

Directory of Wellness Providers Complementary Therapies

County.....	Page
Atlantic County	2
Berks County	2
Bucks County	3
Burlington County.....	5
Camden County	6
Chester County	7
Cumberland County NJ.....	9
Cumberland County PA.....	9
Delaware County.....	10
Gloucester County	11
Lackawanna County	11
Lancaster County	12
Lehigh County	12
Luzerne County	12
Mercer County	12
Middlesex County	13
Montgomery County.....	13
Monmouth County	16
Northampton County.....	16
Philadelphia County	16
Somerset County.....	18
Delaware.....	18
Additional Services	19

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

Carol Lott, LMT, CYT, Reiki Master
Massage and Yoga Center
3815 Perkiomen Ave
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

Joanna Groebel, MA, R-DMT, LPC
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

Jill D Snively MDiv, MS, LPC
Jill D Snively Counseling LLC
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

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

Jean Rockefeller, Reiki Master
Healing Your Way
258 South State Street, Newtown, PA 18940
In-home services available
thegaiaconnection.com | 215-932-5959

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
Newtown Yoga
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

Yoga

Leslie Carson, RYT-500
Certified Viniyoga Teacher
P.O. Box 163
Upper Black Eddy, PA 18972
215-858-1456
lmcarrson1@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

Becky Murray RYT-500
Quakertown, PA 18951
267-374-8197 | beckym0622@gmail.com

Joan Rosetsky, 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.amtamembers.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
Available in Monmouth, Ocean, Mercer and Burlington Counties

Professional Counseling

Mindful Soul Center for Wellbeing
Women-centered counseling
Jennifer Comer, MA, LPC
Amanda Leone, MSW, LSW
Ji Lim, MEd, MPhil, LPC
32 S. Main Street, Medford, NJ 08055
856-617-4544 | info@mindfulsoulwellbeing.com

Physician-Referred 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

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

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

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

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

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
Or
Julia Ott, MS, LPC
915 Haddon Ave, Collingswood, NJ 08108
856-617-4544 | info@mindfulsoulwellbeing.com

Lauren Pluchino, MSW, LCSW
Serenity Therapy & Counseling, LLC
215 Fries Mill Rd, Turnersville, NJ 08012
856-442-9355 | serenitytherapy-counseling.com
lauren@serenitytherapycounseling.com

Physician-Referred Exercise Program

Katz JCC
1301 Springdale Road Cherry Hill, NJ 08003
Amanda Halliwell, Membership Director
ahalliwell@jfedsnj.org | 856-424-4444 x1277

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, 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

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

Massage Therapy

Bonnie Callahan L.M.T, Rieki
"Massage for Life"
412 Arrowhead Court, Honey Brook, PA 19344
484-459-3072 | bonnieecallahan@gmail.com

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

Christine Burnett, CMT, LMT
Chester County Massage Therapy
828 Paoli Pike, West Chester, PA 19380
484-678-9202 | chestercountymassagetherapy.com

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

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

Christopher Deery, LMT
Xerlan Deery, LMT, BCTMB, S4OM Educator
Phoenixville Massage & Bodywork
1023 Gay St, Phoenixville, PA 19460
Or
5 Great Valley Parkway, Suite 243
Malvern, PA 19355
610-906-2322 | PhoenixvilleMassage.com

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

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

Kerry Ann Peters, LMT, B.S. Edu
265 W Uwchlan Ave, Downingtown, PA 19335
please request appointment via website text
484-574-1278 | kerryannpeters.com

Christine Waldman, LMT
375 Morgan St, Phoenixville, PA 19460
484-302-6289 | backtohealth3@gmail.com

Optimal Massage
Jeannine Ryder, LMT
Jackie Ruffing, LMT
Patty Bennet-Fox, LMT
Emily Krajnik, LMT
Jennifer Conway, LMT
Kim Wolff, LMT
121 E Gay St, West Chester, PA 19380
610-696-6880 | optimalmassage.com

Reiki

Hannah Chapman, MS, PA(ASCP), Reiki Master
HCC Services, LLC
375 Morgan St., Phoenixville, PA 19460
484-631-5285 | hcoleman56@hotmail.com

Nancy Boudrie
Reiki and Mindfulness
Awaken with Light, Inc
525 E Gay St, West Chester, PA 19380
h-610-876-1048 | c 484-252-1150
nancy@awakenwithlight.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
Fundamental Balance
511 Foxwood Ln, Paoli, PA 19301
610-647-6157

