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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

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. Bechtel
101 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

Massage Therapy

Karen Tennant, LMT
Innate Healing: Therapeutic
Massage & Body Works
45 S Main St
Medford, NJ 08055
609-553-8833
innatehealing.massagetherapy.com

Harriet Jahr-Philips, LMT, CLT
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

Rosemary Romett, M.Ed., LMT
Massage Therapy In Your Home
215-432-5497
message2amend@gmail.com
amend.amtamembers.com

Reiki

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

Bridget Papagno
Reiki Master, Integrated Energy
Therapist and Aroma Therapist
Offices in Blackwood, Pitman and
Mount Laurel
609-230-2297
www.essentiallightworker.com
Bridget@essentiallightworker.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

Curran Latchford, LMT
1501 Lower State Rd
North Wales, PA 19454
215-646-2410
curran@groundluminosity.com
groundluminosity.com

Brenda Sonnie-Goldman. LMT, CLT
770 Newtown-Yardley Rd, Ste 214
Newtown, PA 18940
215-416-8223
bjsonnie@gmail.com
energytoheal.me

Theresa Moore, LMT, RM,RYT-200
120 W Butler Ave
New Britain, PA 18901
267-709-2592
Peacefuljourneys24@gmail.com

Rosemary Romett, M.Ed., LMT
Massage Therapy In Your Home
215-432-5497
massage2amend@gmail.com
amend.amtamembers.com

Joan Rosetsky, LMT, CLT
Mindful Metta Massage
65B W State St
Doylestown, PA 18901
215-284-7090
Joanrose108@gmail.com
mindfulmettamassage.com

The Spa at Cornerstone
847 Easton Rd
Warrington, PA 18976
215-918-5950
thespaatcornerstone.com

Julie A. Spahn, LMT
Total Massage, LLC
Home Office, Home Visits
Chalfont, PA 18914
215-997-9094
totalmassage2013@gmail.com

Kathy Stahl, LMT
800 W State St, Ste 103
Doylestown, PA 18901
267-231-8522
kathycstahl.com

Reiki

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267-971-9092
cmpcutter@yahoo.com

Sharon Doyle
Warrington, PA 18976
Penny4150@aol.com

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Newtown Yoga
17 Barclay St
Newtown PA 18940
267-391-7991
gencocoaching@outlook.com

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123 W Maple Ave
Langhorne, PA 19047
267-840-8003
val@rainbowsofhealing.com

The Spa at Cornerstone
847 Easton Rd
Warrington, PA 18976
215-918-5950
Thespaatcornerstone.com

Yoga

Cornerstone Clubs
847 Easton Rd
Warrington, PA 18976
Sharon Perloff
215-918-5900
Cornerstoneclubs.com

Tijen Genco, E-RYT 200
Newtown Yoga
17 Barclay St
Newtown PA 18940
267-391-7991
gencocoaching@outlook.com

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140 Clemens Rd, Site 104
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267-890-7233
lesimonelliphd@gmail.com

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

Physician-Referred Exercise Program

Contact 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
afcfitness.com

Cornerstone Clubs
Andrew Jazich
847 Easton Rd
Warrington, PA 18976
215-918-5900
Cornerstoneclubs.com

Cornerstone Clubs
740 Edison-Furlong Rd
Furlong, PA 18925
215-794-3700
Cornerstoneclubs.com

Cornerstone Clubs
322 W Bridge St
New Hope, PA 18938
215-862-2200
Cornerstoneclubs.com

Newtown Athletic Club
120 Pheasant Run
Newtown, PA 18940
215-968-0600
Attn: Melissa or Linda
newtownathletic.com

YMCA
Central Bucks Family
2 locations
cbfymca

Camden County

Acupuncture

Dr. Yongshun Bei, L. Ac
1 Mall Drive, Ste 301
Cherry Hill, NJ 08002
646-321-9922
beiacupuncture.com

Dr. Caiping Lin
Oriental Healing
10 W Ormond Ave
Cherry Hill, NJ 08002
856-857-9494
www.orientalhealing.net

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

Dr. Ming Yang PhD, MD, L. Ac
Acupuncture & Oriental Health Care, LLC
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Voorhees, NJ 08043
856-772-2688
856-952-6294
myacupuncture2014@gmail.com
acupuncture-ohc.com

