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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](mailto:tklick@uniteforher.org)

### Berks County

#### Massage Therapy

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

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

Rosemary Romett, M.Ed., LMT  
Massage Therapy in Your Home  
215-432-5497  
[message2amend@gmail.com](mailto:message2amend@gmail.com)  
[amend.amtamembers.com](http://amend.amtamembers.com)

#### Reiki

Anna Castro  
29 Congress Circle  
Medford, NJ 08055  
[annacastro@yahoo.com](mailto:annacastro@yahoo.com)  
609-721-3009

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

[www.essentiallightworker.com](http://www.essentiallightworker.com)  
[Bridget@essentiallightworker.com](mailto:Bridget@essentiallightworker.com)

#### Physician-Referred Exercise Program

YMCA  
Philadelphia Freedom Valley YMCA  
Burlington – Riverfront  
Mt. Laurel

### 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

Li Sheng Wang, L. Ac  
301 Oxford Valley Rd, Ste 205A  
Yardley, PA 19067  
215-612-0889

#### Massage Therapy

Monika Ehmann, LMT  
Healthy Concepts  
3655 Route 202, Ste 130  
Doylestown, PA 18902  
215-534-4513

Curran Latchford, LMT  
1501 Lower State Rd  
North Wales, PA 19454  
215-646-2410  
[curran@groundluminosity.com](mailto:curran@groundluminosity.com)  
[groundluminosity.com](http://groundluminosity.com)

Brenda Sonnie-Goldman, LMT, CLT  
770 Newtown-Yardley Rd, Ste 214  
Newtown, PA 18940  
215-416-8223  
[bjsonnie@gmail.com](mailto:bjsonnie@gmail.com)  
[energytoheal.me](http://energytoheal.me)

Rosemary Romett, M.Ed., LMT  
Massage Therapy in Your Home  
215-432-5497  
[message2amend@gmail.com](mailto:message2amend@gmail.com)  
[amend.amtamembers.com](http://amend.amtamembers.com)

Joan Rosetsky, LMT, CLT  
Mindful Metta Massage, LLC  
65B W State St  
Doylestown, PA 18901  
215-284-7099  
[Joanrose108@gmail.com](mailto:Joanrose108@gmail.com)  
[mindfulmettamassage.com](http://mindfulmettamassage.com)

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

Julie A. Spahn, LMT  
Total Massage, LLC  
Home Office, Home Visits  
Chalfont, PA 18914  
215-997-9094  
[totalmassage2013@gmail.com](mailto:totalmassage2013@gmail.com)

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

## Reiki

Christine M. Cutter RT(R)(M)  
Warrington, PA 18976  
267-971-9092  
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Warrington, PA 18976  
[Penny4150@aol.com](mailto:Penny4150@aol.com)

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126 N State St  
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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)

Julia Pomeroy, RN, MRP, RM  
Healthy Concepts  
3655 US Rt. 202 Suite 130  
Doylestown, PA 18902  
Cell: 434-939-7107  
Office: 215-534-4513  
[balanced@myabmp.com](mailto:balanced@myabmp.com)  
Will travel within 10 miles of Office

The Spa at Cornerstone  
847 Easton Rd  
Warrington, PA 18976  
215-918-5950  
[Thespaatcornerstone.com](http://Thespaatcornerstone.com)

## Yoga

Leslie Carson, RYT-500  
Certified Viniyoga Teacher  
P.O. Box 163  
Upper Black Eddy, PA 18972  
215-858-1456  
[lmcarson1@me.com](mailto:lmcarson1@me.com)  
[yogaforyouwithleslie.com](http://yogaforyouwithleslie.com)

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

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

Renée Laevsky RYT-200  
Washington Crossing, PA  
215-622-0182  
[Raghouse4@gmail.com](mailto:Raghouse4@gmail.com)

Becky Murray RYT-200  
Quakertown, PA 18951  
267-374-8197  
[beckym0622@gmail.com](mailto:beckym0622@gmail.com)

June Hunt, RYT-500  
Moondog Yoga Studio  
115 East Broad St, St 200  
Quakertown, PA 18951  
267-374-4046  
[jmhunt@moondogyoga.com](mailto:jmhunt@moondogyoga.com)

Joan Rosetsky, E-RYT-500  
Mindful Metta Message, LLC  
65B W State St  
Doylestown, PA 18901  
215-284-7099  
[joanrose108@gmail.com](mailto:joanrose108@gmail.com)  
[mindfulmettamessage.com](http://mindfulmettamessage.com)

## Professional Counseling

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16 N Franklin St, Ste 306  
Doylestown PA 18901  
215-694-6932  
[jadar.lcsw@gmail.com](mailto:jadar.lcsw@gmail.com)

Pamela J. Ginsberg, Ph.D.  
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, LLC  
140 Clemens Rd, Site 104  
Harleysville, PA 19438  
267-890-7233  
[lesimonelliphd@gmail.com](mailto:lesimonelliphd@gmail.com)