Yoga

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

Barbara McAdams RYT200
Serving Southern Chester County
443-350-7158 | bmcadams702@gmail.com

Sharlene M. McKinley
Cerca Trova Yoga
839 Sugars Bridge Rd, West Chester, PA 19380
Private sessions in West Chester, Exton,
Downingtown areas
610-203-4141 | cercatrovayoga@gmail.com

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

Kimberly Alt Brinser, RYT 200
2834 Tansey Ln, Chester Springs, PA
609-519-9988 | kimberlyalt@aol.com

Linda DiValerio, E-RYT-200
1130 McDermott Dr, West Chester, PA 19380
610-306-2143 | linda.ufhyoga@gmail.com

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

Tonia D. Kulp, RYT 500
727 Isaac Taylor Dr, West Chester, PA 19382
484-473-5686 | tonikulp@gmail.com

Pat McKeon, RYT 200
610-212-6506 | pmckeon@comcast.net

Peggy Nalevanko, E-RYT225, 500
Wayne, PA 19087
Servicing the Wayne, Radnor, Malvern, Frazer, West
Chester, Phoenixville areas
610 -715-6925

Jenny Wood RYT200, PRYT
512-282-9473 | jenny@mamawise.com
mamawise.com
Mobile practice in Chester and Delaware County

Professional Counseling

Healing Concepts, LLC | 610-209-3111
Emilee Duckworth, MSW, LSW
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

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

Cyndie Westrich, M.A., A.T.R.-BC, LPC
Licensed Professional Counselor
C.R.E.A.T.E. in Greater Philadelphia, Inc. Counseling
Resources & Expressive Art Therapy for
Empowerment
412 E. King Street, Malvern PA 19355
610-329-1684 | www.createarttherapy.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 NJ 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 | reikiby-kathie@gmail.com
reiki-by-kathie.abmp.com

Cumberland County PA Reiki

Alanna Berger, HTCP, QM, CCA
Heart & Soul Guided Self-Healing
3202 Shultz Place, Mechanicsburg, PA 17055
Also available in Dauphin, Lancaster & York Counties
717-669-7548 | alanna@hsgsh.com | www.hsgsh.com

Delaware County

Acupuncture

Don Liu L.OM
Main Line Acupuncture
2 W Lancaster Ave, Ardmore, PA
610-642-8888 | mainlineacu.com

Dr. Zufang Sheng
2631 Springfield Rd, Broomall, PA 19008
610-325-6916 | drshengsoffice.com

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

Massage Therapy

Lina Byrne-Dugan, BS, LMT
523 Hampshire Road, Drexel Hill, PA 19026
hmk624@gmail.com | 610-969-5006

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

Heather McLachlan, LMT
Healing Hands Massage
415 E Baltimore Ave, Media, PA 19063
610-647-7551 or 610-316-2089

Fran McCue, LMT
Suburban Soul Massage LLC
850 West Chester Pike, Ste 305
Havertown, PA. 19083
484-450-6222 | Fran@SuburbanSoulMassage.com
suburbansoulmassage.com

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

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

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
Specializes in lymphatic massage

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

Rina Kenney
Springfield, PA 19064 or
110 N Essex Ave, Narberth, PA 19072
610-505-4648 | Rinakenney@Yahoo.com

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

Yoga

Della Cowall, RYT w/
Yoga Alliance, MFA
Lansdowne. PA 19050
717-795-6248 | dcowall@gmail.com
Needanse.com

Emily Joy Dozor, RYT
521 ½ N Olive St, Media, PA 19063
610-220-7426 | joydozor@aol.com

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

Sharlene M. McKinley
Cerca Trova Yoga
Private sessions in the Haverford area
610-203-4141 | cercatrovayoga@gmail.com

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
Colleen Cullen-Swayze, LCSW
Tellie Ruffin, LCSW
Jennifer Costello-Siri, 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 | 484-227-7903
1020 Baltimore Pike Ste 150, Glen Mills, PA 19342
Rachelh@fitnessandwellness.org

YMCA, Greater Philadelphia
18 locations | philaymca.org

YMCA, Eastern Delaware County
2 locations | Cyedc.org

Gloucester County

Reiki

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

Massage Therapy

Leah Porvaznik, BS, LMT
In-home Massage Therapy in Gloucester, Camden
and Burlington Counties
609-707-0658 text or call | lpovraz@gmail.com

Katherine Wolff, LMT
105 N. Broad St., Woodbury, NJ 08096
609-458-0306 | katherinewolff09@gmail.com

