

# Unite for HER Wellness Providers

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

## Berks County

### Massage Therapy

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

### Reiki

Diana L. Bechte  
1101 Magnolia Dr  
Douglassville, PA 19518  
610-334-6955

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

## Burlington County

### Acupuncture

Mary Ann Sciamanna, DO  
Marlton Acupuncture Center  
525 Route 73S, Ste 301  
Marlton, NJ, 08053  
856-596-1005  
[www.marltonacupuncture.com](http://www.marltonacupuncture.com)

## Massage Therapy

Harriet Jahr-Philips, LMT, CLT  
Mercer Bucks Hematology  
Oncology, PC @Capital Health  
Medical Center Two Capital Way,  
Ste 220 Pennington, NJ 08534 or  
Lourdes Medical Associates  
Hematology/Oncology  
101 Burrs Rd, Ste C  
Westampton, NJ 08060  
o- 609-303-0747  
c-267-251-1605  
[hjahrphilips@aol.com](mailto:hjahrphilips@aol.com)

Rosemary Romett, M.Ed., LMT  
In Home Session  
215-432-5497  
[amend@verizon.net](mailto:amend@verizon.net)

### Reiki

Anna S. Castro  
Crystal Bowls Sound Therapist  
Cinnaminson, Mount Laurel,  
Medford, NJ  
609-721-3009  
[annacastro@yahoo.com](mailto:annacastro@yahoo.com)

Harriet Jahr-Philips, LMT, CLT  
Mercer Bucks Hematology  
Oncology, PC @Capital Health  
Medical Center Two Capital Way,  
Ste 220 Pennington, NJ 08534 or  
Lourdes Medical Associates  
Hematology/Oncology  
101 Burrs Rd, Ste C  
Westampton, NJ 08060  
o- 609-303-0747  
c-267-251-1605  
[hjahrphilips@aol.com](mailto:hjahrphilips@aol.com)

### Yoga

Karin Otto, E-RYT  
400 Park Ave  
Cinnaminson, NJ 08077  
267-254-7819  
[www.karinyoga.com](http://www.karinyoga.com)

## Bucks County

### Acupuncture

Lisa Ducker, DO  
930 Town Center Dr, Ste G10  
Langhorne, PA 19047  
215-750-8373

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

### Massage Therapy

Rosemary Romett, M.Ed., LMT  
Southampton, PA 18966 or  
Treatments in home or  
Handled with Care  
800 Cottman Ave  
Philadelphia, PA 19111  
215-432-5497  
215-722-2923  
[message2amend@gmail.com](mailto:message2amend@gmail.com)

Joan Rosetsky, LMT, CLT  
Mindful Metta Massage  
65B West State St  
Doylestown, PA 18901  
215-284-7090.  
[Joanrose108@gmail.com](mailto:Joanrose108@gmail.com)  
[mindfulmettamassage.com](http://mindfulmettamassage.com)

The Spa at Cornerstone  
847 Easton Rd  
Warrington, PA 18976  
Melissa Faith Baun, LMT  
Maggie Bordagaray, LMT  
Kitty Ghen, L.Ac  
Claudia Glugsberger, LMT  
Carol Hunt, LMT  
Cathy Sicinski, LMT  
Rachel Zhang, LMT  
215-918-5950  
[thespaatcornerstone.com](http://thespaatcornerstone.com)

Julie A. Spahn, LMT  
Total Massage, LLC  
Home Office, Home Visits  
Chalfont, PA 18914  
484-489-1700

Kathy Stahl, LMT  
800 West State St, Ste 103  
Doylestown, PA 18901  
267-231-8522  
[kathystahl.com](http://kathystahl.com)

## Reiki

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

Sharon Doyle  
Warrington, PA 18976  
[penny4150@aol.com](mailto:penny4150@aol.com)

Merle Eskowitz, RM-T, CPC, SMC  
126 N. State St  
Newtown, PA 18940 or  
800 Cottman Ave  
Philadelphia, PA 19111  
215-801-8054  
[merle.eskowitz@gmail.com](mailto:merle.eskowitz@gmail.com)

Tijen Genco, E-RYT 200 Newtown  
Yoga  
17 Barclay St  
Newtown PA 18940  
267-391-7991  
[gencocoaching@outlook.com](mailto:gencocoaching@outlook.com)  
Valarie & Ian Haag  
Rainbows of Healing  
123 W Maple Ave  
Langhorne, PA 19047  
267-840-8003  
[val@rainbowsofhealing.com](mailto:val@rainbowsofhealing.com)

Theresa Moore, LMT, RM, RYT-200  
120 West Butler Ave  
New Britain, PA 18901  
(267)709-2592  
[Peacefuljourneys24@gmail.com](mailto:Peacefuljourneys24@gmail.com)

The Spa at Cornerstone  
847 Easton Rd  
Warrington, PA 18976  
Cathy Sicinski, LMT  
Carol Hunt, LMT  
215-918-5950  
[thespaatcornerstone.com](http://thespaatcornerstone.com)

## Yoga

Della Cowall, RYT w/ Yoga Alliance,  
MFA  
Cornerstone Clubs  
847 Easton Rd  
Warrington, PA 18976  
215-918-5900 or  
Lansdowne, PA 19050  
717-795-6248  
[dcowall@gmail.com](mailto:dcowall@gmail.com)  
[needanse.com](http://needanse.com)

Cathy Farrell, RYT-200  
Montgomery and Bucks Counties  
215-430-3605  
[cifarrell@comcast.net](mailto:cifarrell@comcast.net)  
[pickupyourmat.net](http://pickupyourmat.net)

Tijen Genco, E-RYT 200  
Newtown Yoga  
17 Barclay St  
Newtown PA 18940  
267-391-7991  
[gencocoaching@outlook.com](mailto:gencocoaching@outlook.com)

