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Atlantic County
Yoga

Linda LaMonda, 200E-RYT
14 Whitman Drive, Somers Point, NJ 08244
502-410-8324 | lindanaultylamond@gmail.com

Berks County
Massage Therapy

Jennifer Smith RN, BSN, LMT
Fatkin Natural Healing
498 E. Bellevue Ave., Reading, PA 19605
484-955-5776

Jessica Bollinger, LMT
Image Recovery Center
6th Ave and Spruce Street, West Reading, PA 19611
484-628-4898

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

Lorraine Kline, LMT
Massage and Yoga Center
3815 Perkiomen Ave, Reading Pa 19606
610-779-7234 | massageandyogacenter.com

Reiki

Jessica Bollinger, LMT
Image Recovery Center 6th Ave and Spruce Street
West Reading, PA 19611
484-628-4898

Carol Lott, LMT, CYT, Reiki Master
Massage and Yoga Center
3815 Perkiomen Ave, Reading Pa 19606
610-779-7234 | massageandyogacenter.com

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

Kimberly Roy, Reiki Master
1056 Old Swede Rd.
Douglassville, PA 19518
Will travel to your home
360-791-0231
kimberlyroy1026@gmail.com

Rev. Deborah Mitchell
Interspiritual Minister, Reiki Master
Guided Transitions, LLC.
Berkshire Plaza
529 Reading Ave Suite I-2
West Reading, PA 19611
(610)207-0789
deborah@guidedtransitionsllc.com

Yoga

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Massage and Yoga Center
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Reading Pa 19606
610-779-7234
massageandyogacenter.com

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

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641 Penn Avenue Rear, West Reading, PA 19611
610-463-6005 | jvgroebel@gmail.com
www.jgroebeltherapy.com

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

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2650 Westview Dr, Suite J, Wyomissing, PA 19610
610-334-5595 | jillsnively117@gmail.com
InnerPerspectiveCounseling.com
Elon Gruber, LMFT
The Counseling and Wellness Center of Wyomissing
560 Van Reed Road, Suite 206
Wyomissing, PA 19610
610-570-1133
TheCounselingAndWellnessCenterOfWyo.com
Elon@TheCounselingAndWellnessCenterOfWyo.com

Physician-Referred Exercise Program

Body Zone
3103 Paper Mill Road, Wyomissing, PA 19610
bodyzonesports.com | 610-376-2100

YMCA of Reading and Berks Counties
6 locations

Bucks County

Acupuncture

Judson Chaney, N.D., L.Ac.
Mercer Bucks Hematology Oncology
Capital Health Medical Center
Two Capital Way, Suite 220, Pennington, NJ 08534
203-767-0204

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

Danny Khounh,L.POM, MSOM, DAOM
Dr. Donna Angotti advising physician
Healing Your Way LLC
258 South State Street, Newtown, PA 18940
(215) 322-6035 | danny@healingyourway.com
www.healingyourway.com

ShunWei Wang, L. Ac.
3554 Hulmeville Rd, Unit 101, Bensalem, PA 19020
267-671-7770 | 2359990375@QQ.com
wangacupunctureus.com

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

Kristann Heinz, MD
Red Hill Medical + Wellness
85 Sherman Road, Ottsville, PA 18942
610-847-1111 | info@redhillmedical.com

Massage Therapy

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

Melissa Faith-Baun, LMT, BCTMB
Manual Lymphatic Drainage Therapist
S4OM PP / CE Instructor
Cornerstone Spa
847 Easton Rd., Warrington, PA 215.918.5950

Monika Ehmann, LMT
Healthy Concepts
3655 Route 202, Ste 130, Doylestown, PA 18902
215-534-4513 | www.healthy-concepts.net

Brenda Sonnie-Goldman, LMT, CLT
Certified Lymphedema Specialist
770 Newtown-Yardley Rd., Ste 214, Newtown, PA 18940
215-416-8223 | bjsonnie@gmail.com

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

Harriet Jahr-Philips, LMT, CLT
Certified in Comprehensive Decompression Therapy
Two Capital Way, Ste 220, Pennington, NJ 08534
O: 609-303-0747 | C: 267-251-1605
hjahrphilips@aol.com

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

Mindful Metta Massage
Joan Rosetsky L.M.T., C.L.T
Oncology Massage/Mastectomy Massage
65B West State Street, Doylestown, PA 18901
www.mindfulmettamassage.com
Joanrose108@gmail.com | 215-284-7099
Yoga

Leslie Carson, RYT-500
Certified Viniyoga Teacher
P.O. Box 163
Upper Black Eddy, PA 18972
215-858-1456
lmcarson1@me.com
yogaforyouwithleslie.com

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

Sharon Perloff, RYT-500
Sellersville, PA
215-704-4640 | sharonlee1103@gmail.com
Slpfitness.com

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

June Hunt, RYT-500
Moondog Yoga Studio
115 East Broad St, St 200, Quakertown, PA 18951
267-374-4046 | jmhunt@moondogyoga.com

