267-242-8933

Azima Therapeutic Massage  
Andrea Kocerha, LMT  
6809 Germantown Avenue Philadelphia,  
PA 19119  
484-764-5056  
www.azimamassage.com

Body Benefits  
Joanne Freedman, LMT, CRM\*\*  
Therapeutic Massage/Reiki Master  
Bala Cynwyd, PA 19004  
610-668-2662  
relief@bodybenefits.org  
www.BodyBenefits.org

Barb Brooks, LMT  
Private mobile practice in Roxborough  
brookbrb@gmail.com/267-761-7056 or

Optimum Health Chiropractic Care 8945  
Ridge Ave, Suite 2  
Philadelphia, PA 19128  
215-508-3291

Christine Burnett, CMT, LMT  
Chester County Massage Therapy 828  
Paoli Pike  
West Chester, PA 19380  
chestercountymassagetherapy.com  
484-678-9202

Christine Dano Sexton, LMT  
209 Rushley Way  
Media, PA 19063  
610-357-7819  
calmdownmassagetherapy@gmail.com  
www.calmdownchris.com

Margaret (Maggie) Christy, LMT\*\*  
721 E. Lancaster Avenue, 3rd floor  
Downingtown, PA 19335  
610-883-7288  
MHC.MTM@gmail.com

Kimberly Evans  
101 N. Wayne Avenue  
Wayne, PA 19087  
610-688-SKIN (7546)  
www.colewellnessspa.com

Margaret Connolly, PhD, LMT, RCST  
109 Forrest Avenue, 1st Floor Narberth,  
PA 19072  
610-202-4778  
www.MargaretConnollyRCST.com

The Spa at Cornerstone  
847 Easton Rd, Warrington, PA 18976  
215-918-5950  
Melissa Faith Baun, LMT  
Claudia Glugsberger, LMT  
Carol Hunt, LMT  
Rachel Zhang, LMT  
Maggie Bordagaray, LMT  
thespaatcornerstone.com

Ronda Crary, MS, LMT, RYT-200, CLT  
@The Healing Point\*\*  
215 W. Church Road, #112  
King of Prussia, PA 19406  
302-229-2494 or  
1025 Andrew Drive, Suite 140 West  
Chester, PA 19380  
302-229-2494  
ronda.crarylmt@gmail.com  
www.healingpointonline.com Massage  
available in PA, in-home in DE County  
only. Reiki available in PA and DE, in-  
home in DE County only.

Lydia Dorwart, LMT  
506 E. Lancaster Avenue, Downingtown,  
PA 19335  
610-647-7551 \*\*or\*\*  
1127 West Chester Pk, West Chester  
www.hhmassage.com

Sharon Edelman, RM, LMT\*\*  
The Reiki School + Clinic  
1500 Chestnut Street, Lower Level  
Philadelphia, PA 19102  
215-238-0659  
sharon@thereikischool.com

Melissa D. Fell, LMT  
Private Practice in Skippack  
610-329-8171

Janet Bennett, LMT  
72 S. Trooper Road  
Eagleville, PA 19403  
610-539-2887

Freedom Massage  
Molly Malone, LMT  
8 Mystic Lane  
Malvern, PA 19355  
610-644-9003  
Freedommassage.com  
Info@freedommassage.com

Handled with Care  
Lisa Cataldi  
800 Cottman Avenue  
Philadelphia, PA 19111  
215-722-2923

The Healing Connection\*\*  
Roberta MacLean, LMT  
623 W. Lancaster Avenue  
Wayne, PA 19087  
610-688-3315  
www.ahealingconnection.com

Insight Body Therapies\*\*  
Yvonne Fisher, LMT, CMT  
7237 Hollywood Rd., Suite 1  
Fort Washington, PA 19034  
215-206-5074  
www.InsightBodyTherapies.com

The Integrated Healing Center - Massage  
Christine F. Hayes, P.T., P.C.  
Sara Fortunato, LMT, CLT, RM\*\*  
195 W. Lancaster Avenue, Suite 3 Paoli,  
PA 19301  
office: 610-695-9913  
cell: 610-324-6140  
www.chayespt.com

Integrated Massage & Bodywork  
Alana Smith, LMT  
Private Practice  
1601 Concord Pike, Suite 68  
Wilmington, DE 19803  
302-391-4692