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

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

Yoga

Erik Marrero, E-RYT 500
Mindful Yoga and Sanskrit, LLC
856-582-5717 | ejmarrero@comcast.net
at Seeds of Love Yoga | seedsofloveyoga.org
110 N. Woodbury Rd., Pitman, NJ 08071

Lackawanna County

Massage Therapy

Sherrie Petrowski-McDade, LMT S4OM
Quality of Life Massage Therapy
326 Ward St., Suite 200
Dunmore, PA 18512
570-905-6967
Qualityoflifelmt@yahoo.com qualityoflifemassage.com

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Acupuncture

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Lancaster, PA 17601
717-330-1515 text or email to schedule
leizhang318@gmail.com

Massage

Lin Roussel, LPN, LMT, LE
615 Kissel Hill Road, Lititz, PA 17543
717-271-6669 | sagelin2013@gmail.com

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

Kari Meehan, LMT, BCTMB, S4OM PP
3131 College Heights Blvd., Suite 400, Rm 2
Allentown, PA 18104
717-418-5808 | karimee3@gmail.com

Reiki

Indra Price LMT, CLT
Unwind Massage and Integrative Therapies
Lehigh Valley, Pa
Unwindwithindra.com
Unwindwithindra@gmail.com | (610)739-9633

Luzerne County

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900 Rutter Ave
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Marahyoungwholistics@gmail.com

Yoga

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570-714-2777 | info@BalanceNEPA.com

Mercer 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

Jennifer Luan, MD
Princeton Medical Acupuncture
12 Roszel Rd, Ste A101, Princeton, NJ 08540
609-520-0088
princetonmedicalacupuncture.com

Massage Therapy

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energytoheal.me

Harriet Jahr-Philips, LMT, CLT
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o- 609-303-0747 | c-267-251-1605
hjhrphilips@aol.com

Rosemary Romett, M.Ed., LMT
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Yoga

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Hopewell Borough, NJ
609-466-8786 | onespirit-massageyoga.com
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Reiki

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(848)228-1568 | bravenewdaycounseling.com
Maggie@bravenewdaycounseling.com

Physician-Referred Exercise Program

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1315 Whitehorse-Mercerville Road,
Hamilton, NJ 08619

RWJ Fitness & Wellness Center
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Hamilton Township, 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
P 609 497 9622 ext. 216 | F 609 497 9031
princetonymca.org

Middlesex County

Acupuncture

Jennifer Luan, MD
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North Brunswick, NJ 08902
732-317-8886 | Princetonmedicalacupuncture.com

Montgomery County

Acupuncture

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455 Pennsylvania Ave, Ste 120,
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215-715-5562 | chenmichell@gmail.com

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215-722-2923

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240-674-8069 | jen@mindfulmusclesllc.com
mindfulmusclesllc.com

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healingpointonline.com
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Michele Weitzenkorn, LMT
Sporting Club Main Line
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Reiki

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Body Benefits | BodyBenefits.org
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In home Reiki: East Montgomery County and North/
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www.KittyGhen.com

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Harleysville, PA 19438
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or 857 Main St, Harleysville, PA 19438
or 7237 Hollywood Rd, Ste 1,
Fort Washington, PA 19034
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dianekistleryogatherapy.com | 267-664-8105

Kathy Klastorin, RYT200
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267-322-1523 | LoveOfParks@Gmail.com

Matthew Mitlas, E-RYT-200
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Sharon Perloff, RTY
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Blue Bell area
215-704-4640 | sharonlee1103@gmail.com

Erin Jewell McCloskey
1092 Kurt Drive, Blue Bell, PA 19422
215-932-5027

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Ashley Thompson, LCSW
601 South Henderson Road, Suite 203
King of Prussia, PA 19406
610-992-0303 | totumcounseling.com

Cathy Nobil-Dutton, MSW, LCSW
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Stephanie Schneider, MS, LPC
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610-664-6464 | mbeter@aquahab.com

AFC Fitness | afcfitness.com
Eric Chernikovich
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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

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10431 Academy Rd, Ste F, Philadelphia, PA 19114
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267-761-7056 or 215-508-3291
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Ilia Stranko, LMT
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Reiki

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Michelle Stortz, C-IAYT, RYT500, MFA
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Professional Counseling

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www.rittenhouserrelationshiptherapy.com

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Philadelphia, PA 19102
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18 locations | philaymca.org

Somerset County

Massage Therapy

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www.amtamembers.com/kathylynch

Delaware

Acupuncture

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Massage Therapy

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