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*Green entries indicate providers that offer remote sessions

Atlantic County

Yoga

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

Professional Counseling

Samantha Hill MSW, LCSW, CST, OSW-C
Hill & Associates Therapy Services, LLC
Counseling and Certified Sex Therapist
549 New Road, Suite E, Somers Point, NJ 08244
609-513-4777

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 Pott-
stown, Collegetown, 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 Pott-
stown, Collegetown, 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

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 (Spanish Speaking)
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

Jenny Kirn, MA, LPC (Spanish Speaking)
Berks Hypnosis and Counseling Services
697 Reading Avenue West Reading, PA 19611
jennykirn0721@gmail.com | 570-216-2764

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

Acupuncture

Ping Lisbin, LAC
Wellness Center of Shillington
16 Philadelphia Ave
Reading, PA 19607
610-775-7496 plisbin16@comcast.net

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

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
350 E Butler Avenue
New Britain, PA 18901
215-892-8225

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

Harriet Jahr-Philips, LMT, CLT (Spanish Speaking)
Certified in Complete Decongestive 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

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

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

Joyce Henry Storer, Reiki Master/ Teacher
Spring Mill Athletic Club
173 Jacksonville Rd, Ivyland, PA 18974
findyourinnerpeace@comcast.net
267-205-5735

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

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

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

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

June Hunt, RYT-500
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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 (Spanish Speaking)
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

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.
Doylestown, PA
Telehealth Sessions only
215-340-0608 | dr.pam@pginsbergphd.com

Laura E. Simonelli, Ph.D.
Director & Licensed Psychologist
Premier Health Psychology, LLC
173 Main St., Harleysville, PA 19438
267- 890-7233 | lesimonelliphd@gmail.com

Physician-Referred Exercise Program

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

AFC Fitness
1040 Mill Creek Dr, Feasterville, PA 19053
215-355-2700 | afcfitness.com
Casey Matthiesen | casey@afcfitness.com

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

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

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

Monica Frank, LCSW, LCADC

Allison Randall, LCSW

Kristen Kohler, LPC, NBCC

Elly Crose, MSW, LS

32 S. Main Street, Medford, NJ 08055

856-617-4544 | info@mindfulsoulwellbeing.com

Physician-Referral 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, LAc, NCC
Janel Morey-Sassano, MSW, LSW
Jessica Houghton, MSW, 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 (Spanish Speaking)
"Massage for Life"
412 Arrowhead Court, Honey Brook, PA 19344
484-459-3072 | bonnieecallahan@gmail.com

Freedom Massage
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
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

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 | cercatroyoga@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

Alison Donley, E-R.Y.T 500
Wednesday and Saturday Only
Advisor, Sustainable Living Yoga Club
Past Advisor- Unite for HER
Faculty Department of Kinesiology
aliuncaged2017@gmail.com | 484-643-0870

Professional Counseling

Healing Concepts, LLC | 610-209-3111
Emilee Duckworth, MSW, LCSW (Spanish Speaking)
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

Growth Minded Counseling
Cara Dixon, LPC, NCC, Licensed Professional
Counselor, Nationally Board Certified
Caitlin Brady, LSW, RYT, CEDS, Licensed Social
Worker, Registered Yoga Teacher, Certified Eating
Specialist
Ashley Adams, LSW, Licensed Social Worker,
Behavioral Health Clinician at Paoli Hospital
Main Office: 127 East Chestnut Street, West Ches-
ter PA 19380
484-887-8385 | admin@growthmindedco.com
www.growthmindedco.com

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

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

Melissa Dziewit, Reiki Master, RRT (CHOP)
Havertown, PA
267-357-1800 | melissadziewit@hotmail.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

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
3 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

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

Physician-Referred Exercise Program

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

Yoga

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Lancaster County

Acupuncture

Lei Zhang, Lac
1516 Lititz Pike
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

Marah Young, MS, RYT, CNP
My Wholistics, LLC
Allentown and surrounding areas
MyWholistics.com | (570)-854-9409
Marahyoungwholistics@gmail.com

Yoga

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Luzerne County

Yoga

Corinne Farrell 500HR E-RYT, LMT
Balance Yoga & Wellness
900 Rutter Ave, 2nd Floor, Forty-Fort, PA 18704
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
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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 (Spanish Speaking)
Certified in Complete Decongestive Therapy
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o- 609-303-0747 | c-267-251-1605
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amend.amtamembers.com

James Roslon, LMT
Oasis Salon and Wellness Spa (Spanish Speaking)
One Capital Way Pennington, NJ 08534
609-537-6544

Yoga

Nancy McCormack, LMT, E-RYT500
One Spirit Family Massage & Yoga
Hopewell Borough, NJ
609-466-8786 | onespirit-massageyoga.com
Mccormackne@comcast.net

Reiki

Patricia McDougall, BSN, RN, Reiki Master/Teacher
Robert Wood Johnson Fitness and Wellness Center
3100 Quakerbridge Rd, Hamilton, NJ 08620
(609) 631-6873 | PSMsynergist@aol.com

Donna Ertel LPN, LMT, CH
46 Cheverny Court, Hamilton, NJ 08619
DLF62reds@yahoo.com | 609-468-4011

Physician-Referred Exercise Program

Hamilton Area YMCA
JKR Branch
1315 Whitehorse-Mercerville Road,
Hamilton, NJ 08619

