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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

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

Yoga

Sarita-Linda Rocco, CSYT500,
SA, E-RYT® 500, YACEP®
102 South 6th Ave
West Reading, PA 19611
610-763-1755
saritalindarocco@gmail.com
www.saritalindarocco.com

Professional Counseling

Giannina Reyes, LPC
Life Growth Marriage & Family
Center
5 S. Centre Ave Ste 200
Leesport, PA 19533
610-406-1004
lifegrowthcenter@hotmail.com

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

Rosemary Romett, M.Ed., LMT
Massage Therapy in Your Home
215-432-5497
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Reiki

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Therapist and Aroma Therapist
Offices in Blackwood, Pitman and
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609-230-2297
www.essentiallightworker.com
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Physician-Referred Exercise Program

YMCA
Greater Philadelphia
Burlington – Riverfront
Mt. Laurel

Bucks County

Acupuncture

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

Danny Khounh, L.POM, MSOM,
DAOM(Candidate)
Dr. Donna Angotti advising
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Healing Your Way LLC
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(215) 322-6035
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Massage Therapy

Cornerstone Clubs
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215-794-3700
Cornerstoneclubs.com

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Massage Therapy in Your Home
215-432-5497
message2amend@gmail.com
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Mindful Metta Massage
Joan Rosetsky L.M.T., C.L.T
Oncology Massage/Mastectomy
Massage
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215-284-7099

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847 Easton Rd
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215-918-5950
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Thespaatcornerstone.com

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yogaforyouwithleslie.com

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Warrington, PA 18976
Sharon Perloff
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Cornerstoneclubs.com

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Kimberly McCollough, LMFT
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Yardley, Pennsylvania 19067
609-788-3018

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
or
322 W. Bridge St.
New Hope, PA 18938
215-862-2200
or
740 Edison-Furlong Rd
Furlong, PA 18925
215-794-3700
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.org

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
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10 W Ormond Ave
Cherry Hill, NJ 08002
856-857-9494
www.orientalhealing.net

Polina Karmazin, MD
Holistic Pain Management and
Integrative Medicine
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southjerseyholistic.com

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Care, LLC
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Mount Laurel
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Yoga

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Therapeutic Practice Studio,
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Serving Southern NJ and
surrounding areas
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www.TheYogaLoftCollingswood.com
856-503-7545

Michelle Higgins, RYT-200 HR
South Jersey and Philadelphia,
private lessons
Studio space also available in
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856-582-5717
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Yogawood.com
YogaTreeriverton.com

Professional Counseling

Nancy Simmons, MSCC, LMFT
Connect Our Hearts Counseling
Services Executive Mews:
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Cherry Hill, NJ 08003
215-815-8075

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 McPaul, MS, L. Ac, NCC
Joanna Dougherty, MSS, LCSW
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serenitytherapy-counseling.com

Chester County

Acupuncture

Thomas Burgoon, MD
Medical Acupuncture of
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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

Jacqueline Lacava, L.OM
Dr. Kalpana Patankar advising
physician
Traditional Acupuncture Plus
1288 Valley Forge Rd (Route 23)
Suite #78
Phoenixville, PA 19460
610-935-4434
www.GreatWelcome.com

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strozmdacupuncture.com

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

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610-883-7288
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Xerlan Deery, LMT
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1023 Gay St
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PhoenixvilleMassage.com

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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
Emily Bruce, LMT
Jennifer Kassab, LMT
Molly Malone, LMT
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Malvern, PA 19355
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kathymassagetech@gmail.com

Mara McMullen, LMT
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400 E Pothouse Rd
Phoenixville, PA 19460
610-933-5861

Optimal Massage
Jeannine Ryder, LMT
Jackie Ruffing, LMT
121 E Gay St
West Chester, PA 19380
610-696-6880
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

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

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610-420-2573
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Phoenixville, PA 19460
484-302-6289
backtohealth3@gmail.com

Reiki

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West Chester, PA 19380
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195 W Lancaster Ave, Ste 3
Paoli, PA 19301
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Private sessions in West Chester,
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cercatrovayoga@verizon.net

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Peggy Nalevanko, E-RYT225, 500
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Phoenixville areas
610-722-5659

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

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Kenneth Square, PA 19348
610-209-3111

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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

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please request appointment via
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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,
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Wayne PA 19087
484-354-0499
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215-280-1193
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BlossomwithMe.com

Sharlene M. McKinley
Cerca Trova Yoga
Private sessions in the Haverford
area
610-203-4141
cercatrovayoga@verizon.net

Jeanne M Rozanski PT MHA CLT
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Havertown Pa 19083
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jrozanski@mercyhealth.org

Professional Counseling

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Enid Peura, LCSW
Tellie Ruffin, LCSW
Jennifer Costello-Siri, LCSW
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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