Massage Therapy

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Mind Body & Soul Wellness Center
614 Station Ave
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856-672-4325
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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

Reiki

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

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Live in Joy Yoga Studio
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Acu-Health Holistic Center
100 W Camden Ave
Moorestown, NJ 08057
609-320-2654
sharon@thereikischool.com

Bridget Papagno, Reiki Master,
Integrated Energy Therapist and
Aroma Therapist
Offices in Blackwood, Pitman and
Mount Laurel
609-230-2297
www.essentiallightworker.com
Bridget@essentiallightworker.com

Yoga

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

Erik Marrero, E-RYT-500
Mindful Yoga and Sanskrit, LLC
Washington Township, NJ 08080 or
Trishula Yoga
Collingswood, NJ,
856-582-5717
ejmarrero@comcast.net
TrishulaYoga.com
yogainspiredstudio.com

Anita Romero, RYT-200
Vinyasa Yoga private & group
classes or
817 Haddon Ave
Collingswood, NJ 08108
215-817-1184
anitaromyoga@gmail.com
Yogawood.com
YogaTreeriverton.com

Professional Counseling

Nancy Denis, MSCC, LMFT
Connect Our Hearts Counseling
Services Executive Mews:
1930 E Marlton Pike, Ste K57
Cherry Hill, NJ 08003
215-815-8075

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11 E Laurel Rd, Ste B
Stratford, NJ 08084
856-346-4048
elipshutz04@comcast.net

Mindful Soul Center for Wellbeing
Women-centered counseling
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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
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856-617-4544
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215 Fries Mill Rd
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serenitytherapy-counseling.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

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, Ste 1
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

Margaret Stroz, MD
405 N Walnut St
West Chester, PA 19380
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stroz.margaret@gmail.com

Li Sheng Wang, 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

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

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610-883-7288
MHC.MTM@gmail.com

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250 W Lancaster Ave #110
Wayne, PA 19087
610-971-0518
info@vergeyogacenter.com

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

Lydia Dorwart, LMT
506 E. Lancaster Ave
Downingtown, PA 19335 or
1127 West Chester Pike
West Chester, PA 19382
610-647-7551
hhmassage.com

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

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

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

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

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

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

Kerry Ann Peters, LMT, B.S. Edu
265 W Uchlan Ave
Downingtown, PA 19335 or
512 W Lancaster Ave, 2nd Fl
Wayne, PA 19087
please request appointment via
website or via text to 484-574-1278
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

Reiki

Nancy Boudrie
Awaken with Light, Inc
525 E Gay St
West Chester, PA 19380
h-610-876-1048
c 484-252-1150
awakenwithlight@gmail.com

Margaret (Maggie) Christy, LMT
Downingtown, PA 19335 or
West Chester
610-883-7288
MHC.MTM@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

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

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
chayespt.com

Michele McCarry
The Integrated Healing Center
Energy Healing Practitioners
195 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

Yoga

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

Jacqueline Meister, RTY-200
604 Dorham Ct
West Chester, PA 19382
215-287-2544
Jacquemeister@yahoo.com

Kimberly Alt Brinser, RYT 200
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Chester Springs, PA
609-519-9988
kimberlyalt@aol.com
Colleen DeVirgilis
Seva Power Yoga
120 N Church St, 2 Fl
West Chester, PA 19380
610-331-3578
colleen@sevapoweryoga.com

Linda DiValerio, E-RYT-200
1130 McDermott Dr
West Chester, PA 19380
610-306-2143
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

Tracey Eltringham RYT200
484-643-0145
Eltringhamtracey@gmail.com

Amanda Hershey RYT 200
From Philadelphia, PA 19111
Serving Chester, Delaware & Phila
215-280-1193
AmandaHershey@outlook.com
BlossomwithMe.com

Mary Garrett, RYT-400
11 Exchange Pl
West Grove, PA 19390
302-530-0882
marygarrettrn@gmail.com

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727 Isaac Taylor Dr
West Chester, PA 19382
610-883-0482
tonikulp@gmail.com

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Coatesville, PA 19320
610-383-3893
lorraine07@comcast.net

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610-212-6506
pmckeon@comcast.net