Christine Keller 200E-RYT
Inner Peace Yoga @ Chi Balance Center
1609 Woodbourne Rd Suite 201
Levittown, Pa 19056
ipyoga.com | 267-574-5309

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

Renée Laevsky E-RYT-200, RYT 500
Advanced Teacher of Therapeutic Yoga
Washington Crossing, PA
215-622-0182 | Renee@yoga-being.net

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

Julie A. Spahn, LMT
Total Massage, LLC
Asplundh Cancer Center
Home Office, Home Visits
Chalfont, PA 18914
215-997-9094 | totalmassagellc2013@gmail.com

Kathy Stahl, LMT
800 W State St, Ste 103, Doylestown, PA 18901
267-231-8522 | KStahl4@verizon.net
www.KathyCStahl.com

Reiki

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

Sharon Doyle
Warrington, PA 18976
Penny4150@aol.com

Merle Eskowitz, RM-T, CPC, SMC
126 N State St, Newtown, PA 18940
215-801-8054 | merle.eskowitz@gmail.com

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

Kitty Ghen, L. Ac. Reiki Master
215-498-9108 | KittyGhen@gmail.com
100 West Main Street, Suite 360
Lansdale, PA 19446
www.KittyGhen.com

Valarie & Ian Haag
Rainbows of Healing
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
Becky Murray RYT-500
Quakertown, PA 18951
267-374-8197 | beckym0622@gmail.com

Joan Rosetsy, E-RYT-500
Yoga for Cancer trained and certified.
65B West State Street, Doylestown, PA 18901
joanrose108@gmail.com | 215-284-7099
www.mindfulmettamassage.com

Professional Counseling

Joanne Adar, MSS, LCSW, HSV
16 N Franklin St, Ste 306, Doylestown PA 18901
215-694-6932 | jadar.lcsw@gmail.com

Pamela J. Ginsberg, Ph.D.
400 Farm Ln, Doylestown, PA 18901
215-340-0608 | 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

Kimberly McCollough, LMFT
85 South Main St, 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 | afcfitness.com
Casey Matthiesen | casey@afcfitness.com

Cornerstone Clubs
Andrew Jazich | 215-918-5900
847 Easton Rd, Warrington, PA 18976
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 | newtownathletic.com
Attn: Melissa or Linda

YMCA, Central Bucks Family
2 locations | cbfymca.org

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 | massage2amend@gmail.com
amend.amtамembers.com

Reiki

Anna S. Castro, Reiki Master
Offices in Vincentown and Cinnaminson
AnnaSCastro@gmail.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
Bridget@essentiallightworker.com

Deb Branson, Reiki Master
Bordentown, NJ 08505
(609) 298-8163 | debbranson49@gmail.com

Debra Rogers-Boehme, CSW Reiki Master, Teacher
Dr.boehme11@gmail.com | 609-540-1229
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Mindful Soul Center for Wellbeing
Women-centered counseling
Jennifer Comer, MA, LPC
Amanda Leone, MSW, LSW
Ji Lim, MSEd, MPhil, LPC
32 S. Main Street, Medford, NJ 08055
856-617-4544 | info@mindfulsoulwellbeing.com

Physician-Refereed Exercise Program

YMCA
Greater Philadelphia
Burlington – Riverfront
Mt. Laurel

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

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

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
acupuncture-ohc.com

Yoga

Mary Garbiesi, Certified Lyengar Teacher, CIAT
Teacher 1000
Therapeutic Practice Studio
Haddon Township, NJ
Serving Southern NJ and surrounding areas
lyengaryogaloft@gmail.com | 856-503-7545
TheYogaLoftCollingswood.com

Michelle Higgins, RYT-200 HR
South Jersey & Philadelphia, private lessons & studio space available:Collingswood, NJ 08101
770-598-0863

Erik Marrero, E-RYT 500
Mindful Yoga and Sanskrit, LLC
856-582-5717 | ejmarrero@comcast.net
at Pranava Yoga | www.pranavashala.com
630 Atlantic Ave, Collingswood, NJ 08108

Reiki

Sharon Edelman, RM, LMT
Crescent Moon Wellness
601 White Horse Pike (Rt.30), Haddon Township, NJ 08107
stillwaterswellnessllc@gmail.com | 609-320-2654

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

Judith A Dingler, Reiki Master.
69 S. Blackhorse Pike, Blackwood NJ 08012
yourguidetoserenity.com | 856-236-6059
In home in Tri-state area

Massage Therapy

Heather Disbrow, LMT, CMLDT
Mind, Body and Soul Wellness Center
504B Station Ave, Haddon Heights NJ 08035
856-672-4325 | heather.massagetherapy.com

Sharon Edelman, RM, LMT
Crescent Moon Wellness
601 White Horse Pike (Rt.30), Haddon Township, NJ 08107
stillwaterswellnessllc@gmail.com | 609-320-2654
### Trishula Yoga
Collingswood, NJ
yogainspiredstudio.com