Judith Barrett Johnson, LMT \*\*  
Simply Be Well LLC  
1246 Collegeville Road  
Skippack, PA 19474  
610-584-2439

Polina Kozlowski, RN, BSN, LMT  
Mobile massage serving Delaware,  
Chester and Montgomery counties.  
www.holistichoice.com  
Support@holistichoice.com

Massage Tech  
Kathy McCarry, LMT  
409 Greenwood Road  
Kennett Square, PA 19348  
kathymassagetechn@gmail.com  
610-506-9774

Mindful Metta Massage  
Joan Rosetsky L.M.T  
Oncology Massage/Mastectomy Massage  
65B West State Street  
Doylestown, PA 18901  
www.mindfulmettamassage.com  
Joanrose108@gmail.com  
267-247-5813

Optimal Massage  
Jeannine Ryder, BCTMB  
Tisha Hunt, LMT  
121 E. Gay Street  
West Chester, PA 19380  
610-696-6880  
www.optimalmassage.com

Sue Palmer, LMT  
Life Changing Hands Massage  
121 Becks Woods Drive, Suite 203  
Bear, DE 19701  
lifechanginghandsmassage@gmail.com  
302-607-1473  
in-home massage in New Castle Co.

Kerry Ann Peters, LMT, B.S. Edu  
265 West Uchlan Ave., Downingtown 512  
West Lancaster Ave., Wayne  
please request appointment  
via website - kerryannpeters.com  
or via text to cell 484-574-1278

Phoenixville Massage & Bodywork Xerlan  
Deery, LMT  
Christopher Deery, LMT  
1023 Gay Street  
Phoenixville, PA 19460  
610-906-2322  
www.PhoenixvilleMassage.com

Phoenixville YMCA  
Mara McMullen, LMT  
400 E. Pothouse Road  
Phoenixville, PA 19460  
610-933-5861  
www.philaymca.org

Debra Sanders, LMT  
Kneaded Peace Massage Therapy  
375 Morgan St.  
Phoenixville, PA 19460  
610-457-9800

Relax Therapy Spa  
Gilda Smith, LMT, NMT, PDMT  
7151 Germantown Avenue Philadelphia,  
PA 19119  
215-760-9035  
bodytouchmind@gmail.com

Bob Risoli, LMT, NCTMB  
Private Holistic Therapist  
Treatments in your home  
484-318-5465  
www.relaxforgoodhealth.com

Rosemary Romett, M.Ed, LMT Massage  
Therapy & Consulting Services  
Southampton, PA 18966  
215-432-5497  
Treatments in HOME  
massage2amend@gmail.com  
or  
Handled With Care  
800 Cottman Avenue  
Philadelphia, PA 19111  
215-722-2923  
Jacqui Rosenberger, LMT  
143 W. Walnut Lane  
Rear building, suite 202  
Philadelphia, PA 19144  
Jacqui@HerbanSpaMassage.com  
215-796-1374

Jessica Schuler, LMT\*\*  
Integrative Healing Massage  
Providing therapy in your home. Will  
travel to Pottstown, Collegeville,  
Reading/Berks County areas. Birdsboro,  
PA  
267-663-8130

Kelly Smith, LMT & Esthetician  
400 Calverton Ct.  
Harleysville, PA 19438  
267-229-9689

Julie A. Spahn, LMT  
Total Massage, LLC  
Home Office, Home Visits  
Chalfont, PA  
484-489-1700

Kathy Stahl, LMT, S4OM  
Massage360  
800 West State Street  
Suite #103  
Doylestown, PA 18901  
www.KathyCStahl.com  
267-231-8522

Ilia Stranko, LMT\*\*  
ilia Healing Arts, LLC  
255 South 17th St. Suite 2403  
(Medical Tower: on 17th between Spruce  
& Locust)  
Philadelphia, PA 19103  
(860) 538-2927

Eleanor Dukes, LMT  
921 Penllyn Blue Bell Pike  
Blue Bell, PA 19422  
267-584-3015

Roxanne Velebir, LMT  
304 National Road, Suite 300  
Exton, PA 19341  
610-420-2573  
bodyworkbyroxanne.com

Christine Waldman LMT  
375 Morgan st  
Phoenixville, Pa 19460  
484-302-6289  
www.backtohealthmassagetherapy.jigsy.com

