

# Directory of Wellness Providers Complementary Therapies

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## 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

### 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

## 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, Collegeville, Reading/Berks County areas.  
Birdsboro, PA  
267-663-8130

Lorraine Kline, LMT  
Exeter Wellness 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  
Exeter Wellness 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, 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

### Yoga

Carol Lott, LMT, CYT, Reiki Master  
Exeter Wellness 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

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

*\*Green entries indicate providers that offer remote sessions*

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

Alexandria Anshant, LMFT  
The Counseling and Wellness Center of Wyomissing  
560 Van Reed Road, Suite 206,  
Wyomissing, PA 19610  
484-928-0645  
Amillermft@gmail.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 | ping7459@gmail.com

### 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

Lymphedema & Integrative Oncology Services LLC  
Hyde Park 3800 Mechanicsville Road  
Suites 700-704 Doylestown Pa 18901  
Melissa Faith-Baun, LMT, CMLDT, BCTMB, CE  
Educator for UFH, Society 4 Oncology Massage  
(S4OM)  
215-892-8225  
Cathy Calabria-Kane, LMT, ABMP  
215-206-2258 | 2govinda4@gmail.com

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  
705 Floral Vale Blvd, Yardley, PA 1906  
Newtown, PA 18940  
215-416-8223 | bjsonnie@gmail.com

*\*Green entries indicate providers that offer remote sessions*

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

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](http://www.mindfulmettamassage.com)  
[Joanrose108@gmail.com](mailto: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](mailto:totalmassagellc2013@gmail.com)

Kathy Stahl, LMT  
800 W State St, Ste 103, Doylestown, PA 18901  
267-231-8522 | [KStahl4@verizon.net](mailto:KStahl4@verizon.net)  
[www.KathyCStahl.com](http://www.KathyCStahl.com)

Aimee L Heim RN,BSN LMT, CLT, CCA  
Aim to Relax  
350 East Butler Ave, New Britain, PA 18901  
[aimee.heim@verizon.net](mailto:aimee.heim@verizon.net) | 267-337-1523  
[aimtotelax.com](http://aimtotelax.com)

## Reiki

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

Valarie & Ian Haag  
Rainbows of Healing  
123 W Maple Ave, Langhorne, PA 19047  
267-840-8003 | [val@rainbowsofhealing.com](mailto:val@rainbowsofhealing.com)

Christine Rusciollelli M.ED. Reiki Master Teacher  
Somatic Healing Therapy Tapping  
[The-InnerVerse.com](http://The-InnerVerse.com) | 215-527-7716  
Springtown, PA Serving Bucks and Lehigh counties

Joyce Henry Storer, Reiki Master/ Teacher  
Lymphedema & Integrative Oncology Services LLC  
Hyde Park 3800 Mechanicsville Road  
Suites 700-704 Doylestown Pa 18901

Joseph Wang, DPT, DC, Reiki Master  
Healing Your Way LLC  
258 South State Street, Newtown, PA 18940  
267-992-1338 | [joewangdc@gmail.com](mailto:joewangdc@gmail.com)  
Yoga

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

Sharon Perloff, RYT-500  
Sellersville, PA | 215-704-4640  
[sharonlee1103@gmail.com](mailto:sharonlee1103@gmail.com) | [Slpfitness.com](http://Slpfitness.com)

Becky Murray RYT-500  
Quakertown, PA 18951  
267-374-8197 | [beckymurrayyoga@gmail.com](mailto:beckymurrayyoga@gmail.com)  
[toyoyogi.com](http://toyoyogi.com)

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

Christine Keller 200 E-RYT, BA Psy  
Vinyasa Yoga and Yoga Therapy  
Inner Peace Yoga  
705 Floral Vale Blvd, Yardley, PA 19067  
[ipyoga.com](http://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](http://dianekistleryogatherapy.com)  
Serving Upper Montgomery and Bucks Counties  
[dianekistleryogatherapy@gmail.com](mailto:dianekistleryogatherapy@gmail.com)

*\*Green entries indicate providers that offer remote sessions*

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](mailto: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  
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  
ktennantlmt@gmail.com | 609-553-8833  
mindful.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

