

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
15 Bancroft Terrace, Reading, PA 19607
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
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
Pottstown, Collegeville, Reading/Berks County
areas.
Birdsboro, PA | 267-663-8130

Kimberly Roy, Reiki Master
1056 Old Swede Rd. Douglassville, PA 19518
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

Jenny Kirn, MA, LPC (Spanish Speaking)
Berks Hypnosis and Counseling Services
697 Reading Avenue West Reading, PA 19611
sunriseflcounseling@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
www.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 | 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

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

Reiki

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

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

Christine Rusciollelli M.ED. Reiki Master Teacher
Somatic Healing Therapy Tapping
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
Yoga

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

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

Becky Murray RYT-500
Quakertown, PA 18951
267-374-8197 | beckymurrayyoga@gmail.com
toyoyugi.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 200 E-RYT, BA Psy
Vinyasa Yoga and Yoga Therapy
Inner Peace Yoga
705 Floral Vale Blvd, Yardley, PA 19067
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

**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

Michelle El Khoury, PhD (she/her)
Founder/Owner/Yoga Instructor
YOGAMAZIAÒ (Minority Business Enterprise)
130 Almshouse Road, Unit 106, Richboro PA 18954
855-466-2942 | info@yogamazia.com
yogamazia.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

Visit uniteforher.org/resources 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

Ignite Fitness
Chris Lanctot
36 Richboro Rd. Suites C&D, Newtown, PA 18940
267-410-1284 | ignitefitnessnewtown@gmail.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

Dr. Melisa Skyrn, D.Ac. Lic. Ac (Spanish Speaking)
Regenerate Health and Wellness LLC
151 E. Greentree Road, Suite E, Marlton NJ 08053
609-332-1324
RegenerateHealthAndWellness.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

**Green entries indicate providers that offer remote sessions*

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

GoStrong Fitness
Bernai Holman – Healthy Lifestyle Coach, PT
2036 Briggs Rd, Mt Laurel, NJ 08054
Bernai@gostrongfitness.com | 609-284-9828

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
601 White Horse Pike (Rt.30)
Haddon Township, NJ 08107
stillwaterswellnessllc@gmail.com | 609-320-2654

Reiki

Sharon Edelman, RM, LMT
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.
19 E Main Street, Marlton NJ 08053
yourguidetoserenity.com | 856-236-6059
In home in Tri-state area

Yoga

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

**Green entries indicate providers that offer remote sessions*

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

Jamie Brotz
24 Doncaster Road Cherry Hill, NJ 08003
201-388-7440 | jamiebrotz@gmail.com

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

**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

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

Mara McMullen, LMT
Phoenixville, PA 19460
484-363-0580
massagebook.com/themassagetherapystudio

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 | kathymassagetechn@gmail.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
Jennifer Conway, LMT
Kim Wolff, LMT
Susanna Giering – Reiki
780 Miles Road, Suite E., West Chester, PA 1938
610-696-6880 | optimalmassage.com

Molly Malone
Freedom Massage
8 Mystic Ln. Malvern PA 19355
610-644-9003

Reiki

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

Linda Dieffenbach, BSW,
Wellness in Harmony, LLC
18b Gay St. Phoenixville, PA 19460
484-354-0499 | 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

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

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

**Green entries indicate providers that offer remote sessions*

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 19122
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
Sara Green LSW
Liz Carper, MS. Ed., LPC
Julie Montgomery LPCC
Main Office: 127 East Chestnut Street, West Ches-
ter PA 19380
484-887-8385 | admin@growthmindedco.com
www.growthmindedco.com

Physician-Referred Exercise Program

Visit uniteforher.org/resources 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 | 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

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

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

Reiki

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

Michele Dormer, Reiki Master
Aston, PA
610-299-0055 | mdormer@yahoo.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

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

**Green entries indicate providers that offer remote sessions*

Amanda Hershey RYT 200
From Philadelphia, PA 19122
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
Sara Green LSW
Liz Carper, MS. Ed., LPC
Julie Montgomery LPCC
115 Bloomingdale Ave, Wayne PA 19087
484-887-8385 | admin@growthmindedco.com
www.growthmindedco.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

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

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
1 | at Seeds of Love Yoga | seedsofloveyoga.org
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

Dr. Melisa Skyrn, D.Ac. Lic. Ac (Spanish Speaking)
Regenerate Health and Wellness LLC
611 Executive Drive, Suite A, Princeton NJ 08540
609-332-1324 | RegenerateHealthAndWellness.com

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 | message2amend@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
acupuncturebrynmawrpa.com

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

**Green entries indicate providers that offer remote sessions*

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

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 | message2amend@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

Julia Pomeroy, RN, RRP, RM
Healthy Concepts
1502 Pulaski Drive
Blue Bell, PA 19422
jgpomeroy@yahoo.com
434-939-7107 – personal phone
215-534-4513 – work phone

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

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 sur-
rounding 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

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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

Emily Powell, M.S.Ed, M.Phil.Ed Clinical Therapist
234 South Bryn Mawr Ave, Suite 202
growthmindedco.com/emily

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
2 locations | 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

Ocean County, NJ

Yoga

Nancy McCormack, LMT, E-RYT500
One Spirit Yoga
Point Pleasant, NJ
609-466-8786 | onespityogatherapy.com
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

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 (Spanish Speaking)
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 19122
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 19122
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
Zenergy Holistics
Offering yoga therapy & healing modalities
Offices in Wilmington DE
Zenrn@comcast.net | 302-354-2790

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

Reiki

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

Christina Duncan
Christina Duncan, Life Reimagined
Bioenergetic Healing Facilitator
Reiki Master/Teacher in the Usui System of Natural Healing
302-750-5728 | christina.duncansunandmoon@outlook.com
christinaduncanlifereimagined.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 kathrynellis@sexintimacyot.com

Vicky Primer, PhD, LMFT
Certified EMDR therapist
Reiki Master, Oncology Reiki Certified
Dolphin Spiral Healing
407-374-9706 | dolphinspiralhealing.com

Additional Services

CSA

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

To use your passport for 6 weeks of shares,
contact Michele DiCristofaro
mdicristofaro@uniteforher.org | 484-684-0114

NutritionShopping/Cooking option

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