Michele Weitzenkorn, LMT  
Sporting Club Main Line  
931 E Haverford Rd  
Bryn Mawr, PA 19010  
610-527-2200/610-724-3104 (c)  
Mychelew1@yahoo.com

The Wellnest -  
Venus Jones, LMT  
822 Pine Street, Suite 4B  
Philadelphia, PA 19107  
215-829-0339  
info@wellne.st  
www.thewellne.st

Susan Wood, LMT  
Private Practice Delaware County-Mainline  
484-995-1123

Cheryl Weingartner, LMT  
9 Tanglewood Drive  
Schwenksville, PA 19473 610-505-4770  
Zenspapa7@gmail.com  
Serves all of Montgomery County

## Reiki

Helene M. Albright  
106 Kimberbrae Drive  
Kimberton, PA 19442  
610-933-6735

Awaken with Light, Inc.  
Nancy Boudrie  
525 East Gay Street  
West Chester, PA 19380  
484-876-1048  
awakenwithlight@gmail.com

Diana L. Bechtel  
101 Magnolia Drive  
Douglassville, PA 19518  
610-334-6955

Maggy  
Collegeville,  
610-489-4533

Burnick  
PA

Christine M. Cutter RT(R)(M)  
Warrington, PA 18976  
267-971-9092  
cmpcutter@yahoo.com

The Spa at Cornerstone  
215-918-5950  
847 Easton Road  
Warrington, PA 18976  
Cathy Sicinski, LMT  
Kitty Ghen, L.Ac.  
Melissa Faith Baun, LMT  
Carol Hunt, LMT  
thespaatcornerstone.com

Eileen S. Curry (Reiki Master, MSN, RN,  
CCRN, and Hypnotherapist)  
511 Foxwood Lane  
Paoli, PA 19301  
610-647-6157  
EFSCurry@verizon.net

Cathy Farrell, PhD 2240 E. Orvilla Rd  
Hatfield, PA 19440 215-430-3605  
cifarrell@comcast.net  
Pickupyourmat.net

Angela Hopkins  
708 Eddystone Avenue  
Eddystone, PA 19022  
610-800-8020  
Serenity\_studio@icloud.com  
Serenitystudioenergyhealing.com

Fundamental Balance  
Patricia Lachman (Reiki Master  
and Hypnotherapist)  
Collegeville, PA  
610-209-6632  
PattyLachman@verizon.net  
www.fundamental-Balance.com

Kathleen Fennelly, RN, CHTP  
1062 E. Lancaster Avenue, Ste. 13-A  
Bryn Mawr, PA 19010  
or  
516 E. Lancaster Avenue  
Downingtown, PA 19335  
610-698-8643  
www.healingtouchbykathy.com

Tijen Genco, MS, PCC, E-RYT 200\*\*  
Newtown Yoga  
17 Barclay Street  
Newtown PA 18940  
gencocoaching@outlook.com  
267-391-7991

Rina Kenney  
Springfield, Delaware County, PA  
610-505-4648  
Rinakenney@Yahoo.com

The Integrated Healing Center -  
Energy Healing Practitioners  
Michele Mallon  
195 W. Lancaster Avenue, Suite 3  
Paoli, PA 19301  
610-695-9913

Melissa Mroz, RYT 200, CTRS, C-PT, MS  
Yoga & Reiki Practitioner  
Main Line Health Fitness & Wellness Center  
1020 Baltimore Pike, Suite 150  
Glen Mills, PA 19342  
Direct: 215-378-9983  
melissa@solshineacademy.org

Jody Smith Long  
Reiki, Cranio Sacral Therapy,  
PSYCH-K  
505 Old York Road, Suite LO6 Jenkintown,  
PA 19046  
215-512-3636  
Jody43s21@gmail.com

Leanne Miller Rush, CHHC  
Reiki Master  
374 Coldstream Drive  
Berwyn, PA 19312  
610-908-4011  
www.PathToYourWellness.com

Rainbows of Healing  
Valarie & Ian Haag  
123 W. Maple Avenue  
Langhorne, PA 19047  
267-840-8003  
val@rainbowsofhealing.com

Sol Angel  
Pamela Aloia, Reiki Master & Teacher  
Collegeville, PA 19426  
lookinside@solangel.com  
www.solangel.com  
484-919-0348

Wellness in Harmony, LLC  
Linda Dieffenbach, BSW,  
860 N. Swedesford Rd.  
Wayne PA 19087  
www.wellnessinharmony.com

White Lotus Studio\*\*  
Claire Misko, RYT 200 w/Yoga Alliance\*  
305 Mt. Bradford Way  
West Chester, PA 19382  
www.whitelotusreiki.org  
484-753-2418

## Yoga

\*Received yoga training by Unite  
for HER Advisor, Alison Donley.