Anna S. Castro, LMBT, Reiki Master, B.E.S.T.  
Therapist, Crystal Bowls Sound Therapist  
Office in Cherry Hill, NJ - By Appointment Only  
609-721-3009 text | www.annascastro.com  
AnnaSCastro@gmail.com

## 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-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  
myang@acupuncture-ohc.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 Garbesi, 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

Dejenaba N. Gordon, MPH, RYT200  
(African American)  
BE Yoga- A BEginner's Practice for ALL Bodies,  
People & Ages  
Private | Virtual Practice  
856-361-5935 | dejenaba@gmail.com  
IG: Beyoga\_southjersey | FB: BE Yoga, South Jersey

## Professional Counseling

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  
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

*\*Green entries indicate providers that offer remote sessions*

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

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

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](http://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](http://hhmassage.com)

Kathy McCarry, LMT  
409 Greenwood Rd, Kennett Square, PA 19348  
610-506-9774 | [kathymassagetechn@gmail.com](mailto:kathymassagetechn@gmail.com)

Christine Waldman, LMT  
375 Morgan St, Phoenixville, PA 19460  
484-302-6289 | [backtohealth3@gmail.com](mailto:backtohealth3@gmail.com)

Optimal Massage  
Jackie Ruffing, LMT  
Patty Bennet-Fox, LMT  
Jennifer Conway, LMT  
Kim Wolff, LMT  
Susanna Giering – Reiki  
121 E Gay St, West Chester, PA 19380  
610-696-6880 | [optimalmassage.com](http://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](mailto:hcoleman56@hotmail.com)

Linda Dieffenbach, BSW,  
Wellness in Harmony, LLC  
18b Gay St. Phoenixville, PA 19460  
484-354-0499 | [wellnessinharmony.com](http://wellnessinharmony.com)

Theresa A. Parkhill, Intuitive Reiki Healer/Master,  
300 YTT Shaktinanda & Chakra Immersion  
Rock-a-Daisy Wellness & Yoga  
3230 Krista Lane, Chester Spring, PA 19425  
(856 ) 889-1162 | [rockadaidywellness.com](http://rockadaidywellness.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](mailto:nancy@awakenwithlight.com)

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

Eileen S. Curry, Reiki Master, MSN, RN, CCRN  
Fundamental Balance  
511 Foxwood Ln, Paoli, PA 19301  
610-647-6157

Terry Bruno (Reiki Master/Teacher)  
of Terry Bruno LLC  
d/b/a One True Heart Healing Center  
367 Hidden Farm Drive, Exon, PA 19341  
484-254-6974 | [terry@terrybruno.us](mailto:terry@terrybruno.us)  
[www.terrybruno.us](http://www.terrybruno.us)

## 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 | [cercatrovayoga@gmail.com](mailto: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, MS, C-IAYT, Reiki Master, Certified  
End of Life Doula (EOLD)  
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  
Nicki Cowan, MSW, LSW  
Lara Krawchuk, MSW, LCSW, MPH  
Terry Sturmer, MSW, LSW  
Jen Weidner, LCSW  
535 N Church Ste 115, West Chester, PA 19382  
or 415 McFarlan Rd, Ste 112D, Kenneth Square, PA  
19348

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

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

Growth Minded Counseling  
Cara Dixon, LPC, NCC, Licensed Professional  
Counselor, Nationally Board Certified  
Laura Kauffman, LPC  
Nicole DeVault, PPC  
Angela Sprock Freed, LPC  
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

## Physician-Referred Exercise Program

Contact [info@uniteforher.org](mailto:info@uniteforher.org)  
for physician authorization form  
for all locations

ACAC Fitness and Wellness Centers  
1130 McDermott Dr, West Chester, PA 19380  
610-431-7000  
or 699 Rice Blvd, Exton, PA 19341  
610-425-3188 | acac.com

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

*\*Green entries indicate providers that offer remote sessions*

## 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](mailto:alanna@hsgsh.com) | [www.hsgsh.com](http://www.hsgsh.com)