YMCA
Greater Philadelphia
18 locations
philaymca.org

YMCA
Eastern Delaware County
2 locations
Cyedc.org

Gloucester County

Reiki

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

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

Lehigh County

Massage

AchieveBalance4U
Kathy Miller LMT, CLT, CMMT,
CNHP
Cert Lymphedema Specialist
Scar Tissue & Myofacial
3131 College Heights Blvd
Suite 100
Allentown, PA 18104
AchieveBalance4U.abmp.com
610-751-2270

Mercer County

Acupuncture

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12 Roszel Rd, Ste A101
Princeton, NJ 08540
609-520-0088
princetonmedicalacupuncture.com

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JKR Branch
1315 Whitehorse-Mercerville Road
Hamilton, NJ 08619

PEAC Health & Fitness
Doug Steinly, General Manager
1440 Lower Ferry Rd
Ewing, NJ 08618
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
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F 609 497 9031
princetonymca.org

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Princetonmedicalacupuncture.com

Montgomery County

Acupuncture

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wagacupunctureus.com

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Dr. Ruonan Zhang, LAc
Specializing in Oncology
Tao Clinic of Acupuncture
940 Haverford Rd.
Bryn Mawr, PA 19010
610-520-1128

Tianming Zhou, MD
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Plymouth Meeting, PA 19462
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Massage Therapy

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jen@mindfulmusclesllc.com
Mobile massage/yoga services

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Glenside, PA 19038
215-836-9779
watsuwoman.com

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1246 Collegeville Rd
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simplybewell.com

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Delaware, Montgomery, and
Philadelphia Counties
hmk624@gmail.com
610-969-5006

Margaret Connolly, PhD, LMT
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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

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

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
Body Benefits
Therapeutic Massage/Reiki Master
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610-668-2662
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BodyBenefits.org

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Michele Weitzenkorn, LMT
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Jody43s21@gmail.com

Jodie Smola
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857 Main St
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Fort Washington, PA 19034
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Yoga

Jen Andrews, LMT, RYT-200, M.Ed.
114 Harrison Ave
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jenandrews@mindfulmuscles.org
Mobile massage/yoga services

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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.

Diane Kistler, C-IAYT, MBA
Diane Kistler Yoga Therapy
Center for Integrated Health
140 Clemens Road, Suite 104
Harleysville, PA 19430
267-664-8105
Serving Upper Montgomery and
Bucks Counties
dianekistleryogatherapy@gmail.com
www.dianekistleryogatherapy.com

Kathy Klastorin, RYT200
Blue Bell, PA 19422
267-322-1523
LoveOfParks@Gmail.com

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-
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sharonlee1103@gmail.com

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o-215-887-3707
c-215-317-2416
catnd749@comcast.net
BodyEsteem.org

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well-beingcenterllp.com

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for all locations

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610-664-6464
mbeter@aquahab.com
afcfitness.com

AFC Fitness
Eric Chernikovitch
921 Old York Rd
Noble Town Center
Jenkintown, PA 19046
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ericc@aquahab.com
afcfitness.com

The Sporting Club Main Line
Christina Brower
931 Haverford Rd
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610-527-2200
sportingclubmainline.com

YMCA
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2 locations
northpennymca.org

Philadelphia County

Acupuncture

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1316 W Ontario St, 1st Fl
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Wakeling building of Jefferson
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2359990375@QQ.com
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MS L.Ac.
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myacupuncture2014@gmail.com
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Massage Therapy

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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
267-761-7056 or
215-508-3291
brookbrb@gmail.com

Lina Byrne-Dugan, BS, LMT
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610-969-5006

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215-722-2923

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Philadelphia, PA 19102
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Andrea Kocerha, LMT
6809 Germantown Ave
Philadelphia, PA 19119
484-764-5056
azimamassage.com

Rosemary Romett, M.Ed, LMT
Massage Therapy in Your Home
215-432-5497
message2amend@gmail.com
or in office at
Handled with Care
800 Cottman Ave
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Jacqui@HerbanSpaMassage.com

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

Reiki

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400 S Sydenham St
Philadelphia, PA 19146 or
Back to Life Urban Sanctuary
171 W Thompson St
Philadelphia, PA 19122
267-242-8933

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Merle Eskowitz, RM-T, CPC, SMC
800 Cottman Ave
Philadelphia, PA 19111
215-801-8054
merle.eskowitz@gmail.com

Yoga

Katy Hawkins
Classes held in various
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646-325-6482
katyhawkinsyoga

Amanda Hershey RYT 200
Philadelphia, PA 19111
Also serving Chester, Delaware
County
215-280-1193
AmandaHershey@outlook.com
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Megan Do Nascimento, RYT 200
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215-906-0532

Michelle Stortz, C-IAYT, RYT500,
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Physician-Referred Exercise Program

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

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

YMCA
Greater Philadelphia
18 locations
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Delaware Acupuncture

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Massage Therapy

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Additional Services

CSA

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lancasterfarmfresh.com

Nutrition-Shopping/Cooking option

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