\*\*Provider trained in Reiki.

Abi Amato, RYT  
21 Plank Avenue | Paoli, PA 19301  
980-939-2383  
abiamato@yahoo.com  
\*Will do in-home sessions

ACAC Fitness and Wellness Center  
Linda DiValerio, E-RYT-200\*  
1130 McDermott Drive  
West Chester, PA 19380  
610-306-2143  
linda.ufhyoga@gmail.com

Kimberly Alt Brinser, RYT 200  
w/Yoga Alliance\*  
Chester Springs, PA  
kimberlyalt@aol.com  
609-519-9988

Jen Andrews, LMT, RYT-200, M.Ed.  
954 Montgomery Ave., #5  
Narberth, PA 19072  
240-674-8069  
jenandrews@mindfulmuscles.org  
Mobile massage/yoga services

Megan Do Nascimento, RYT 200  
7026 McCallum Street  
Philadelphia. PA. 19119  
(215) 906-0532

Barbara Levitt, R-RYT 500  
Golden Yoga  
8855 Germantown Avenue  
Philadelphia, PA 19118  
215-247-3029

Cerca Trova Yoga  
Sharlene M. McKinley  
2124 Darby Road  
Havertown, PA 19083  
610-203-4141  
cercatrovayoga@verizon.net  
www.cercatrovayoga.com

Ronda Cray, MS, LMT, RYT-200  
215 W. Church Road, #112  
King of Prussia, PA 19406  
302-229-2494  
ronda.craylmt@gmail.com  
www.healingpointonline.com  
Yoga services available in PA and  
DE, in-home in DE County only.

Cornerstone Clubs  
215-918-5900  
847 Easton Road  
Warrington, PA 18976  
Ogden Kruger  
Catherine McGinley  
Tamara Nicholson  
Sharon Perloff  
Nancy Hesch  
Carol Hageman  
Cornerstoneclubs.com

Della Cowall, RYT w/ Yoga Alliance,  
MFA\* Lansdowne. PA 19050  
717-795-6248  
dcowall@gmail.com  
www.needanse.com

Emily Joy Dozor, RYT  
521 1/2 N. Olive St.  
Media, PA 19063  
joydozor@aol.com  
www.joythroughyoga.com  
610-220-7426

Tracey Eltringham  
200 RYT  
484-643-0145  
Eltringhamtracey@gmail.com

Cathy Farrell, RYT-200  
Serving Montgomery and Bucks Counties  
215-430-3605  
cifarrell@comcast.net  
www.pickupyourmat.net

Katy Hawkins  
Classes held in various locations/private  
instruction - Philadelphia area  
www.katyhawkinsyoga.com  
646-325-6482

Mary Garrett\* - 302-530-0882  
marygarrettrn@gmail.com

Pat McKeon, RYT 200  
610-212-6506  
pmckeon@comcast.net

Tracey Eltringham, 200 RYT  
484-643-0145  
Eltringhamtracey@gmail.com

Tonia D. Kulp, RYT 500\*\*  
727 Isaac Taylor Drive  
West Chester, PA 19382  
610-883-0482  
tonikulp@gmail.com

Matthew Mitlas, E-RYT-200  
Providing yoga in Collegeville,  
Blue Bell, and surrounding areas  
610-331-1612  
matthewmitlasyoga@gmail.com  
www.matthewmitlas.com

Nancy Murphy, RYT 200 w/Yoga Alliance\*  
Gentle & Restorative Yoga Downingtown,  
PA  
610-952-5823  
nancy.murphy2@verizon.net

Peggy Nalevanko, e-RYT225,  
500 Wayne, PA 19087  
Servicing the Wayne, Radnor, Malvern,  
Frazer, West Chester, Phoenixville areas  
www.NRGforLife.com