Nancy Murphy, RYT 200
Downingtown, PA 19335
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
610-722-5659

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

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

Professional Counseling

Healing Concepts, LLC
Emilee Duckworth
Patti Guyre, MSW, LSW
Lara Krawchuk, MSW, LCSW, MPH
Terry Sturmer, MSW, LSW
535 N Church Ste 115
West Chester, PA 19382 or
415 McFarlan Rd, Ste 112D
Kenneth Square, PA 19348
610-209-3111

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

Physician-Referred Exercise Program

**Contact 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

YMCA
Greater Brandywine – 8 locations
Ymcagbw.org

Cumberland County

Reiki

Mary Lorito, RN, BS, Reiki Master
Certified Medical Reiki Master
Practitioner
Caring Hands Open Hearts, LLC
Vineland, NJ
856-696-8078
609-364-1356
marylorito@gmail.com

Kathie Murray, RMP
Partners In Care
7 Bridgeton Ave.
Bridgeton, NJ 08302
856-332-7456
reikibykathe@gmail.com
www.reiki-by-kathie.abmp.com

Delaware County

Acupuncture

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jiaguowang@yahoo.com

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Wayne, PA 19087
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Ardmore, PA or
20 Trolley Sq, Ste 20B
Wilmington, DE 19803
610-642-8888
mainlineacu.com

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Broomall, PA 19008
610-325-6916
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1305 West Chester Pike
Havertown, PA 19083
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shewg@yahoo.com

Massage Therapy

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Haverford, PA 19041
610 952-2039
jentleeagle@gmail.com

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

Roberta MacLean, LMT
The Healing Connection
623 W Lancaster Ave
Wayne, PA 19087
610-688-3315
Ahealingconnection.com

Kerry Ann Peters, LMT, B.S. Edu
265 W Uchlan Ave
Downingtown, PA 19335 or
512 W Lancaster Ave, 2nd Fl
Wayne, PA 19087
please request appointment via
website or via text to 484-574-1278
kerryannpeters.com

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

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

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

Reiki

Ronda Crary, MS, LMT, CMLDT
215 W Church Rd, #112
King of Prussia, PA 19406
302-229-2494
ronda.crarylmt@gmail.com
healingpointonline.com
available in PA, in-home in DE
County only.
Specializes in lymphatic massage

Linda Dieffenbach, BSW,
Wellness in Harmony, LLC
860 N Swedesford Rd
Wayne PA 19087
484-354-0499
wellnessinharmony.com

Angela Hopkins
708 Eddystone Ave
Eddystone, PA 19022
610-800-8020
Serenity_studio@icloud.com
Pickupyourmat.net

Rina Kenney
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Berrrihealthy.net
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Yoga

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MFA
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717-795-6248
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521 1/2 N Olive St
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610-220-7426
19063joydozor@aol.com

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From Philadelphia, PA 19111
Serving Chester, Delaware
and Philadelphia County
215-280-1193
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BlossomwithMe.com

Sharlene M. McKinley
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Havertown, PA 19083
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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

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
63 W Lancaster Ave, Ste 2
Ardmore, PA 19003
610-314-7996
wellbeing.ardmore@gmail.com
well-beingcenterllp.com

Physician-Referred Exercise Program

Contact info@uniteforher.org
**for physician authorization form
for all locations**

Healthplex Sports Club
Barb Isaacs
194 W Sproul Rd
Springfield, PA 19064
610-938-2555
Barb.isaacs@crozer.org
crozerkeystone.org/Healthplex

Main Line Health Fitness & Wellness
Rachel Harper
1020 Baltimore Pike Ste 150
Glen Mills, PA 19342
484-227-7903
Rachelh@fitnessandwellness.org
mainlinehealthfitnessandwellness.com

YMCA
Philadelphia Freedom Valley
18 locations
philaymca.org

YMCA
Eastern Delaware County
2 locations
Cyedc.org

Gloucester County

Reiki

Bridget Papagno
Reiki Master, Integrated Energy
Therapist and Aroma Therapist
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Mount Laurel
609-230-2297
www.essentiallightworker.com
Bridget@essentiallightworker.com

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405 Hurffville Crosskeys Rd
Sewell, NJ 08080
856.582.2180