Kimberly McCollough, LMFT  
85 South Main St  
Yardley, Pennsylvania 19067  
609-788-3018

## 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)

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.org](http://cbfymca.org)

## Camden County

### Acupuncture

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

Polina Karmazin, MD  
Holistic Pain Management and  
Integrative Medicine  
2301 E. Evesham Rd  
Pavilions at Voorhees, Building 800,  
Suite 219  
Voorhees, NJ 08043  
856 528-2258  
[southjerseyholistic.com](http://southjerseyholistic.com)

Ming Yang, PhD, MD (**China**), Dipl. &  
MS 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)  
[acupuncture-ohc.com](http://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  
Crescent Moon Wellness  
601 White Horse Pike (Rt.30)  
Haddon Township, NJ 08107  
[sharon@thereikischool.com](mailto:sharon@thereikischool.com)

## Reiki

Sharon Edelman, RM, LMT  
Crescent Moon Wellness  
601 White Horse Pike (Rt.30)  
Haddon Township, NJ 08107  
[sharon@thereikischool.com](mailto: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](http://www.essentiallightworker.com)  
[Bridget@essentiallightworker.com](mailto:Bridget@essentiallightworker.com)

## Yoga

Mary Garbiesi, Certified Lyengar  
Teacher, CIAT Teacher 1000  
Therapeutic Practice Studio,  
Haddon Township, NJ  
Serving Southern NJ and  
surrounding areas.  
[www.TheYogaLoftCollingswood.com](http://www.TheYogaLoftCollingswood.com)  
856-503-7545

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](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)

## 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

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

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  
[strozmdacupuncture.com](http://strozmdacupuncture.com)

### Massage Therapy

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

Margaret (Maggie) Christy, LMT  
Downingtown, PA 19335 or  
West Chester  
610-883-7288  
[MHC.MTM@gmail.com](mailto:MHC.MTM@gmail.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  
[hhmassage.com](http://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](mailto:Info@freedommassage.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  
[kathymassagetech@gmail.com](mailto:kathymassagetech@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, LMT  
Tisha Hunt, LMT  
Jackie Ruffing, 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 W Uwchlan Ave  
Downingtown, PA 19335  
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  
[backtohealth3@gmail.com](mailto:backtohealth3@gmail.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](mailto:awakenwithlight@gmail.com)

Margaret (Maggie) Christy, LMT  
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West Chester  
610-883-7288  
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Eileen S. Curry, Reiki Master, MSN,  
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610-647-6157  
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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

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

## Yoga

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

Kathy DiGiorgio  
Verge Yoga  
250 W Lancaster Ave #110  
Wayne, PA 19087  
610-971-0518  
[info@vergeyogacenter.com](mailto:info@vergeyogacenter.com)

Barbara McAdams RYT200  
Serving Southern Chester County  
443-350-7158  
[bmcadams702@gmail.com](mailto:bmcadams702@gmail.com)

Jacqueline Meister, RTY-200  
604 Dorham Ct  
West Chester, PA 19382  
215-287-2544  
[Jacquemeister@yahoo.com](mailto:Jacquemeister@yahoo.com)

Kimberly Alt Brinser, RYT 200  
2834 Tansey Ln  
Chester Springs, PA  
609-519-9988  
[kimberlyalt@aol.com](mailto:kimberlyalt@aol.com)

Colleen DeVirgilis  
Seva Power Yoga  
120 N Church St, 2 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)

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

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Tonia D. Kulp, RYT 500  
727 Isaac Taylor Dr  
West Chester, PA 19382  
610-883-0482  
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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](http://studiodeewellness.com)

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## Professional Counseling

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Emilee Duckworth, MSW, LSW  
Patti Guyre, MSW, LSW  
Lara Krawchuk, MSW, LCSW, MPH  
Terry Sturmer, MSW, LSW  
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## 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  
Certified Medical Reiki Master  
Practitioner  
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## Delaware County

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Broomall, PA 19008  
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Mobile massage serving Delaware,  
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[Support@holisticochoice.com](mailto:Support@holisticochoice.com)

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Wayne, PA 19087  
610-688-3315  
[ahealingconnection.com](http://ahealingconnection.com)

Kerry Ann Peters, LMT, B.S. Edu  
512 W Lancaster Ave, 2<sup>nd</sup> Fl  
Wayne, PA 19087  
please request appointment via  
website or via text to 484-574-1278  
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[healingpointonline.com](http://healingpointonline.com)  
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and Philadelphia County  
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[BlossomwithMe.com](http://BlossomwithMe.com)

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[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  
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194 W 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  
Rachel Harper  
1020 Baltimore Pike Ste 150  
Glen Mills, PA 19342  
484-227-7903  
[Rachelh@fitnessandwellness.org](mailto:Rachelh@fitnessandwellness.org)

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

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

## Gloucester County

### Reiki

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Therapist  
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Mount Laurel  
609-230-2297  
[www.essentiallightworker.com](http://www.essentiallightworker.com)  
[Bridget@essentiallightworker.com](mailto:Bridget@essentiallightworker.com)