RWJ Fitness & Wellness Center
3100 Quakerbridge Road
Hamilton Township, NJ 08619

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
622 Georges Rd, Ste 103,
North Brunswick, NJ 08902
732-317-8886 | Princetonmedicalacupuncture.com

Montgomery County Acupuncture

Minchun Chen, L.OM, MD, PhD
Holistic Healing Pro
455 Pennsylvania Ave, Ste 120,
Fort Washington, PA 19034
215-715-5562 | chenmichell@gmail.com

Seth Koss, MD
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900 West Valley Rd, Suite 702
Wayne, PA 19087
610-687-9334 | sethkoss@verizon.net
wellspringmdacupuncture.com

Ruijuan (Jane) Liu, MD
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940 Haverford Rd., Bryn Mawr, PA 19010
610-520-1128

Tianming Zhou, DO
Phoenix Family Medicine – Limerick
420 Linfield-Trappe Road Building A, Suite 2100
Limerick, Pennsylvania 19468
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Massage Therapy

Lisa Cataldi
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215-722-2923

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

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healingpointonline.com
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massagetherapy.com | 267-371-3551

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

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Veronica Melching LMT

Michele Weitzenkorn, LMT
Sporting Club Main Line
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Reiki

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

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

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

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Mindful Muscles LLC
14 W Glenside Ave 2nd Floor, Glenside, PA 19038
240-674-8069 | jen@mindfulmusclesllc.com
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Diane Kistler Yoga Therapy
Center for Integrated Health
140 Clemens Road, Suite 104,
Harleysville, PA 19430
Serving Upper Montgomery and Bucks Counties
dianekistleryogatherapy@gmail.com
dianekistleryogatherapy.com | 267-664-8105

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

Matthew Mitlas, E-RYT-200
Providing yoga in Collegetown, Blue Bell, and sur-
rounding areas
610-331-1612 | matthewmitlasyoga@gmail.com

Sharon Perloff, RTY
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Blue Bell area
215-704-4640 | sharonlee1103@gmail.com

Erin Jewell McCloskey (Spanish Speaking)
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215-932-5027

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610-850-9542

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

Physician-Referred Exercise Program

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

AFC Fitness | afcfitness.com
Matthew Beyer
601 Righters Ferry Rd, Bala Cynwyd, PA 19004
610-664-6464 | mbeter@aquahab.com

YMCA, Greater Philadelphia
18 locations | philaymca.org

North Penn YMCA
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Reiki Master, Teacher
609-540-1229 | Dr.boehme11@gmail.com
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Philadelphia County Acupuncture

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Practice
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Lynnae Schwartz, M.D., M.Ac.
Medical Tower Building, Ste 1408
255 S 17th St, Philadelphia, PA 19103
646-397-0267
info@schwartzmedacupuncture.com

Brenda Levin, L.OM.
255 S. 17th Street, Ste 2403, Philadelphia, PA 19103
215-837-1771 | brenda@levintherapeutics.com
www.LevinTherapeutics.com

Ming Yang, PhD, MD (China), Dipl. & MS L.Ac.
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myacupuncture2014@gmail.com
acupuncture-ohc.com

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
A Love Thing Healing Arts
519 S. 9th Street, Philadelphia, PA 19147
267-520-0558 | danica@alovethinghealingarts.com

Lina Byrne-Dugan, BS, LMT
In Home Massage
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hmk624@gmail.com | 610-969-5006

Lisa Cataldi
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145 Rockledge Ave, Suites 1 & 2
Rockledge, Pa. 19046
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

Trinity Massage Haven LLC
Eleanor Dukes LMT
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Philadelphia, PA 19118
www.massagechestnuthill.com
eleanordukeslmt@gmail.com | 267-584-3015

Andrea Kocerha, LMT
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484-764-5056 | azimamassage.com

Rosemary Romett, M.Ed, LMT
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145 Rockledge Ave, Suites 1 and 2
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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

Reiki

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A Love Thing Healing Arts
519 S. 9th Street, Philadelphia, PA 19147
267-520-0558 | danica@alovethinghealingarts.com

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

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

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

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

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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 (Spanish Speaking)
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215-906-0532

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Provides Private instruction in multiple counties
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Professional Counseling

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www.rittenhouserelationshiptherapy.com

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1845 Walnut St, Ste 1540, Phila, PA 19103
610-850-9542

Physician-Referred Exercise Program

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610-664-6464 | mbeter@aquahab.com

The Sporting Club - Bellevue
Arial 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

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Skillman, NJ
908-208-4031 | LinktoLynch@hotmail.com
www.amtamembers.com/kathylynch

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

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302-607-1473
lifechanginghandsmassage@gmail.com
in-home New Castle County

Theresa A. Porta, LMT
Oncology & Manual Lymph Drainage Therapist
200 Continental Drive, Suite 401-Studio 426
Newark DE 19713 | 302-275-7560

Alana Smith, LMT
Integrated Restorative Massage
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302-391-4692

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YMCA of Delaware | 8 locations

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Patti Guyre, MSW, LSW
Lara Krawchuk, MSW, LCSW, MPH
Terry Sturmer, MSW, LSW
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Kennet Square, PA 19348

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610-368-1006 | joanne@alignandshinept.com

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