Joan Rosetsky, E-RYT-500  
w/Yoga Alliance  
65B West State St  
Doylestown, PA 18901  
215-284-7099  
[joanrose108@gmail.com](mailto:joanrose108@gmail.com)

## Professional Counseling

Joanne Adar, MSS, LCSW, HSV  
16 North Franklin St, Ste 306  
Doylestown PA 18901  
215-694-6932  
[jadar.lcsw@gmail.com](mailto:jadar.lcsw@gmail.com)

Pamela J. Ginsberg, Ph.D.  
Licensed Psychologist,  
400 Farm Ln  
Doylestown, PA 18901  
215-340-0608  
[dr.pam@pginsbergphd.com](mailto:dr.pam@pginsbergphd.com)

Laura E. Simonelli, Ph.D.  
Director & Licensed Psychologist  
Premier Health Psychology, L.L.C.  
P: (267) 890-7233  
140 Clemens Rd., Suite 104  
Harleysville, PA 19438  
[lesimonelliphd@gmail.com](mailto:lesimonelliphd@gmail.com)

Well-Being Center LLP  
Stephanie Schneider, MS, LPC  
Andrew Burns, MS  
Tracy McAlee MS, LPC  
63 W. Lancaster Ave, Ste 2  
Ardmore, PA 19003  
610-314-7996  
[wellbeing.ardmore@gmail.com](mailto:wellbeing.ardmore@gmail.com)  
[well-beingcenterllp.com](http://well-beingcenterllp.com)

## Physician-Referred Exercise Program

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

AFC Fitness  
1040 Mill Creek Dr  
Feasterville, PA 19053  
215-355-2700  
Casey Matthiesen  
[casey@afcfitness.com](mailto:casey@afcfitness.com)  
[afcfitness.com](http://afcfitness.com)

Cornerstone Clubs  
Andrew Jazich  
847 Easton Rd  
Warrington, PA 18976  
215-918-5900  
[Cornerstoneclubs.com](http://Cornerstoneclubs.com)

Cornerstone Clubs  
740 Edison-Furlong Rd  
Furlong, PA 18925  
215-794-3700  
[Cornerstoneclubs.com](http://Cornerstoneclubs.com)  
Cornerstone Clubs  
322 West Bridge St  
New Hope, PA 18938  
215-862-2200  
[Cornerstoneclubs.com](http://Cornerstoneclubs.com)

Newtown Athletic Club  
120 Pheasant Run  
Newtown, PA 18940  
215-968-0600  
Attn: Melissa or Linda  
[newtownathletic.com](http://newtownathletic.com)

YMCA  
Central Bucks Family  
2 locations  
[cbfymca](http://cbfymca)

## Camden County

### Acupuncture

Dr. Yongshun Bei, L. Ac  
1 Mall Drive, Ste 301  
Cherry Hill, NJ 08002  
646-321-9922  
[www.beiacupuncture.com](http://www.beiacupuncture.com)

Dr. Caiping Lin  
Oriental Healing  
10 W. Ormond Ave  
Cherry Hill, NJ 08002  
856-857-9494  
[www.orientalhealing.net](http://www.orientalhealing.net)

Dr. Ming Yang PhD, MD, L. Ac  
Acupuncture & Oriental Health  
Care, LLC  
2301 Evesham Rd, Ste 405  
Voorhees, NJ 08043  
856-772-2688  
856-952-6294  
[myacupuncture2014@gmail.com](mailto:myacupuncture2014@gmail.com)  
[www.acupuncture-ohc.com](http://www.acupuncture-ohc.com)

## Massage Therapy

Heather L. Disbrow, LMT  
Mind Body & Soul Wellness Center  
614 Station Ave  
Haddon Heights, NJ 08035  
856-672-4325  
[heather.massagetherapy.com](http://heather.massagetherapy.com)

Sharon Edelman, RM, LMT  
Live in Joy Yoga Studio  
118 W. Merchant St  
Audubon, NJ 08106 or  
Acu-Health Holistic Center  
100 W Camden Ave  
Moorestown, NJ 08057  
609-320-2654  
[sharon@thereikischool.com](mailto:sharon@thereikischool.com)

## Reiki

Sharon Edelman, RM, LMT  
Live in Joy Yoga Studio  
118 W. Merchant St  
Audubon, NJ 08106 or  
Acu-Health Holistic Center  
100 W Camden Ave  
Moorestown, NJ 08057  
609-320-2654  
[sharon@thereikischool.com](mailto:sharon@thereikischool.com)

Mary Townsend RN, BSN, HNB-BC  
Master/Teacher & Certified Holistic  
Nurse  
One Light Wellness  
15 Juniper Cr  
Blackwood, NJ 08012  
[Onelightwellness@gmail.com](mailto:Onelightwellness@gmail.com)  
[Onelightwellness.wix.com/  
onelightwellness](http://Onelightwellness.wix.com/onelightwellness)  
[One Light Wellness - Home |  
Facebook](#)

## Yoga

Michelle Higgins, RYT-200 HR  
Gentle and Vigorous Vinyasa Yoga  
South Jersey and Philadelphia,  
private lessons  
Studio space also available in  
Collingswood, NJ 08101 770-598-  
0863

Live in Joy Yoga & Wellness  
Julie Fischer, RYT 500, LMT  
Janet Watkins, E-RYT 500, CRM  
118 W. Merchant St  
Audubon, NJ 08106  
856-546-1006  
[liveinjoy@gmail.com](mailto:liveinjoy@gmail.com)  
[www.liveinjoyyoga.com](http://www.liveinjoyyoga.com)

Erik Marrero, ERYT-500  
Mindful Yoga and Sanskrit, LLC  
Washington Township, NJ 08080 or  
Trishula Yoga  
Collingswood, NJ,  
856-582-5717  
[ejmarrero@comcast.net](mailto:ejmarrero@comcast.net)  
Trishula Yoga  
[yogainspiredstudio.com](http://yogainspiredstudio.com)