Lackawanna County

Massage Therapy

Sherrie Petrowski-McDade, LMT
739 E Drinker St, Unit 203
Dunmore, PA 18512
570-905-6967
QualityofLifeLMT@yahoo.com
Private Practice & Mobile Therapy
available

Mercer County

Acupuncture

Jennifer Luan, MD
Princeton Medical Acupuncture
12 Roszel Rd, Ste A101
Princeton, NJ 08540
609-520-0088
princetonmedicalacupuncture.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
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Westampton, NJ 08060
o- 609-303-0747
c-267-251-1605
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500
One Spirit Family Massage & Yoga
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Rosemary Romett, M.Ed., LMT
Massage Therapy In Your Home
215-432-5497
message2amend@gmail.com
amend.amtamembers.com

Yoga

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onespirit-massageyoga.com
Mccormackne@comcast.net

Middlesex County

Acupuncture

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North Brunswick, NJ 08902
732-317-8886
Princetonmedicalacupuncture.com

Montgomery County

Acupuncture

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Holistic Healing Pro
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Fort Washington, PA 19034
215-715-5562
chenmichell@gmail.com

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email@beijingacupuncture.com

Dr. Li Lingling
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llynn5988@gmail.com
acupuncturebrynmaurpa.com

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858 Welsh Rd, Ste 10
Maple Glen, PA 19002
215-628-4888

Massage Therapy

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954 Montgomery Ave, #5
Narberth, PA 19072
240-674-8069
jenandrews@mindfulmuscles.org
Mobile massage/yoga services

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

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

Margaret Connolly, PhD, LMT
109 Forrest Ave, 1st Fl
Narberth, PA 19072
610-202-4778
MargaretConnollyRCST.com

Ronda Crary, MS, LMT, CMLDT
215 W Church Rd, #112
King of Prussia, PA 19406
302-229-2494
ronda.crarylmt@gmail.com
healingpointonline.com
available in PA, in-home in DE
County only.
Specializes in lymphatic massage

Carol Dean LMT, CMLDT
14 S Bryn Mawr Ave, Ste 104
Bryn Mawr, PA 19010
610-585-5190
therapeutic-massagestudio.com
Specializes in lymphatic massage

Eleanor Dukes, LMT
Trinity Massage Haven, LLC
921 Pennlyn 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

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

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

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

Rosemary Romett, M.Ed., LMT
Massage Therapy In Your Home
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Providing therapy in your home.
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9 Tanglewood Dr
Schwenksville, PA 19473
610-505-4770
Zenspapa7@gmail.com

Michele Weitzenkorn, LMT
Sporting Club Main Line
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Bryn Mawr, PA 19010
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Reiki

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484-919-0348
lookinside@solangel.com
solangel.com

Judith Barrett Johnson, LMT
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215-206-5074
InsightBodyTherapies.com

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Bryn Mawr, PA 19010 or
516 E Lancaster Ave
Downingtown, PA 19335
610-698-8643
healingtouchbykathy.com

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

Patricia Lachman, Reiki Master
Fundamental Balance
Collegeville, PA
610-209-6632
pattylachman@gmail.com

Jessica Schuler, LMT
Integrative Healing Massage
Providing therapy in your home.
Will travel to Pottstown, Collegeville,

Jody Smith Long
505 Old York Rd, Ste LO6
Jenkintown, PA 19046
215-512-3636
Jody43s21@gmail.com

Jodie Smola
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

Yoga

Jen Andrews, LMT, RYT-200, M.Ed.
954 Montgomery Ave, #5
Narberth, PA 19072
240-674-8069
jenandrews@mindfulmuscles.org
Mobile massage/yoga services
Ronda Crary, MS, LMT, CMLDT
215 W Church Rd, #112
King of Prussia, PA 19406
302-229-2494
ronda.crarylmt@gmail.com
healingpointonline.com
available in PA, in-home in DE
County only.
Specializes in lymphatic massage

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

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

Professional Counseling

Cathy Nobil-Dutton, MSW, LCSW
Body Esteem
749 Argyle Rd
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o-215-887-3707
c-215-317-2416
catnd749@comcast.net
BodyEsteem.org