Christine Dano Sexton, LMT  
209 Rushley Way, Media, PA 19063  
610-357-7819 | [calmdownchris.com](http://calmdownchris.com)  
[calmdownmassagetherapy@gmail.com](mailto:calmdownmassagetherapy@gmail.com)

Sara Fortunato PTA CLT LMT RM  
In-home service in Delaware County  
610-324-6140

### Reiki

## Delaware County

### Acupuncture

Don Liu L.OM  
Main Line Acupuncture  
2 W Lancaster Ave, Ardmore, PA  
610-642-8888 | [mainlineacu.com](http://mainlineacu.com)

Dr. Zufang Sheng  
2631 Springfield Rd, Broomall, PA 19008  
610-325-6916 | [drshengsoffice.com](http://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](mailto:shewg@yahoo.com)

### Massage Therapy

Roberta MacLean, LMT  
The Healing Connection  
623 W Lancaster Ave, Wayne, PA 19087  
610-688-3315 | [ahealingconnection.com](http://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](mailto:Fran@SuburbanSoulMassage.com)  
[suburbansoulmassage.com](http://suburbansoulmassage.com)

Rina Kenney  
Springfield, PA 19064 or  
110 N Essex Ave, Narberth, PA 19072  
610-505-4648 | [Rinakenney@Yahoo.com](mailto:Rinakenney@Yahoo.com)

Roberta MacLean, LMT  
The Healing Connection  
623 W Lancaster Ave, Wayne, PA 19087  
610-688-3315 | [ahealingconnection.com](http://ahealingconnection.com)

Melissa Bantell, Reiki Master, RRT (CHOP)  
Havertown, PA  
267-357-1800 | [melissabantell@outlook.com](mailto:melissabantell@outlook.com)

Michele Dormer, Reiki Master  
Aston, PA  
610-299-0055 | [mdormer@yahoo.com](mailto:mdormer@yahoo.com)

Sara Fortunato PTA CLT LMT RM  
In-home service in Delaware County  
610-324-6140

### Yoga

Della Cowall, RYT w/  
Yoga Alliance, MFA  
Lansdowne. PA 19050  
717-795-6248 | [dcowall@gmail.com](mailto:dcowall@gmail.com)  
[Needanse.com](http://Needanse.com)

Emily Joy Dozor, RYT  
521 ½ N Olive St, Media, PA 19063  
610-220-7426 | [joydozor@aol.com](mailto:joydozor@aol.com)

Gabrielle de Burke E-RYT 200, RYT 500, YACEP,  
Level II NQA  
Founder/Lead Instructor, Dragon Spirit Arts  
215-914-5614 | [Info@DragonSpiritArts.com](mailto:Info@DragonSpiritArts.com)  
[DragonSpiritArts.com](http://DragonSpiritArts.com)

*\*Green entries indicate providers that offer remote sessions*

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

Lisa Talbert Yoga LLC  
Lisa Talbert, RYT-500  
In-home Yoga servicing Haverford & surrounding  
communities  
267 973-8508 | lmtalbert@comcast.net  
Specializing in Restorative & Yin practices

## 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

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  
Nicole DeVault, PPC  
Laura Kauffman, LPC  
Angela Sprock Freed, LPC  
Ashley Adams, LSW, Licensed Social Worker,  
Behavioral Health Clinician at Paoli Hospital  
115 Bloomingdale Ave, Wayne PA 19087  
484-887-8385 | admin@growthmindedco.com  
www.growthmindedco.com

## Physician-Referred Exercise Program

Contact [info@uniteforher.org](mailto: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](mailto:Rachelh@fitnessandwellness.org)

YMCA, Greater Philadelphia  
18 locations | [philaymca.org](http://philaymca.org)

YMCA, Eastern Delaware County  
3 locations | [Cyedc.org](http://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](mailto:marylorito@gmail.com)

Bridget Papagno  
Reiki Master, Integrated Energy Therapist  
Offices Blackwood, Pitman and Mount Laurel  
609-230-2297 | [Bridget@essentiallightworker.com](mailto:Bridget@essentiallightworker.com)  
[www.essentiallightworker.com](http://www.essentiallightworker.com)