Anita Romero, RYT-200  
Vinyasa Yoga private & group  
classes or  
817 Haddon Ave  
Collingswood, NJ 08108  
215-817-1184  
[anitaromyoga@gmail.com](mailto:anitaromyoga@gmail.com)  
[Yogawood.com](http://Yogawood.com)  
[YogaTreeriverton.com](http://YogaTreeriverton.com)

Karin Otto, E-RYT 400 Park Ave  
Cinnaminson, NJ 08077  
267.254.7819  
[karinyogaom.com](http://karinyogaom.com)

## Professional Counseling

Elizabeth Lipshutz, MSW, LCSW 11  
E. Laurel Rd, Ste B  
Stratford, NJ 08084  
856-346-4048  
[elipshutz04@comcast.net](mailto:elipshutz04@comcast.net)

Mindful Soul Center for Wellbeing  
Women-centered counseling  
Michelle Richardson, MSW, LCSW  
Nicole Valles, MA, L.Ac, NCC  
Janel Morey-Sassano, MSW, LSW  
Jessica Houghton, MSW, LCSW  
Heather Gimpel, MS, L. Ac, NCC  
Chelsea Murphy, MS, L. Ac, NCC  
739 S. White Horse Pike, Ste 10  
Audubon, NJ 08106  
856-617-4544  
[info@mindfulsoulwellbeing.com](mailto:info@mindfulsoulwellbeing.com)

Lauren Pluchino, MSW, LCSW  
Serenity Therapy & Counseling, LLC  
215 Fries Mill Rd  
Turnersville, NJ 08012  
856-442-9355  
[lauren@serenitytherapycounseling.com](mailto:lauren@serenitytherapycounseling.com)  
[serenitytherapycounseling.com](http://serenitytherapycounseling.com)

## Chester County

### 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)

Dr. Hui Kang  
Paoli Medical & Professional  
Commons  
250 W. Lancaster Ave, Ste 150  
Paoli, PA 19301  
610-296-8833 or  
915 Montgomery Ave, 4th Fl, Ste1  
Narberth, PA 19072  
610-285-8228

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

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

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

## Massage Therapy

Julie Ackerman, LMT, CLT  
Flow Therapies  
8618 Germantown Ave  
Chestnut Hill, PA 19118  
541-870-2334  
[julie@flowtherapies.com](mailto:julie@flowtherapies.com)  
[flowtherapies.com](http://flowtherapies.com)  
*Specializes in lymphatic massage*

Christine Burnett, CMT, LMT  
Chester County Massage Therapy  
828 Paoli Pike  
West Chester, PA 19380  
484-678-9202  
[chestercountymassagetherapy.com](http://chestercountymassagetherapy.com)

Christopher Deery, LMT  
Xerlan Deery, LMT  
Phoenixville Massage & Bodywork  
1023 Gay St  
Phoenixville, PA 19460  
610-906-2322  
[PhoenixvilleMassage.com](http://PhoenixvilleMassage.com)

Lydia Dorwart, LMT  
506 E. Lancaster Ave  
Downingtown, PA 19335 or  
1127 West Chester Pike  
West Chester, PA 19382  
610-647-7551  
[hmmassage.com](http://hmmassage.com)

Freedom Massage  
Molly Malone, LMT  
Emily Bruce, LMT  
8 Mystic Ln  
Malvern, PA 19355  
610-644-9003  
[Info@freedommassage.com](mailto:Info@freedommassage.com)

The Integrated Healing Center  
Christine F. Hayes, P.T., P.C. Sara  
Fortunato, LMT, CLT, RM 195 W.  
Lancaster Ave, Ste 3 Paoli, PA  
19301  
610-695-9913  
c- 610-324-6140  
[chayespt.com](http://chayespt.com)

Polina Kozlowski, RN, BSN, LMT  
Mobile massage serving Delaware,  
Chester and Montgomery counties  
[Support@holisticchoice.com](mailto:Support@holisticchoice.com)

Kathy McCarry, LMT  
409 Greenwood Rd  
Kennett Square, PA 19348  
610-506-9774  
[kathymassagetechnology@gmail.com](mailto:kathymassagetechnology@gmail.com)

Mara McMullen, LMT  
Phoenixville YMCA  
400 E. Pothouse Rd  
Phoenixville, PA 19460  
610-933-5861  
[philaymca.org](http://philaymca.org)

Optimal Massage  
Jeannine Ryder, DBTMB  
Tisha Hunt, LMT  
121 E. Gay St  
West Chester, PA 19380  
610-696-6880  
[optimalmassage.com](http://optimalmassage.com)

Kerry Ann Peters, LMT, B.S. Edu  
265 West Uchlan Ave  
Downingtown, PA 19335 or  
512 West Lancaster Ave, 2<sup>nd</sup> Fl  
Wayne, PA 19087  
please request appointment via  
website or via text to 484-574-1278  
[kerryannpeters.com](http://kerryannpeters.com)

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

Roxanne Velebir, LMT  
304 National Rd, Ste 300  
Exton, PA 19341  
610-420-2573  
[bodyworkbyroxanne.com](http://bodyworkbyroxanne.com)

Christine Waldman LMT  
375 Morgan St  
Phoenixville, PA 19460  
484-302-6289

## Reiki

Nancy Boudrie  
Awaken with Light, Inc  
525 East Gay St  
West Chester, PA 19380  
484-876-1048  
[awakenwithlight@gmail.com](mailto:awakenwithlight@gmail.com)

Eileen S. Curry, Reiki Master, MSN,  
RN, CCRN, and Hypnotherapist  
Fundamental Balance  
511 Foxwood Ln  
Paoli, PA 19301  
610-647-6157  
[EFSCurry@verizon.net](mailto:EFSCurry@verizon.net)