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Willow Grove, PA 19090
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Director & Licensed Psychologist
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Harleysville, PA 19438
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Nancy A. Vanore, MSN, APRN,BC
1084 Lancaster Ave, Ste 301
Bryn Mawr, PA 19010
610-850-9542

Physician-Referred Exercise Program

**Contact 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
afcfitness.com

AFC Fitness
Eric Chernikovich
921 Old York Rd
Noble Town Center
Jenkintown, PA 19046
215-887-8787
ericc@aquahab.com
afcfitness.com

The Sporting Club Main Line
Christina Bower
931 Haverford Rd
Bryn Mawr, PA 19010
610-527-2200
sportingclubmainline.com

YMCA
Philadelphia Freedom Valley
18 locations
philaymca.org

North Penn YMCA
2 locations
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

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

Massage Therapy

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

Danica Arizola, RM, LMT
The Salon House
400 S 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
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215-508-3291
brookbrb@gmail.com

Lisa Cataldi
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800 Cottman Ave
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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

Michelle Higgins, RYT-200 HR
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Venus Jones, LMT
The Wellnest
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Philadelphia, PA 19107
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info@wellne.st

Andrea Kocerha, LMT
6809 Germantown Ave
Philadelphia, PA 19119
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azimamassage.com

Rosemary Romett, M.Ed, LMT
Massage Therapy In Your Home
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massage2amend@gmail.com
or in office at
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Jacqui@HerbanSpaMassage.com

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ilia Healing Arts, LLC
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(Medical Tower: on 17th between
Spruce & Locust)
Philadelphia, PA 19103
860-538-2927

Reiki

Danica Arizola, RM, LMT
The Salon House
400 S 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

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

Yoga

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

Amanda Hershey RYT 200
Philadelphia, PA 19111
Also serving Chester, Delaware
County
215-280-1193
AmandaHershey@outlook.com
blossomwithme

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

Roxanne Nelson
215-237-4184
Roxanne.mhp@gmail.com
MindfulHealingPractice

Michelle Stortz, C-IAYT, RYT500,
MFA
653 W Park Ln
Philadelphia, PA 19144
Provides Private instruction in
multiple counties
215-242-1366
m@michellestortz.com

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(Medical Tower: on 17th between
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Philadelphia, PA 19103
860-538-2927

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Philadelphia, PA 19103
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szkama00@verizon.net

Barbara Pacca
150 Monument Rd
Bala Cynwyd, PA 19004
Berrrihealthy.net
barbHTandRki@gmail.com

Professional Counseling

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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
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Philadelphia, PA 19103
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spillai_friedman@yahoo.com

Erin Hadley, Ph.D.
Licensed Clinical Psychologist
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Drerinhadley.com

Nancy A. Vanore, MSN, APRN, BC
1845 Walnut St, Ste 1540
Phila, PA 19103
610 850-9542

Physician-Referred Exercise Program

Contact info@uniteforher.org
for physician authorization form
for all locations

AFC Fitness
3600 Grant Ave
Philadelphia, PA 19114
215-677-0400
afcfitness.com

The Sporting Club - Bellevue
Arial Bronstein
224 S Broad St
(Broad and Walnut)
Philadelphia, PA 19102
215-985-9212
sportingclubbellevue.com

Philadelphia Freedom Valley
18 locations
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

Massage Therapy

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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
in-home New Castle County

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

Professional Counseling

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Healing Concepts, LLC
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Patti Guyre, MSW, LSW
Lara Krawchuk, MSW, LCSW, MPH
Terry Sturmer, MSW, LSW
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West Chester, PA 19382 or
415 McFarlan Rd, Ste 112D
Kenneth Square, PA 19348
610-209-3111

Additional Services

CSA

Lancaster Farm Fresh Cooperative
48 Eagle Dr
Leola, PA 17540
717-514-3311
lancasterfarmfresh.com

Esthetician/ Cosmetologist

Jolene Hart, CHC, AADP
Beauty is Wellness
jolenehart.com

Mandy Sauler
Sauler Institute of Tattooing
Specializing in 3D nipple tattooing
484-883-6827
saulerinstitute.com

Locations in Downingtown, Exton,
and Plymouth Meeting

Nutrition

Erin Pellegrin, RD, LDN
epellegrin@uniteforher.org
610-506-1459