Theresa A. Parkhill, Intuitive Reiki Healer/Master, 300  
YTT Shaktinanda & Chakra Immersion  
Iannelli Wellness Center  
1301 Route 168, Turnersville, NJ 08012  
(856 ) 889-1162 | [rockadaidywellness.com](http://rockadaidywellness.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](mailto:ejmarrero@comcast.net)  
1 | [at Seeds of Love Yoga | seedsofloveyoga.org](http://atseedsloveyoga.com)  
110 N. Woodbury Rd., Pitman, NJ 08071

Dejenaba N. Gordon, MPH, RYT200  
(African American)  
BE Yoga- A BEginner's Practice for ALL Bodies,  
People & Ages  
Private | Virtual Practice  
856-361-5935 | dejenaba@gmail.com  
IG: Beyoga\_southjersey | FB: BE Yoga, South Jersey

## Lackawanna County

### Yoga

Mindy Hill CYT, Reiki Master  
Yoga with Mindy  
Will travel to your home | 570-351-2390

## Lancaster County

### Acupuncture

Evergreen Natural Care  
318 Springton Way, Lancaster, PA 17601  
717-330-1515 | Leizhang318@gmail.com  
(text or email to schedule)

### Massage

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

### Reiki

Claudia Kirk, Reiki Master  
Southern End Reiki  
939 Georgetown Rd, Paradise, PA 17562  
717-844-3295

## 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

### Counseling

Kaitlyn Farrell, LPC  
Starlight Counseling & Consulting  
LGBTQ+ & Trauma Therapy  
Temporarily Telehealth Exclusive  
kfarrellmft@starlightcc.org  
727-477-2790

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

Karen H. Flicker M.S. L.Ac  
60 Mount Lucas Rd. Suite 700, Princeton NJ, 08540  
(609) 203-2942 | Princetonmonroeacupuncture.com  
Google: Karen Flicker Acupuncture

## Massage Therapy

Brenda Sonnie-Goldman, LMT, CLT  
Certified Lymphedema Specialist  
705 Floral Vale Blvd. Yardley, PA 19067  
215-416-8223 | bjsonnie@gmail.com  
energytoheal.me

Harriet Jahr-Philips, LMT, CLT (Spanish Speaking)  
Certified in Complete Decongestive Therapy  
445 Whitehorse Avenue, Suite 204B  
Hamilton, NJ 08610  
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

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

Cynthia Collins, LMT  
LANA Oncospa  
800 Bunn Drive, Suite 303, Princeton, NJ 08540  
833-526-2123

## 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  
Wellspring Physician Acupuncture  
900 West Valley Rd, Suite 702  
Wayne, PA 19087  
610-687-9334 | sethkoss@verizon.net  
wellspringmdacupuncture.com

Ruijuan (Jane) Liu, MD  
506 N Broad St, Lansdale, PA 19446  
610-505-5188 | email@beijingacupuncture.com

Lingling Luo, MD  
1062 Lancaster Ave, Ste 17A, Rosemont, PA 19010  
610-520-0877 | llynn5988@gmail.com  
acupuncturebrynmaurpa.com

Dr. Weiping Wang, L. Ac  
858 Welsh Rd, Ste 10, Maple Glen, PA 19002  
215-628-4888

Dr. Ruonan Zhang, LAc  
Specializing in Oncology  
Tao Clinic of Acupuncture  
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  
610-495-3762

### Massage Therapy

Lisa Cataldi  
Handled With Care  
145 Rockledge Ave, Suites 1 & 2  
Rockledge, Pa. 19046  
215-722-2923

Jen Andrews, LMT, CYT, M.Ed.  
Mindful Muscles LLC  
14 W Glenside Ave 2nd Floor, Glenside, PA 19038  
267-415-6504 | jen@mindfulmusclesllc.com  
mindfulmusclesllc.com

Judith Barrett Johnson, LMT  
Simply Be Well LLC  
1246 Collegeville Rd, Skippack, PA 19474  
610-584-2439 | judy@simplybewell.com  
simplybewell.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  
*Specializes in lymphatic massage*