Lydia Dorwart, LMT  
506 E. Lancaster Ave  
Downingtown, PA 19335  
610-647-7551 or  
1127 West Chester Pike  
West Chester, PA 19382  
[hmmassage.com](http://hmmassage.com)

Kathleen Fennelly, RN, CHTP  
1062 E. Lancaster Ave, Ste. 13-A  
Bryn Mawr, PA 19010 or  
516 E. Lancaster Ave  
Downingtown, PA 19335  
610-698-8643  
[healingtouchbykathy.com](http://healingtouchbykathy.com)

Sara Fortunato, LMT, CLT, RM  
The Integrated Healing Center  
195 W. Lancaster Ave, Ste 3  
Paoli, PA 19301  
610-695-9913  
c- 610-324-6140

Tonia D. Kulp, RYT 500  
727 Isaac Taylor Dr  
West Chester, PA 19382  
610-883-0482  
[tonikulp@gmail.com](mailto:tonikulp@gmail.com)

Michele Mallon  
The Integrated Healing Center -  
Energy Healing Practitioners  
95 W. Lancaster Ave, Ste 3  
Paoli, PA 19301  
610-695-9913

Leanne Miller Rush, CHHC  
374 Coldstream Dr  
Berwyn, PA 19312  
610-908-4011  
[PathToYourWellness.com](http://PathToYourWellness.com)

## Yoga

Jessica Bertoncini RYT  
318 N Matlack St  
West Chester, PA 19380  
215-300-2707

Jacqueline Meister, RTY-200  
215-287-2544  
[Jacquemeister@yahoo.com](mailto:Jacquemeister@yahoo.com)

Kimberly Alt Brinser, RYT 200  
Chester Springs, PA  
609-519-9988  
[kimberlyalt@aol.com](mailto:kimberlyalt@aol.com)  
Colleen DeVirgiliis, E-RYT,  
120 N. Church St, 2nd Fl  
West Chester, PA 19380  
610-331-3578  
[colleen@sevapoweryoga.com](mailto:colleen@sevapoweryoga.com)

Linda DiValerio, E-RYT-200  
1130 McDermott Dr  
West Chester, PA 19380  
610-306-2143  
[linda.ufhyoga@gmail.com](mailto:linda.ufhyoga@gmail.com)

Alison Donley, E-RYT 500 w/Yoga  
Alliance  
11 Exchange Place  
West Grove, PA 19390  
484-643-0870  
[aliuncaged2017@gmail.com](mailto:aliuncaged2017@gmail.com)

Tracey Eltringham RYT200  
484-643-0145  
[Eltringhamtracey@gmail.com](mailto:Eltringhamtracey@gmail.com)

Amanda Hershey RYT 200  
From Philadelphia, PA 19111  
Serving Chester, Delaware  
and Philadelphia County  
215-280-1193  
[AmandaHershey@outlook.com](mailto:AmandaHershey@outlook.com)  
[BlossomwithMe.com](http://BlossomwithMe.com)

Tonia D. Kulp, RYT 500  
727 Isaac Taylor Dr  
West Chester, PA 19382  
610-883-0482  
[tonikulp@gmail.com](mailto:tonikulp@gmail.com)

Lorraine Mazzotta, ERYT-200  
25 Ridge View Dr  
Coatesville, PA 19320  
610-383-3893  
[lorraine07@comcast.net](mailto:lorraine07@comcast.net)

Pat McKeon, RYT 200  
610-212-6506  
[pmckeon@comcast.net](mailto:pmckeon@comcast.net)

Nancy Murphy, RYT 200  
Downingtown, PA 19335  
610-952-5823  
[nancy.murphy2@verizon.net](mailto:nancy.murphy2@verizon.net)

Peggy Nalevanko, e-RYT225, 500  
Wayne, PA 19087  
Servicing the Wayne, Radnor,  
Malvern, Frazer, West Chester,  
Phoenixville areas  
Dee Person, E-RYT 500, PFT, AHP,  
& Meditation Instructor  
484-888-3725  
[studiodeewellness.com](http://studiodeewellness.com)

Sherry G Rubin, E-RYT-200  
50 W. Welsh Pool Rd, #4  
Exton, PA 19341  
610-873-0815  
[Sherrygrubin@gmail.com](mailto:Sherrygrubin@gmail.com)

## Professional Counseling

Healing Concepts, LLC  
Lara Krawchuk, MSW, LCSW, MPH  
Terry Sturmer, MSW, LSW  
Patti Guyre, MSW, LSW  
Emilee Duckworth, MSW  
1450 E. Boot Rd, Ste 500-D  
West Chester, PA 19382  
610-209-3111  
Sherry G Rubin, LCSW  
50 W. Welsh Pool Rd, #4  
Exton, PA 19341  
610-873-0815

## Physician-Referred Exercise Program

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

ACAC Fitness and Wellness  
Centers  
1130 McDermott Dr  
West Chester, PA 19380  
610-431-7000 or  
699 Rice Blvd  
Exton, PA 19341  
610-425-3188  
[acac.com](http://acac.com)

YMCA  
Greater Brandywine – 8 locations  
[Ymcagbw.org](http://Ymcagbw.org)

## Cumberland County

### Reiki

Mary Lorito, RN, BS, Reiki Master  
and Shamanic Practitioner  
Caring Hands Open Hearts, LLC  
Vineland, NJ  
856-696-8078  
[marylorito@gmail.com](mailto:marylorito@gmail.com)

## Delaware County

### Acupuncture

Jia Guo, DOM, L. Ac, MD  
211 N. Monroe St, Ste 100  
Media, PA 19063  
610-628-9220  
[jjaguowang@yahoo.com](mailto:jjaguowang@yahoo.com)