Sharon Perloff, RTY  
IN-Home yoga in the Ambler, Fort  
Washington or Blue Bell area  
sharonlee1103@gmail.com  
215-704-440

Dee Person, E-RYT 500, PFT, AHP, &  
Meditation Instructor  
www.studiodeewellness.com  
484-888-3725

Jeanne M Rozanski PT MHA CLT RYT 200  
Mercy Rehab and Wellness at Havertown  
2010 West Chester Pike Suite 438  
Havertown Pa 19083  
jrozanski@mercyhealth.org  
484-431-1274

Joan Rosetsky, E-RYT-500 w/Yoga Alliance  
Yoga For Cancer  
65B West State Street  
Doylestown, PA 18901  
215-284-7099  
www.mindfulmettamassage.com  
joanrose108@gmail.com

Sherry G Rubin, E-RYT-200  
w/Yoga Alliance\*  
50 W. Welsh Pool Road, #4  
Exton, PA 19341  
610-873-0815  
SherryGRubin@gmail.com

Colleen De Virgiliis, E-RYT,  
Certified Baptiste Instructor\*  
120 N. Church Street, 2nd floor  
West Chester, PA 19380  
610-331-3578  
colleen@sevapoweryoga.com  
www.sevapoweryoga.com

# Professional Counseling

Gilda Smith, E-RYT 200\*  
Reformation Lutheran Church  
1512 Vernon Road  
Philadelphia, PA 19150  
215-760-9035  
bodytouchmind@gmail.com

Michelle Stortz, C-IAYT, RYT500,  
MFA\*  
653 W. Park Lane  
Philadelphia, PA 19144  
215-242-1366  
m@michellestortz.com

Maureen Szkaradnik, PTA, RYT 200  
w/Yoga Alliance\*  
2200 Arch Street  
Philadelphia, PA 19103  
610-585-0789  
szkama00@verizon.net

Verge Yoga  
Kathy DiGiorgio\*  
250 W. Lancaster Avenue, #110  
Wayne, PA 19087  
610-906-2560  
info@vergeyogacenter.com  
www.vergepoweryoga.com

The Wellnest  
Integrative Health & Wellness Center  
Lisa Bollwage, E-RYT 200\*  
Maiga Milbourne, E-RYT 200 w/ Yoga  
Alliance\*  
Julia Nawrocki, E-RYT 200\*  
Private lessons or at:  
822 Pine Street, Suite 4B  
Philadelphia, PA 19107  
215-829-0339

info@thewellne.st  
www.thewellne.st

Body Esteem  
Cathy Nobil-Dutton, MSW, LCSW  
749 Argyle Road  
Glenside, PA 19038  
215-887-3707 (o)  
215-317-2416 (c)  
catnd749@comcast.net  
www.BodyEsteem.org

Crozer Keystone Health System  
Enid Peura, LCSW  
Tellie Ruffin, LCSW  
One Medical Center Boulevard, POB 1,  
Suite 407  
Upland, PA 19013  
610-874-5257

Healing Concepts, LLC  
Lara Krawchuk, MSW, LCSW, MPH Terry  
Sturmer, MSW, LSW  
Patti Guyre, MSW, LSW  
1450 E. Boot Road, Suite 500-D West  
Chester, PA 19382  
610-209-3111

Pamela J. Ginsberg, Ph.D  
Licensed Psychologist, Private Practice  
400 Farm Lane  
Doylestown, PA 18901  
dr.pam@pginsbergphd.com  
215-340-0608

Donna Marshall, LCSW 20 Mystic Lane,  
Suite A Malvern, PA 19355484-402-0139  
donna.marshall610@gmail.com

Allison Martinez, MSS, LCSW  
Open Hands Therapy  
208 N. Easton Road  
Suite 301  
Willow Grove, PA 19090  
267-512-0743  
openhandstherapy@gmail.com

Raymond McDevitt MSS LCSW  
Psychotherapist and Executive Coach  
Wilmington, DE  
302-650-4471 rmcdevittlcsw@me.com  
302-650-4471 rmcdevittlcsw@me.com

Sabitha Pillai-Friedman, Ph.D., LCSW,  
CST  
Individual and couples therapist and  
AASECT certified sex therapist  
255 S 17th Street, Suite 1008  
Philadelphia, PA 19103  
610-324-1095  
spillai\_friedman@yahoo.com  
www.drpillai-friedman.com