Heidi Puppo, LMT, CMI, NMT, CLC  
A Body Balanced Massage Therapy and Meditation  
859 Main Street, Harleysville, PA 19438  
abodybalanced.massagetherapy.com | 267-371-3551

Yvonne Fisher, LMT, CMT  
Specializing in Bowenwork soft tissue therapy  
7237 Hollywood Rd, Ste 1,  
Fort Washington, PA 19034  
215-206-5074 | InsightBodyTherapies.com

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

Rosemary Romett, M.Ed., LMT  
Handled with Care  
145 Rockledge Ave, Suites 1 and 2  
Rockledge, PA 19046  
215-432-5497 | massage2amend@gmail.com  
amend.amtamembers.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

Michele Weitzenkorn, LMT  
Sporting Club Main Line  
931 E Haverford Rd, Bryn Mawr, PA 19010  
610-527-2200 | c- 610-724-3104  
Mychelew1@yahoo.com



## Reiki

Pamela Aloia  
Collegetown, PA 19426  
484-919-0348 | lookinside@solangel.com  
solangel.com

Judith Barrett Johnson, LMT  
Simply Be Well LLC  
1246 Collegetown Rd, Skippack, PA 19474  
610-584-2439 | judy@simplybewell.com  
simplybewell.com

Yvonne Fisher, LMT, CMT  
Specializing in Bowenwork soft tissue therapy  
237 Hollywood Rd, Ste 1,  
Fort Washington, PA 19034  
215-206-5074 | InsightBodyTherapies.com

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

Patricia Lachman, Reiki Master  
Fundamental Balance  
Collegetown, PA  
610-209-6632 | pattylachman@gmail.com

Ronda Crary, MS, LMT, CMLDT  
215 W Church Rd, #112, King of Prussia, PA 19406  
302-229-2494 | ronda.crarylmt@gmail.com  
rondacrary.com  
*Specializes in lymphatic massages*

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

Jody Smith Long  
505 Old York Rd, Ste LO6, Jenkintown, PA 19046  
215-512-3636 | Jody43s21@gmail.com

## Yoga

Jen Andrews, LMT, CYT, M.Ed.  
Mindful Muscles LLC  
14 W Glenside Ave 2nd Floor, Glenside, PA 19038  
267-415-6504 | jen@mindfulmusclesllc.com  
mindfulmusclesllc.com

Diane Kistler, C-IAYT, MBA (Spanish Speaking)  
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

Gabrielle de Burke E-RYT 200, RYT 500, YACEP,  
Level II NQA  
Founder/Lead Instructor, Dragon Spirit Arts  
215-914-5614 | Info@DragonSpiritArts.com  
DragonSpiritArts.com

Matthew Mitlas, E-RYT-200  
Providing yoga in Collegetown, 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  
215-704-4640 | sharonlee1103@gmail.com

Erin Jewell McCloskey (Spanish Speaking)  
1092 Kurt Drive, Blue Bell, PA 19422  
215-932-5027

*\*Green entries indicate providers that offer remote sessions*

Jennifer Treichel 200hrRYT  
Lansdale, PA 19446  
Serving Lansdale, North Wales and surrounding areas.  
(267)808-1241 | jentreichel80@gmail.com

Lisa Talbert Yoga LLC  
Lisa Talbert, RYT-500  
In-home Yoga servicing Haverford & surrounding communities  
267 973-8508 | lmtalbert@comcast.net  
Specializing in Restorative & Yin practices

## Professional Counseling

Cathy Nobil-Dutton, MSW, LCSW  
Body Esteem  
749 Argyle Rd, Glenside, PA 19038  
o-215-887-3707 | c-215-317-2416  
catnd749@comcast.net | BodyEsteem.org

Sarah Murphy  
1062 E. Lancaster Ave. Ste 13A,  
Bryn Mawr, PA 19010  
610-212-9144 | murphysarah01@gmail.com

Sue Ryan, Psy. D  
555 Second Ave, Bldg H, First Floor  
Collegeville, PA 19426  
610-306-4774 | drsusanzryan@gmail.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

Nancy A. Vanore, MSN, APRN, BC  
1084 Lancaster Ave, Ste 301, Bryn Mawr, PA 19010  
610-850-9542