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

Don Liu L.OM  
Main Line Acupuncture  
2 W Lancaster Ave  
Ardmore, PA. or  
20 Trolley Sq, Ste 20B  
Wilmington, DE 19803  
610-642-8888  
[mainlineacu.com](http://mainlineacu.com)

Dr. Zufang Sheng  
2631 Springfield Rd  
Broomall, PA 19008  
610-325-6916  
[drshengsoffice.com](http://drshengsoffice.com)

Sherry Wang L. Ac  
McDade Blvd & Virginia Ave  
Folsom, PA 19033 or  
1305 West Chester Pike  
Havertown, PA 19083  
Phone: 610-586-3808  
[shewg@yahoo.com](mailto:shewg@yahoo.com)

## Massage Therapy

Polina Kozlowski, RN, BSN, LMT  
Mobile massage serving Delaware,  
Chester and Montgomery counties  
[Support@holisticchoice.com](mailto:Support@holisticchoice.com)

Roberta MacLean, LMT  
The Healing Connection  
623 W. Lancaster Ave  
Wayne, PA 19087  
610-688-3315  
[Ahealingconnection.com](http://Ahealingconnection.com)

Kerry Ann Peters, LMT, B.S. Edu  
265 West Uchlan Ave  
Downtown, PA 19335 or  
512 West Lancaster Ave, 2<sup>nd</sup> Fl  
Wayne, PA 19087  
please request appointment via  
website or via text to 484-574-1278  
[kerryannpeters.com](http://kerryannpeters.com)

Bob Risoli, LMT, NCTMB  
Private Holistic Therapist  
Treatments in your home  
484-318-5465  
[relaxforgoodhealth.com](http://relaxforgoodhealth.com)

Christine Dano Sexton, LMT  
209 Rushley Way  
Media, PA 19063  
610-357-7819  
[calmdownmassagetherapy@gmail.com](mailto:calmdownmassagetherapy@gmail.com)  
[www.calmdownchris.com](http://www.calmdownchris.com)

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

## Reiki

Ronda Crary, MS, LMT, CLT  
215 W. Church Rd, #112  
King of Prussia, PA 19406 or  
1025 Andrew Dr, Ste 140  
West Chester, PA 19380  
302-229-2494  
[ronda.crarylmt@gmail.com](mailto:ronda.crarylmt@gmail.com)  
[healingpointonline.com](http://healingpointonline.com)  
available in PA, in-home in DE  
County only.

Linda Dieffenbach, BSW,  
Wellness in Harmony, LLC  
860 N. Swedesford Rd  
Wayne PA 19087  
484-354-0499  
[wellnessinharmony.com](http://wellnessinharmony.com)

Angela Hopkins  
708 Eddystone Ave  
Eddystone, PA 19022  
610-800-8020  
[Serenity\\_studio@icloud.com](mailto:Serenity_studio@icloud.com)  
[Pickupyourmat.net](http://Pickupyourmat.net)

Rina Kenney  
Springfield, PA 19064  
610-505-4648  
[Rinakenney@Yahoo.com](mailto:Rinakenney@Yahoo.com)

Roberta MacLean, LMT  
The Healing Connection  
623 W. Lancaster Ave  
Wayne, PA 19087  
610-688-3315  
[ahealingconnection.com](http://ahealingconnection.com)

Melissa Mroz, RYT 200, CTRS, C-  
PT, MS  
Yoga & Reiki Practitioner- NOT on  
YOGA LIST  
Main Line Health  
Fitness & Wellness Center  
1020 Baltimore Pike, Ste 150  
Glen Mills, PA 19342  
215-378-9983  
[melissa@solshineacademy.org](mailto:melissa@solshineacademy.org)

## Yoga

Della Cowall, RYT w/ Yoga Alliance,  
MFA  
Cornerstone Clubs  
847 Easton Rd  
Warrington, PA 18976  
215-918-5900 or  
Lansdowne. PA 19050  
717-795-6248  
[dcowall@gmail.com](mailto:dcowall@gmail.com)  
[Needanse.com](http://Needanse.com)

Emily Joy Dozor, RYT  
521 1/2 N Olive St.  
Media, PA 19063  
610-220-7426  
[19063joydozor@aol.com](mailto:19063joydozor@aol.com)

Amanda Hershey RYT 200  
From Philadelphia, PA 19111  
Serving Chester, Delaware  
and Philadelphia County  
215-280-1193  
[AmandaHershey@outlook.com](mailto:AmandaHershey@outlook.com)  
[BlossomwithMe.com](http://BlossomwithMe.com)

Sharlene M. McKinley  
Cerca Trova Yoga  
2124 Darby Rd  
Havertown, PA 19083  
610-203-4141  
[cercatrovayoga@verizon.net](mailto:cercatrovayoga@verizon.net)

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

Jeanne M Rozanski PT MHA CLT  
RYT 200  
2010 West Chester Pike, Ste 438  
Havertown Pa 19083  
484-431-1274  
[jrozanski@mercyhealth.org](mailto:jrozanski@mercyhealth.org)

## Professional Counseling

Crozer Keystone Health System  
Enid Peura, LCSW  
Tellie Ruffin, LCSW  
One Medical Center Blvd, POB1, Ste 407  
Upland, PA 19013  
610-874-5257

Well-Being Center LLP  
Stephanie Schneider, MS, LPC  
Andrew Burns, MS  
Tracy McAlee MS, LPC  
63 W. Lancaster Ave, Ste 2  
Ardmore, PA 19003  
610-314-7996  
[wellbeing.ardmore@gmail.com](mailto:wellbeing.ardmore@gmail.com)  
[well-beingcenterllp.com](http://well-beingcenterllp.com)