Sherry G Rubin, LCSW  
50 W. Welsh Pool Road, #4  
Exton, PA 19341  
610-873-0815  
SherryGRubin@gmail.com

Sue Ryan, Psy. D  
Clinical Psychologist & Breast Cancer  
Survivor 555 Second Ave., Building C, Suite  
650 Collegeville, PA 19426  
drsusanryan@hotmail.com

Still Waters Holistic Health  
Therapies  
Julia Ferrence, MSW, LCSW  
2305 Fairmount Avenue  
Philadelphia, PA 19130  
267-388-1479

Well-Being Center LLP  
Stephanie Schneider, MS, LPC  
Andrew Burns, MS  
Tracy McAlee MS, LPC  
63 W. Lancaster Ave., Suite 2  
Ardmore, PA 19003  
www.well-beingcenterllp.com  
wellbeing.ardmore@gmail.com  
610-314-7996

The Wellnest  
Integrative Health & Wellness Center  
Erin Hadley, Ph.D.  
822 Pine Street, Suite 4B  
Philadelphia, PA 19107  
215-829-0339  
info@thewellne.st  
www.thewellne.st

Joanne Adar, MSS, LCSW, HSV  
jadar.lcsw@gmail.com  
215-694-6932  
16 North Franklin Street  
Suite 306  
Doylestown PA 18901

## Nutrition

Erin Pellegrin, RD, LDN  
Nutritious Life, Delicious Life, LLC  
epellegrin@uniteforher.org  
610-506-1459

## CSA

Lancaster Farm Fresh Cooperative 48  
Eagle Drive  
Leola, PA 17540  
717-514-3311

[www.lancasterfarmfresh.com](http://www.lancasterfarmfresh.com)

## Esthetician/ Cosmetologist

Jolene Hart, CHC, AADP  
Beauty is Wellness  
Personal consultations  
732-245-1685  
[www.jolenehart.com](http://www.jolenehart.com)

Sauler Institute of Tattooing  
(specializing in 3D nipple tattooing)  
Mandy Sauler  
484-883-6827  
info@gmail.com  
[www.saulerinstitute.com](http://www.saulerinstitute.com)  
Locations in Downingtown, Exton, and  
Plymouth Meeting

## Physician Referred Exercise Program

ACAC Fitness and Wellness Centers  
[www.acac.com](http://www.acac.com)  
1130 McDermott Drive  
West Chester, PA 19380610-431-7000 or  
699 Rice Boulevard  
Exton, PA 19341  
610-425-3188

AFC Fitness  
610-664-6464  
[www.afcfitness.com](http://www.afcfitness.com)  
Bala Cynwyd - Matthew Beyer  
mbeter@aquahab.com  
Jenkintown - Eric Chernikovich  
ericc@aquahab.com  
Feasterville - Casey Matthiesen  
casey@afcfitness.com

Cornerstone Clubs  
Contact: Andrew Jazich  
215-918-5900  
Warrington Location  
847 Easton Road  
Warrington, PA 18976  
Doylestown Location  
740 Edison-Furlong Road  
Furlong, PA 18925  
New Hope Location  
322 West Bridge Street  
New Hope, PA 18938  
Cornerstoneclubs.com

Healthplex Sports Club  
Barb Isaacs  
194 West Sproul Road  
Springfield, PA 19064  
Located at Springfield Hospital  
610-938-2555  
Barb.isaacs@crozer.org

Main Line Health Fitness & Wellness  
Center Rachel Harper  
Assistant General Manager  
484-227-7903  
Rachelh@fitnessandwellness.org

The Sporting Club Main Line  
Christina Bower  
931 Haverford Road  
Bryn Mawr, PA 19010  
610-527-2200 or  
The Sporting Club - Bellevue  
Arial Bronstein 215-985-9212  
224 South Broad Street  
(Broad and Walnut) Philadelphia, PA  
19102

## YMCA

Greater Brandywine – 8 locations  
Philadelphia Freedom Valley – 18  
locations  
Eastern Delaware County – 2 locations  
North Penn YMCA – 2 locations  
Central Bucks Family YMCA- 2 locations

**Contact [info@uniteforher.org](mailto:info@uniteforher.org)  
for physician authorization form  
for all locations**