



# National Directory of Wellness Providers

The following UFH providers are approved to provide Virtual Treatments and Therapies to help support you during COVID-19 and beyond.

Use your Wellness Passport to access therapies and services from the approved providers below. Unite for HER will cover the cost of up to 6 therapy sessions of our choice.

**One Square = one Treatment.** Providers will bill Unite for HER directly.

## Meditation/Yoga

**Michelle Stortz, C-IAYT, RYT500, MFA**  
215-242-1366 | [m@michellestortz.com](mailto:m@michellestortz.com)  
[michellestortz.com](http://michellestortz.com)

## Mary Garbesi

Certified Lyengar Teacher, CIAT Teacher 1000  
856-503-7545 | [lyengaryogaloft@gmail.com](mailto:lyengaryogaloft@gmail.com)

**Megan Do Nascimento, RYT 200 (Spanish Speaking)**  
215-906-0532 | [Megandonascimento@comcast.net](mailto:Megandonascimento@comcast.net)

## Dejenaba N. Gordon, MPH, RYT200 (African American)

BE Yoga- BBeginner's Practice for ALL Bodies, People & Ages  
856-361-5935 | [dejenaba@gmail.com](mailto:dejenaba@gmail.com)

## Alison Donley, E- RYT500

484-643-0870 | [aliuncaged2017@gmail.com](mailto:aliuncaged2017@gmail.com)

## Erik Marrero, E-RYT 500

856-582-5717 | [ejmarrero@comcast.net](mailto:ejmarrero@comcast.net)

## Rana Walker, M. Ed., RScP, RYT 200

215-660-9494 | [hello@ranawalker.com](mailto:hello@ranawalker.com)  
[www.ranawalker.com](http://www.ranawalker.com)

## Nutrition

### Erin Pellegrin RD, LDN

UFH Nutrition Manager, Culinary Nutritionist  
[epellegrin@uniteforher.org](mailto:epellegrin@uniteforher.org)

### Michele DiCristofaro MS, RD, LDN

UFH Nutrition Consultant, Culinary Nutritionist  
[mdicristofaro@uniteforher.org](mailto:mdicristofaro@uniteforher.org)

## Fitness

### Stronger Thru Cancer

Priscilla Fitzpatrick  
610-241-1078 | [strongerthrucancer@gmail.com](mailto:strongerthrucancer@gmail.com)

## Reiki

### Fundamental Balance

Eileen S. Curry, Reiki Master, MSN, RN, CCRN  
Patricia Lachman, Reiki Master  
610-209-6632 or 610-647-6157  
[pattylachman@gmail.com](mailto:pattylachman@gmail.com)

### Sharon Edelman, RM, LMT

609-320-2654 | [stillwaterswellnessllc@gmail.com](mailto:stillwaterswellnessllc@gmail.com)

### Ronda Crary, MS, LMT, CMLDT

302-229-2494 | [ronda.crarylmt@gmail.com](mailto:ronda.crarylmt@gmail.com)  
[rondacrary.com](http://rondacrary.com)

### Jikiden Reiki Philadelphia

Rae S. Whatley, Reiki Teacher  
215-253-8426 | [jikidenreikiphiladelphia@gmail.com](mailto:jikidenreikiphiladelphia@gmail.com)

**\*Counseling**

**If your state is not listed, please contact:**

**Sarah Murphy LPC, Unite for HER Staff Counselor**  
610-212-9144 | [smurphy@uniteforher.org](mailto:smurphy@uniteforher.org)

**Alabama:**

**Carmen J. Lewis, PsyD\*\***

**Arizona:**

**Carmen J. Lewis, PsyD\*\***

**Arkansas:**

**Sarah Murphy, LPC\***

**Carmen J. Lewis, PsyD\*\***

**California:**

**Rachel Michaelson, LCSW**

(510) 869-7121 | [rachel@rachelmichaelsen.com](mailto:rachel@rachelmichaelsen.com)  
[rachelmichaelsen.com](http://rachelmichaelsen.com)

**Deborah H. Krois, Psy.D. Licensed Psychologist**

License #PSY11779

665-7529 (leave message, accepting UFH clients)

**Robyn Sheiniuk, LCSW**

Restorative Counseling Center

[restorativecounselingcenter.org](http://restorativecounselingcenter.org) | (323) 834-9025  
[restorativecounselingcenter@gmail.com](mailto:restorativecounselingcenter@gmail.com)

**InspireMe Counseling and Wellness Center**

(661) 323-3100 | Fax: (661) 323-3101

[info@inspiremecounseling.com](mailto:info@inspiremecounseling.com) *Spanish Speaking*

**Colorado:**

**Sarah Murphy, LPC\***

**Carmen J. Lewis, PsyD\*\***

**Connecticut:**

**Jessica LaRosa, JLS Connections**

[jslconnections@gmail.com](mailto:jslconnections@gmail.com) | (860)212-9534

**Delaware:**

**Carmen J. Lewis, PsyD\*\***

**DC:**

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**Florida:**

**Sarah Murphy, LPC\***

**Jenny Kirn, LPC *Spanish Speaking***

[sunrise1counseling@gmail.com](mailto:sunrise1counseling@gmail.com) | 570-216-2764

**Robyn Sheiniuk, LCSW**

Restorative Counseling Center

[restorativecounselingcenter.org](http://restorativecounselingcenter.org) | (323) 834-9025

**\*\*Contact information for Carmen J. Lewis:**

**Carmen J. Lewis *Spanish Speaking***

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**Georgia:**

**Sarah Murphy, LPC\***

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**Kansas:**

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**Kentucky:**

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**Maine:**

**Carmen J. Lewis, PsyD\*\***

**Maryland:**

**Sarah Murphy, LPC\***

**Carmen J. Lewis, PsyD\*\***

**Massachusetts**

**Renée LaFountain, LMHC, Clinical Director**

Bay State Counseling and Wellness Center

978-330-5105, X510 | [renee@baystatecwc.com](mailto:renee@baystatecwc.com)

**Michigan:**

**Monique Morris, LMSW-Clinical, BSN, RN**

(856) 395-9566 HIPPA secure line

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**Minnesota:**

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**Mississippi:**

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**Montana:**

**Lilian Iona Yabut LCPC ATR IIc**

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Art Therapist in Private Practice

<https://iona-yabut.business.site>

406-223-1636 | [iona.artcounseling6@gmail.com](mailto:iona.artcounseling6@gmail.com)

**Nebraska:**

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**New Hampshire:**

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**New Jersey:**  
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**New York:**  
Marianne Sadek, LCSW  
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**Ohio:**  
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**Oregon:**  
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Marney Hoffman, Ph.D. Hoffman Behavioral Health  
503.504.5067 | [drmarneyhoffman@icloud.com](mailto:drmarneyhoffman@icloud.com)

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Sarah Murphy, LPC\*

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Julie Mullins, Orange Therapy LLC  
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**Tennessee:**  
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**Utah:**  
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**Vermont:**  
Sarah Murphy, LPC\*

**Virginia:**  
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**West Virginia:**  
Carmen J. Lewis, PsyD\*\*

**Wisconsin:**  
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