## Physician-Referred Exercise Program

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

Healthplex Sports Club  
Barb Isaacs  
194 West Sproul Rd  
Springfield, PA 19064  
610-938-2555  
[Barb.isaacs@crozer.org](mailto:Barb.isaacs@crozer.org)  
[crozerkeystone.org/Healthplex](http://crozerkeystone.org/Healthplex)

Main Line Health Fitness & Wellness  
Center  
Rachel Harper  
1020 Baltimore Pike Ste 150  
Glen Mills, PA 19342  
484-227-7903  
[Rachelh@fitnessandwellness.org](mailto:Rachelh@fitnessandwellness.org)  
[mainlinehealthfitnessandwellness](http://mainlinehealthfitnessandwellness)

YMCA  
Philadelphia Freedom Valley  
18 locations  
[philaymca.org](http://philaymca.org)

YMCA  
Eastern Delaware County  
2 locations  
[Cyedc.org](http://Cyedc.org)

## Gloucester County

### Physician-Referred Exercise Program

Kennedy Fitness and Wellness  
405 Hurffville Crosskeys Rd  
Sewell, NJ 08080  
856.582.2180

## Lackawanna County

### Massage Therapy

*All providers have completed oncology  
training approved by UFH*

Sherrie Petrowski-McDade, LMT  
739 E. Drinker St, Unit 203  
Dunmore, PA 18512  
570-905-6967

[QualityofLifeLMT@yahoo.com](mailto:QualityofLifeLMT@yahoo.com)  
Private Practice & Mobile Therapy  
available

## Mercer County

### Massage Therapy

Harriet Jahr-Philips, LMT, CLT  
Mercer Bucks Hematology  
Oncology, PC @Capital Health  
Medical Center Two Capital Way,  
Ste 220 Pennington, NJ 08534 or  
Lourdes Medical Associates  
Hematology/Oncology  
101 Burrs Rd, Ste C  
Westampton, NJ 08060  
O- 609-303-0747  
C-267-251-1605  
[hjahrphilips@aol.com](mailto:hjahrphilips@aol.com)

## Montgomery County

### Acupuncture

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

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

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

Dr. Weiping Wang, L. Ac  
858 Welsh Rd, Ste 10  
Maple Glen, PA 19002  
215-628-4888

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

### Massage Therapy

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

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

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

Margaret (Maggie) Christy, LMT 721  
E. Lancaster Ave, 3rd Fl  
Downingtown, PA 19335  
610-883-7288  
[MHC.MTM@gmail.com](mailto:MHC.MTM@gmail.com)

Margaret Connolly, PhD, LMT  
109 Forrest Ave, 1st Fl  
Narberth, PA 19072  
610-202-4778  
[MargaretConnollyRCST.com](http://MargaretConnollyRCST.com)

Ronda Crary, MS, LMT, CMLDT,  
RYT-200  
215 W Church Rd. #112  
King of Prussia, PA 19406  
P: 302.229.2494  
E: [ronda.crarylmt@gmail.com](mailto:ronda.crarylmt@gmail.com)  
Schedule at [healingpointonline.com](http://healingpointonline.com)

Carol Dean LMT, CMLDT  
14 S. Bryn Mawr Ave, Ste 104 Bryn  
Mawr, PA 19010  
610-585-5190  
[therapeutic-massagestudio.com](http://therapeutic-massagestudio.com)

Eleanor Dukes, LMT  
Trinity Massage Haven, LLC  
921 Penllyn Blue Bell Pike  
Blue Bell, PA 19422  
267-584-3015

Kimberly Evans  
101 N. Wayne Ave  
Wayne, PA 19087  
610-688-SKIN (7546)  
[colewellnessspa.com](http://colewellnessspa.com)

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

Yvonne Fisher, LMT, CMT  
7237 Hollywood Rd., Ste 1  
Fort Washington, PA 19034  
215-206-5074  
[InsightBodyTherapies.com](http://InsightBodyTherapies.com)

Joanne Freedman, LMT, CRM  
Therapeutic Massage/Reiki Master  
Body Benefits  
Bala Cynwyd, PA 19004  
610-668-2662  
[relief@bodybenefits.org](mailto:relief@bodybenefits.org)  
[BodyBenefits.org](http://BodyBenefits.org)

Polina Kozlowski, RN, BSN, LMT  
Mobile massage serving Delaware,  
Chester and Montgomery counties  
[Support@holisticochoice.com](mailto:Support@holisticochoice.com)

Claire Misko, RYT 200 w/Yoga  
Alliance  
White Lotus Studio  
305 Mt. Bradford Way  
West Chester, PA 19382  
484-753-2418  
[whitelotusreiki.org](http://whitelotusreiki.org)

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

Cheryl Weingartner, LMT  
9 Tanglewood Dr  
Schwenksville, PA 19473  
610-505-4770  
[Zenspapa7@gmail.com](mailto:Zenspapa7@gmail.com)

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

## Reiki

Pamela Aloia  
Collegeville, PA 19426  
484-919-0348  
[lookinside@solangel.com](mailto:lookinside@solangel.com)  
[solangel.com](http://solangel.com)

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

Margaret (Maggie) Christy, LMT  
721 E. Lancaster Ave, 3rd Fl  
Downingtown, PA 19335  
610-883-7288  
[MHC.MTM@gmail.com](mailto:MHC.MTM@gmail.com)

Ronda Crary, MS, LMT, CMLDT,  
RYT-200  
215 W Church Rd. #112  
King of Prussia, PA 19406  
P: 302.229.2494  
E: [ronda.crarylmt@gmail.com](mailto:ronda.crarylmt@gmail.com)  
Schedule at [healingpointonline.com](http://healingpointonline.com)

Carol Dean LMT, CMLDT  
14 S. Bryn Mawr Ave, Ste 104 Bryn  
Mawr, PA 19010  
610-585-5190  
[therapeutic-massagestudio.com](http://therapeutic-massagestudio.com)  
*Specializes in lymphatic massage*