Dr. Tashina Reeder  
Soul Care Services  
1 Bala Ave, Suite 110, Bala Cynwyd, PA 19004  
(215) 469-1323 | info@drtashinareeder.com

## Physician-Referred Exercise Program

Contact [info@uniteforher.org](mailto:info@uniteforher.org) for physician authorization form for all locations

AFC Fitness | [afcfitness.com](http://afcfitness.com)  
Matthew Beyer  
601 Righters Ferry Rd, Bala Cynwyd, PA 19004  
610-664-6464 | [mbeter@aquahab.com](mailto:mbeter@aquahab.com)

YMCA, Greater Philadelphia  
18 locations | [philaymca.org](http://philaymca.org)

North Penn YMCA  
2 locations | [northpennymca.org](http://northpennymca.org)

## Northampton County Acupuncture

Danny Khounh, L.POM, MSOM, DAOM  
NUHOUSE  
19 South Bank Street, Easton, PA 18042  
(610) 438-1765 | [www.nu-house.com](http://www.nu-house.com)

## Ocean County, NJ Yoga

Nancy McCormack, LMT, E-RYT500  
One Spirit Yoga  
Point Pleasant, NJ  
609-466-8786 | [onespityogatherapy.com](http://onespityogatherapy.com)  
[Mccormackne@comcast.net](mailto:Mccormackne@comcast.net)

## 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](mailto:info@schwartzmedacupuncture.com)

Rachel Clark, M.Ac., L.Ac.  
Chestnut Hill Acupuncture  
100 W Evergreen Ave, Philadelphia, PA 19118  
acupuncturechestnuthill.com | 215 512 5292

Ming Yang, PhD, MD (China), Dipl.& MS L.Ac.  
1737 Chestnut St, Ste 200, Philadelphia, PA 19103  
888-983-3688 | 856-772-2688  
myang@acupuncture-ohc.com  
acupuncture-ohc.com

Rebecca Jiminez  
Franchesca Isaac  
Alma Acupuncture  
1856A Frankford Ave, Philadelphia, PA 19143  
978-870-6912 | threepointsacupuncture.com

## Massage Therapy

Julie Ackerman, LMT, CLT  
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  
Back to Life Urban Sanctuary  
171 W. Thompson St. Phila, PA 19122  
267-520-0558 | danica@alovethinghealingarts.com

Lisa Cataldi  
Handled With Care  
145 Rockledge Ave, Suites 1 & 2  
Rockledge, Pa. 19046  
215-722-2923

Sharon Edelman, RM, LMT  
In-home sessions available  
609-320-2654 | stillwaterswellnessllc@gmail.com

Trinity Massage Haven LLC  
Eleanor Dukes LMT  
8618 Germantown Avenue, 1st Floor Rear  
Philadelphia, PA 19118  
trinitymassagehaven.com  
eleanordukeslmt@gmail.com | 267-584-3015

Orlando O. Moreno LMT, CLT  
Philadelphia Lymph & Bodywork  
Cert Lymphedema Therapist  
1536 Catherine Street, Philadelphia PA 19146  
(267) 281-4379 | phillylymphbodywork@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  
145 Rockledge Ave, Suites 1 and 2  
Rockledge, PA 1904

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

## Reiki

Danica Arizola, RM, LMT  
Back to Life Urban Sanctuary  
171 W. Thompson St. Phila, PA 19122  
267-520-0558 | danica@alovethinghealingarts.com

Ilia Stranko, LMT  
Ilia 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

Rae S. Whatley, Reiki Teacher  
Jikiden Reiki Philadelphia  
8618 Germantown Ave, Chestnut Hill, PA 19118  
215-253-8426 | jikidenreikiphiladelphia@gmail.com

*\*Green entries indicate providers that offer remote sessions*

Joseph Wang, DPT, DC, Reiki Master  
Eastern Approach Rehabilitation Center  
10100 Jamison Ave Ste 222, Philadelphia, PA 19116  
267-992-1338 | joewangdc@gmail.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  
In-home sessions available  
609-320-2654 | stillwaterswellnessllc@gmail.com