## Physician-Referred Exercise Program

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

## Lackawanna County

### Massage Therapy

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739 E Drinker St, Unit 203  
Dunmore, PA 18512  
570-905-6967

[QualityofLifeLMT@yahoo.com](mailto:QualityofLifeLMT@yahoo.com)

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## Mercer County

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Princeton, NJ 08540  
609-520-0088

[princetonmedicalacupuncture.com](http://princetonmedicalacupuncture.com)

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Rosemary Romett, M.Ed., LMT  
Massage Therapy In Your Home  
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[amend.amtamembers.com](http://amend.amtamembers.com)

### Yoga

Nancy McCormack, LMT, E-RYT-500

One Spirit Family Massage & Yoga  
Hopewell Borough, NJ

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[onespirit-massageyoga.com](http://onespirit-massageyoga.com)

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O 609- 883-2000  
C 215- 801-7777

Princeton Family YMCA  
Bobby Dobra  
Director of Membership & Healthy Living  
59 Paul Robeson Pl  
Princeton, NJ 08540  
P 609 497 9622 ext. 216  
F 609 497 9031

[princetonymca.org](http://princetonymca.org)

## Middlesex County

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732-317-8886

[Princetonmedicalacupuncture.com](http://Princetonmedicalacupuncture.com)

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[ronda.crarylmt@gmail.com](mailto:ronda.crarylmt@gmail.com)  
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Eleanor Dukes, LMT  
Trinity Massage Haven, LLC  
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Blue Bell, PA 19422  
267-584-3015



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

Yvonne Fisher, LMT, CMT  
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[InsightBodyTherapies.com](http://InsightBodyTherapies.com)

Joanne Freedman, LMT, CRM  
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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)

Rosemary Romett, M.Ed., LMT  
Massage Therapy In Your Home  
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[massage2amend@gmail.com](mailto:massage2amend@gmail.com)  
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## Yoga

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Mobile massage/yoga services

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[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  
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601 Righters Ferry Rd  
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[mbeter@aquahab.com](mailto:mbeter@aquahab.com)  
[afcfitness.com](http://afcfitness.com)

AFC Fitness  
Eric Chernikovich  
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215-887-8787  
[ericc@aquahab.com](mailto:ericc@aquahab.com)  
[afcfitness.com](http://afcfitness.com)

The Sporting Club Main Line  
Christina Brower  
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.org](http://northpennymca.org)

## Philadelphia County

### Acupuncture

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of Medicine, Jones Hall Practice  
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Philadelphia, PA 19140  
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Philadelphia, PA 19103  
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215-612-0889

Ming Yang, PhD, MD (China),  
Dipl. & MS L.Ac.  
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856-772-2688  
[myacupuncture2014@gmail.com](mailto:myacupuncture2014@gmail.com)  
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Back to Life Urban Sanctuary  
171 W. Thompson St  
Philadelphia, PA 19122  
267-242-8933

Barb Brooks, LMT  
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Optimum Health Chiropractic Care  
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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  
Massage Therapy in Your Home  
215-432-5497  
[massage2amend@gmail.com](mailto:massage2amend@gmail.com)  
or in office at  
Handled with Care  
800 Cottman Ave  
Philadelphia, PA 19111  
215-722-2923

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

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

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

### Reiki

Danica Arizola, RM, LMT  
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](mailto:sharon@thereikischool.com)

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

## 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.com](http://blossomwithme.com)

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

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

Roxanne Nelson  
215-237-4184  
[Roxanne.mhp@gmail.com](mailto:Roxanne.mhp@gmail.com)  
[MindfulHealingPractice](http://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](mailto:m@michellestortz.com)

Maureen Szkaradnik  
2200 Arch St, Apt 1109  
Philadelphia, PA 19103  
610-585-0789  
[szkama00@verizon.net](mailto:szkama00@verizon.net)

## 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, couple's 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)

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](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 S 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  
20 Trolley Sq, Ste 20B  
Wilmington, DE 19803  
610-642-8888  
[mainlineacu.com](http://mainlineacu.com)

### Massage Therapy

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

### Reiki

Vicky Primer  
Healing Goddess Enterprises LLC  
Reiki Master, Oncology and Trauma  
Specialties  
1201 Philadelphia Pike  
Wilmington, DE 19802  
301-751-0695  
[vicky\\_primer@hotmail.com](mailto:vicky_primer@hotmail.com)  
[www.vickyprimer.com](http://www.vickyprimer.com)

### 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)

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

Vicky Primer  
Healing Goddess Enterprises LLC  
LMFT, Certified EMDR Therapist  
1201 Philadelphia Pike  
Wilmington, DE 19802  
301-751-0695  
[vicky\\_primer@hotmail.com](mailto:vicky_primer@hotmail.com)  
[www.vickyprimer.com](http://www.vickyprimer.com)

## 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