Cathy Farrell, PhD  
2240 E. Orvilla Rd  
Hatfield, PA 19440  
215-430-3605  
[cifarrell@comcast.net](mailto:cifarrell@comcast.net)

Kathleen Fennelly, RN, CHTP  
1062 E. Lancaster Ave, Ste. 13-A  
Bryn Mawr, PA 19010 or  
516 E. Lancaster Ave  
Downingtown, PA 19335  
610-698-8643  
[healingtouchbykathy.com](http://healingtouchbykathy.com)

Joanne Freedman, LMT, CRM Body  
Benefits  
Therapeutic Massage/Reiki Master  
Bala Cynwyd, PA 19004  
610-668-2662  
[relief@bodybenefits.org](mailto:relief@bodybenefits.org)  
[BodyBenefits.org](http://BodyBenefits.org)

Patricia Lachman  
Fundamental Balance  
Collegeville, PA  
610-209-6632  
[PattyLachman@gmail.com](mailto:PattyLachman@gmail.com)

Claire Misko, RYT 200 w/Yoga  
Alliance  
White Lotus Studio  
305 Mt. Bradford Way  
West Chester, PA 19382  
484-753-2418  
[whitelotusreiki.org](http://whitelotusreiki.org)

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

Jody Smith Long  
505 Old York Rd, Ste LO6  
Jenkintown, PA 19046  
215-512-3636  
[Jody43s21@gmail.com](mailto:Jody43s21@gmail.com)

Jodie Smola, Master Teacher  
1000 Grosser Rd  
Gilbertsville, PA 19525 or  
857 Main St  
Harleysville, PA 19438 or  
7237 Hollywood Rd, Ste 1  
Fort Washington, PA 19034  
267-354-4530  
[moonbeamshaman@gmail.com](mailto:moonbeamshaman@gmail.com)

## Yoga

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

Ronda Crary, MS, LMT, RYT-200  
215 W. Church Rd, #112  
King of Prussia, PA 19406  
302-229-2494  
[ronda.crarylmt@gmail.com](mailto:ronda.crarylmt@gmail.com)  
[healingpointonline.com](http://healingpointonline.com)

Cathy Farrell, RYT-200  
Montgomery and Bucks Counties  
215-430-3605  
[cifarrell@comcast.net](mailto:cifarrell@comcast.net)  
[pickupyourmat.net](http://pickupyourmat.net)

Matthew Mitlas, E-RYT-200  
Providing yoga in Collegeville, Blue  
Bell, and surrounding areas  
610-331-1612  
[matthewmitlasyoga@gmail.com](mailto:matthewmitlasyoga@gmail.com)

Sharon Perloff, RTY  
In-Home yoga in the Ambler, Fort  
Washington or Blue Bell area-  
215-704-4640  
[sharonlee1103@gmail.com](mailto:sharonlee1103@gmail.com)

## Professional Counseling

Cathy Nobil-Dutton, MSW, LCSW  
Body Esteem  
749 Argyle Rd  
Glenside, PA 19038  
o-215-887-3707  
c-215-317-2416  
[catnd749@comcast.net](mailto:catnd749@comcast.net)  
[BodyEsteem.org](http://BodyEsteem.org)

Allison Martinez, MSS, LCSW  
Open Hands Therapy  
208 N. Easton Rd, Ste 301  
Willow Grove, PA 19090  
267-512-0743  
[openhandstherapy@gmail.com](mailto:openhandstherapy@gmail.com)

Sue Ryan, Psy. D Clinical  
Psychologist & Breast Cancer  
Survivor  
555 Second Ave, Bldg C, Ste 650  
Collegeville, PA 19426  
610-306-4774  
[drsusanryan@hotmail.com](mailto:drsusanryan@hotmail.com)

Laura E. Simonelli, Ph.D.  
Director & Licensed Psychologist  
Premier Health Psychology, LLC  
140 Clemens Rd., Site 104  
Harleysville, PA 19438  
267- 890-7233



## Physician-Referred Exercise Program

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

AFC Fitness  
Matthew Beyer  
601 Righters Ferry Rd  
Bala Cynwyd, PA 19004  
610-664-6464  
[mbeter@aquahab.com](mailto:mbeter@aquahab.com)  
[afcfitness.com](http://afcfitness.com)

AFC Fitness  
Eric Chernikovich  
921 Old York Rd  
Noble Town Center  
Jenkintown, PA 19046  
215-887-8787  
[ericc@aquahab.com](mailto:ericc@aquahab.com)  
[afcfitness.com](http://afcfitness.com)

The Sporting Club Main Line  
Christina Bower  
931 Haverford Rd  
Bryn Mawr, PA 19010  
610-527-2200  
[sportingclubmainline.com](http://sportingclubmainline.com)

YMCA  
Philadelphia Freedom Valley  
18 locations  
[philaymca.org](http://philaymca.org)

North Penn YMCA  
2 locations  
[northpennymca](http://northpennymca)

## Philadelphia County

### Acupuncture

Karen Lin, MD  
Temple University School  
of Medicine, Jones Hall Practice  
1316 W Ontario St, 1st Fl  
Philadelphia, PA 19140  
215-707-1800

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

Ming Yang Ph.D., M.D.  
1737 Chestnut St, Ste 200  
Philadelphia, PA 19103 or  
2301 Evesham Rd, Ste 405  
The Pavilions of Voorhees, NJ  
08043  
888-983-3688  
856-772-2688  
[ming.yang@jefferson.edu](mailto:ming.yang@jefferson.edu)  
[acupuncture-ohc.com](http://acupuncture-ohc.com)