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

### Professional Counseling

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

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 McPaul, MS, L. Ac, NCC
Joanna Dougherty, MSS, LCSW
SarahTemel MS Ed, LAC
Lara Farrokh, MSW, LCSW
739 S White Horse Pike, Ste 10, Audubon, NJ 08106
215-817-1184 | anitaromyoga@gmail.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

Jacqueline Lacava, LOM
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

Margaret Stroz, MD
405 N Walnut St, West Chester, PA 19380
610-368-0789 | stroz.margaret@gmail.com
stromdmdacupuncture.com

#### Massage Therapy

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Delaware, Montgomery, and Philadelphia Counties
hmk624@gmail.com | 610-969-5006
Lisa Cataldi, BS, LMT  
Handled with Care  
800 Cottman Ave, Ste 2 Philadelphia, PA 19111  
handledwcare.com | 215-722-2923

Sharon Edelman, RM, LMT  
Medical Tower Building  
255 S.17th Street, Suite 1408, Philadelphia, PA 19103  
609-320-2654 | stillwaterswellnessllc@gmail.com

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 | massage2amend@gmail.com  
or in office at Handled with Care  
800 Cottman Ave, Philadelphia, PA 19111  
215-722-2923

Katherine Wolff, LMT  
2251 S. Croskey St., Philadelphia, PA 19145  
609-458-0306 | katherinewolff09@gmail.com

Jacqui Bauers Rosenberger, LMT  
143 W. Walnut Lane, Rear building, Suite 202  
Philadelphia, PA 19144  
215-796-1374 | Jacqui@HerbanSpaMassage.com

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

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

Reiki

Danica Arizola, RM, LMT  
A Love Thing Healing Arts  
519 S. 9th Street, Philadelphia, PA 19147  
267-520-0558 | danica@alovethinghealingarts.com  
Laura Oliver, Reiki Master / Teacher  
6911 Clearview St, Philadelphia, PA 19119  
267-251-1799 | BigGreenLuck@gmail.com  
BigGreenLuck.com

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

Katie Mulrain, RN  
Flourtown, PA 19031  
215-962-3041 | Kathleen.Mulrain@gmail.com  
In home Reiki: East Montgomery County and North/  
NorthWest Philadelphia Areas

Yoga

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

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

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
Maureen Szkaradnik  
2200 Arch St, Apt 1109, Philadelphia, PA 19103  
610-585-0789 | szkama00@verizon.net

**Professional Counseling**

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

Erin Hadley, Ph.D. Licensed Clinical Psychologist  
100 S Broad St, Ste 915, Philadelphia, PA 19110  
215-525-0579 | Drerinhadley.com

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

**Physician-Refereed 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  
Ariel Bronstein  
224 S Broad St (Broad and Walnut)  
Philadelphia, PA 19102  
215-985-9212 | sportingclubbellevue.com

YMCA, Greater Philadelphia  
18 locations | philaymca.org

**Somerset County**

**Massage Therapy**

Kathy Lynch, LMT  
Skillman, NJ  
908-208-4031 | LinktoLynch@hotmail.com  
www.amtamembers.com/kathlynch

**Delaware**

**Acupuncture**

Don Liu L.OM  
Main Line Acupuncture  
20 Trolley Sq, Ste 20B, Wilmington, DE 19803  
610-642-8888 | mainlineacu.com

Xiaoyan Gong  
Gong Acupuncture & Chinese Herbs  
161 S DuPont Hwy, New Castle, DE 19720  
302-328-6288 | xiaoyangong@live.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  
in-home New Castle County

Theresa A. Porta, LMT  
Oncology & Manual Lymph Drainage Therapist  
New Castle & Kent County Locations  
302-275-7560

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

**Reiki**

Angela Hopkins  
2620 Boxwood Dr., Wilmington De 19810  
610-800-8020 | Serenity_studio@icloud.com

**Physician-Refereed Exercise Program**

YMCA of Delaware | 8 locations
Professional Counseling

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

Yoga

Annie Marks BSN, RN, C-IAYT, PCES, E-RYT500, YACEP
Zenergy Holistics
Offering yoga therapy & healing modalities
Offices in Wilmington DE
Zenrn@comcast.net | 302-354-2790

Joanne Ambrogi, MSPT, ATC, CMT, Cert. MDT., RYT 500
Align and Shine PT
1901 W. 11th St., Wilmington, DE 19805
610-368-1006 | joanne@alignandshinept.com

Additional Services

CSA
Lancaster Farm Fresh Cooperative
201 Running Pump Rd, Lancaster, PA 17603
717-656-3533 | lancasterfarmfresh.com

To use your passport for 8 weeks of shares, contact
Michele DiCristofaro
mdicristofaro@uniteforher.org | 484-684-0114

NutritionShopping/Cooking option

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