## Yoga

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

Megan Do Nascimento, RYT 200 (Spanish Speaking)  
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

Rana Walker, M. Ed., RScP, RYT 200  
Emmy Award Winning Life Coach, Therapist, Li-  
censed Spiritual Practitioner, Yoga &  
Mindfulness Teacher, Breast Cancer Thriver  
Potluck Yoga, LLC. | Philadelphia, Pa 19121  
215-660-9494 | ranawalker.com  
*Provides virtual and in person sessions in multiple counties*

Gabrielle de Burke E-RYT 200, RYT 500, YACEP,  
Level II NQA  
Founder/Lead Instructor, Dragon Spirit Arts  
215-914-5614 | Info@DragonSpiritArts.com  
DragonSpiritArts.com

Dejenaba N. Gordon, MPH, RYT200  
(African American)  
BE Yoga- A BEginner's Practice for ALL Bodies,  
People & Ages  
Private | Virtual Practice  
856-361-5935 | dejenaba@gmail.com  
IG: Beyoga\_southjersey | FB: BE Yoga, South Jersey

## Professional Counseling

Sabitha Pillai-Friedman, Ph.D., LCSW, CST  
Individual, couple's therapist &  
AASECT certified sex therapist  
255 S 17th St, Ste 1608, Philadelphia, PA 19146  
215-310-5850 | rittenhouserelationship@gmail.com  
www.rittenhouserelationshiptherapy.com

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

Romain Diaz, DMT, LPC, LLC  
Telehealth only, PA and NJ  
Philadelphia, Pa/Havertown, PA  
P: 215 914 5797 | E: romainndiaz@gmail.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

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

*\*Green entries indicate providers that offer remote sessions*

## 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  
260 Chapman Road, Commonwealth Bldg Ste 100-C  
Newark DE 19713 | 302-275-7560

### Physician-Referred Exercise Program

YMCA of Delaware | 8 locations:  
Bear-Glasgow Family YMCA  
Brandywine YMCA  
Central YMCA- Wilmington  
Dover YMCA  
Middletown YMCA  
Sussex Family YMCA  
Western Family YMCA- Newark

### Professional Counseling

Healing Concepts, LLC | 610-209-3111  
Emilee Duckworth MSW, LCSW (Spanish Speaking)  
Patti Guyre, MSW, LSW  
Nicki Cowan, MSW, LSW  
Lara Krawchuk, MSW, LCSW, MPH  
Terry Sturmer, MSW, LSW  
Jen Weidner, LCSW  
415 McFarlan Rd, Ste 112D,  
Kennet Square, PA 19348

Carol Deputy, LCSW  
Clinical Director, Cancer Care Connection  
Delaware Technology Park 1 Innovation Way  
Suite 300, Newark, DE 19711  
cancercareconnection.org | Phone: 302.266.805

### Yoga

Annie Marks BSN, RN, C-IAYT, PCES, E-RYT500,  
YACEP  
Zenenergy 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

## Reiki

Cheryl McClea, Ed.D, Reiki Master  
Aspire Wellness  
1220 Capitol Trail (Kirkwood Hwy)  
Newark, DE 19711  
302-366-1727 | [cheryl@aspirewellnessnow.com](mailto:cheryl@aspirewellnessnow.com)

## Sexual Health Counseling

Dr. Kathryn Ellis Sexuality Counseling  
AASECT- Certified Sexuality Counselor &  
Doctor of Occupational Therapy  
Telehealth only /Licensed in Delaware &  
Maryland  
302-547-5744 | [drkathrynellis.com](http://drkathrynellis.com)  
[kathrynellis@sexintimacyot.com](mailto:kathrynellis@sexintimacyot.com)

## Additional Services

### CSA

Lancaster Farm Fresh Cooperative  
201 Running Pump Rd, Lancaster, PA 17603  
717-656-3533 | [lancasterfarmfresh.com](http://lancasterfarmfresh.com)

To use your passport for 6 weeks of shares,  
contact Michele DiCristofaro  
[mdicristofaro@uniteforher.org](mailto:mdicristofaro@uniteforher.org) | 484-684-0114