### Massage Therapy

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

Barb Brooks, LMT  
Private mobile practice in  
Roxborough or  
Optimum Health Chiropractic Care  
8945 Ridge Ave, Ste 2  
Philadelphia, PA 19128  
267-761-7056 or  
215-508-3291  
[brookbrb@gmail.com](mailto:brookbrb@gmail.com)

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

Sharon Edelman, RM, LMT  
The Reiki School + Clinic  
1500 Chestnut St, Lower Level  
Philadelphia, PA 19102  
215-238-0659  
[sharon@thereikischool.com](mailto:sharon@thereikischool.com)

Venus Jones, LMT  
The Wellnest  
822 Pine St, Ste 4B  
Philadelphia, PA 19107  
215-829-0339  
[info@wellne.st](mailto:info@wellne.st)

Andrea Kocerha, LMT  
6809 Germantown Ave  
Philadelphia, PA 19119  
484-764-5056  
[azimamassage.com](http://azimamassage.com)

Rosemary Romett, M.Ed., LMT  
Southampton, PA 18966 or  
Treatments in home or  
Handled with Care  
800 Cottman Ave  
Philadelphia, PA 19111  
215-432-5497  
215-722-2923  
[massage2amend@gmail.com](mailto:massage2amend@gmail.com)

Jacqui Rosenberger, LMT  
143 W. Walnut Ln, Rr Bldg, Ste 202  
Philadelphia, PA 19144  
[Jacqui@HerbanSpaMassage.com](mailto:Jacqui@HerbanSpaMassage.com)  
215-796-1374

Gilda Smith, LMT, NMT, PDMT  
Relax Therapy Spa  
7151 Germantown Ave  
Philadelphia, PA 19119  
215-760-9035  
[bodytouchmind@gmail.com](mailto:bodytouchmind@gmail.com)

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

### Reiki

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

Sharon Edelman, RM, LMT  
The Reiki School + Clinic  
1500 Chestnut St, Lower Level  
Philadelphia, PA 19102  
215-238-0659  
[sharon@thereikischool.com](mailto:sharon@thereikischool.com)

Merle Eskowitz, RM-T, CPC, SMC  
126 N. State St  
Newtown, PA 18940 or  
800 Cottman Ave  
Philadelphia, PA 19111  
215-801-8054  
[merle.eskowitz@gmail.com](mailto:merle.eskowitz@gmail.com)

Iliia Stranko, LMT  
Iliia Healing Arts, LLC  
255 South 17th St, Ste 2403  
(Medical Tower: on 17th between  
Spruce & Locust)  
Philadelphia, PA 19103  
860-538-2927

## Yoga

Katy Hawkins  
Classes held in various  
locations/private instruction  
Philadelphia area  
646-325-6482  
[katyhawkinsyoga](mailto:katyhawkinsyoga)

Amanda Hershey RYT 200  
Philadelphia, PA 19111  
Also serving Chester, Delaware  
County  
215-280-1193  
[AmandaHershey@outlook.com](mailto:AmandaHershey@outlook.com)  
[blossomwithme](http://blossomwithme)

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

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

## Professional Counseling

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

Sabitha Pillai-Friedman, Ph.D.,  
LCSW, CST  
Individual, couples therapist &  
AASECT certified sex therapist  
255 S 17th St, Ste 1008  
Philadelphia, PA 19103  
610-324-1095  
[spillai\\_friedman@yahoo.com](mailto:spillai_friedman@yahoo.com)

Erin Hadley, Ph.D.  
Licensed Clinical Psychologist  
100 S. Broad St, Ste 915  
Philadelphia, PA 19110  
215-525-0579  
[Drerinhadley.com](http://Drerinhadley.com)

## Physician-Referred Exercise Program

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

AFC Fitness  
3600 Grant Ave  
Philadelphia, PA 19114  
215-677-0400  
[afcfitness.com](http://afcfitness.com)

The Sporting Club - Bellevue  
Ariel Bronstein  
224 South Broad St  
(Broad and Walnut)  
Philadelphia, PA 19102  
215-985-9212  
[sportingclubbellevue.com](http://sportingclubbellevue.com)

Philadelphia Freedom Valley  
18 locations  
[philaymca.org](http://philaymca.org)

## Delaware

### Acupuncture

Don Liu L.OM  
Main Line Acupuncture  
2 W Lancaster Ave  
Ardmore, PA. or  
20 Trolley Sq, Ste 20B  
Wilmington, DE 19803  
610-642-8888  
[mainlineacu.com](http://mainlineacu.com)

### Massage Therapy

Kate Foley Alvarez, LMT, RN,  
MSCC  
507 S Maryland Ave  
Wilmington, DE 19804  
302-354-5276  
[Katefoley76@gmail.com](mailto:Katefoley76@gmail.com)

Sue Palmer, LMT  
Life Changing Hands Massage 121  
Becks Woods Dr, Ste 203 Bear, DE  
19701  
302-607-1473  
[lifechanginghandsmassage@gmail.com](mailto:lifechanginghandsmassage@gmail.com)  
in-home New Castle County

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

## Professional Counseling

Raymond McDevitt MSS LCSW  
Psychotherapist & Executive Coach  
Wilmington, DE 19810  
302-650-4471  
[rmcdevittlcsw@me.com](mailto:rmcdevittlcsw@me.com)  
[raymondmcdevitt](http://raymondmcdevitt)

## Additional Services

### CSA

Lancaster Farm Fresh Cooperative  
48 Eagle Dr  
Leola, PA 17540  
717-514-3311  
[lancasterfarmfresh.com](http://lancasterfarmfresh.com)

### Esthetician/Cosmetologist

Jolene Hart, CHC, AADP  
Beauty is Wellness  
[jolenehart.com](http://jolenehart.com)

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

### Nutrition

Erin Pellegrin, RD, LDN  
[epellegrin@uniteforher.org](mailto:epellegrin@uniteforher.org)  
610-506-1459