Community Resources

**ACUPUNCTURE**
Collaborative Natural Health Partners
Nick Edgerton, ND, LAc & Diana Zitzerman, ND, LAc
315 E. Center St., Manchester, CT 06040
860.533.0179 • www.ctnaturalhealth.com
See ad on page 27.

**BODY ORIENTED PSYCHOTHERAPY/COUNSELING**
Core Energetics
Tristan Avery, CCEP
West Hartford Center
860.944.9884
learning2heal@gmail.com
Uncover personal self-empowerment and be supported in understanding the difficult challenges in life you long to overcome. Together we will create a healing shift toward embodying more self-love and joy in your life as well as in relationship. Core Energetics is an Evolutionary Body Oriented Model of Psychotherapy. Free first consultation.

**DENTISTRY**
Dr. Steven Hinchee
2249 New London Turnpike
South Glastonbury, CT 860.633.6518
www.dochincheydmd.com
See ad on page 37.

**HEALTH FOOD STORES**
Parkade Health Shoppe
Manchester Parkade, 378 West Middle Tpke, Manchester, CT • 860.646.8178
M-Sat 8am-9pm • Sun 9am-6pm
See ad on page 3.

**FINANCIAL PLANNING**
Dana McLaughlin CFP®, RLP®, AAMS®, C(k)P®, CEE®
Managing Partner, TrinityPoint Wealth
612 Wheelsers Farms Rd., Milford, CT 06461
Office: 203.693.8521 | Fax: 203.693.8524
dana@trinitypointwealth.com
See ad on page 37.

Caroline Wetzel, CFP®, AWMA®
Procyon Private Wealth Partners, LLC
1 Corporate Drive Suite 225 Shelton, CT 06484
475.232.2713 • cwetzel@procyonpartners.net
See ad on page 27.

**HOLISTIC CENTERS**
Bridge Healing Arts Center
304 Main Street, Farmington, CT 06032
860.404.2578 • BridgeHAC@aol.com
www.BridgeHAC.com
See ad on page 3 and 16.

**HOLISTIC PSYCHIATRY**
David London, MD
544 Riverside Avenue, Westport, CT 06880
Phone: 203.557.6574 Fax: 860.973.1655
567 Vauxhall St. Ext, #218, Waterford, CT 06385
Phone: 860.443.5822 Fax: 860.444.0581
davidlondonmd.com

**HYPNOSIS**
Diane Bahr-Groth, C. Hy., TFT, Dir.
1177 High Ridge Road, Stamford, CT
203.595.0110 • mindbodytransformation.com
See ad on page 32.

**INTEGRATED MEDICINE**
Collaborative Natural Health Partners
Kate Zachau, DO, Julia Vitali, DO, Brad Brooks, DO, Amy Smith-Bassett, nurse practitioner
315 E. Center St., Manchester, CT 06040
860.533.0179 • www.ctnaturalhealth.com
See ad on page 27.

ProNatural Physicians Group
120 Webster Sq Rd., Berlin, CT 06037
860.829.0707
www.ProNaturalPhysicians.com
See ad on page 19 and 30.

Sophia Natural Health Center
31 Old Route 7, Brookfield, CT 06804
203.740.9300 • SophiaNaturalHealth.com
See ad on page 7.

Tamara Sachs, MD
Functional Medicine & Integrative Care LLC
15 Bennitt Street, New Milford CT 06776
303.354.3304 • tsachsmd.com
Dr. Sachs prevents and treats chronic illness by uncovering and correcting the underlying root causes of your health concerns, while remaining respectful of the uniqueness and complexity that make us human. She comprehensively and thoughtfully creates personalized plans explaining why and how each area of your healing will be addressed. See ad on page 38.

**MASSAGE**
TriCity Massage and Wellness
220 Hartford Turnpike #2, Vernon, CT 06066 860.512.0433 • https://tricitymassage.com
In November 2018 TriCity Massage and Wellness officially opened as a multi-therapist wellness center in Vernon. We offer a variety of massage modalities, yoga classes, and shamanic healing sessions. We also host wellness events each month! Our main goal is to provide quality services which are affordable, so that average people can integrate them into their routine. 220 Hartford Turnpike, Vernon, CT 06066 860.512.0433 tri-citymassage.com

**NATUROPATHIC MEDICINE**
Center for Natural Medicine, LLC
640 Main Street, Watertown, CT 06795
860.945.1004 • centerfornaturalmedicine.net
See ad on page 40.

Collaborative Natural Health Partners
Dr. Lauren Young, Dr. Ashley Burkman, Dr. Tonya Pasternak, Dr. Craig Fasullo, Dr. Carolina Padilla, ND, Dr. Carissa Fioretti, ND
315 E. Center St., Manchester, CT 06040
860.533.0179 • www.ctnaturalhealth.com
Other locations:
107 Wilcox Road, Ste 103, Stonington, CT 06378
74 Park Road, West Hartford, CT 06119
See ad on page 27.

Naturopathic & Acupuncture Health Center
Dr. Marie Mammone, Dr. Renee Mammone, NDs
John Mammone, Licensed Acupuncturist
274 Silas Deane Hwy., Wethersfield, CT 06109
860.529.1200 • www.NAHcenter.com
The Wellness Institute
Marvin Schweitzer, ND
1 Westport Ave, Norwalk, CT
203.847.2788
See ad on this page.

West Hartford Naturopathic Medicine
Frank Aieta, ND
301 N. Main St., West Hartford, CT
860.232.9662 • www.DRAIETA.com
See ad on page 17.

ProNatural Physicians Group
Dr. Ann Aresco, Dr. Cait Barbiero, Dr. Martin Opoku & Dr. Jennifer C. Pierre
120 Webster Sq Rd., Berlin, CT 06037
P: 860.829.0707 • F: 860.829.0606
ProNaturalPhysicians@comcast.net
www.ProNaturalPhysicians.com
See ad on page 19 and 30.

**NUTRITION**
Holcare Nutrition
Vicki Kobliner MS RD
3 Hollyhock Lane, Suite 2A, Wilton, CT 06897
203.834.9949 • www.holcarenutrition.com
See ad on page 35.
PHYSICIANS, M.D.
Natural Health & Healing, LLC
Deanna M. Cherrone, MD
41 N. Main St, Ste 207, West Hartford, CT
860.677.4600 • naturalhealthandhealing.net
See ad on back cover.

Optimal Health Medical, LLC
Henry C. Sobo, M.D.
111 High Ridge Rd, Stamford, CT 06905
203.348.8805 • www.drsobo.com
See ad on page 33.

ROLFING®
Rolfing®- The Art and Science of Body Change
Sharon Sklar, BFA, MsT, Cert. Adv. Rolf
West Hartford • 860.561.4337
sharonsklarrolfing.com

Rolfing®- The Art and Science of Body Change. A dynamic 10 session bodywork series that eases pain, improves movement and restructures your body when you feel ‘out of whack’. A hands-on and educational approach which establishes order and balance after life’s injuries, stress and accidents. Since 1981.

SCHOOLS
The Graduate Institute
171 Amity Rd, Bethany, CT 06524
203.874.4252 • info@learn.edu
See ad on page 24.

SKINCARE
Anew You Skincare & Wellness Center
Melissa Martin, 16A Ensign Drive, Avon.
860.284.9730 • www.anewyouskincare.net
Melissa@anewyouskincare.net

WIG CONSULTATION
The Pretty Face Place
435 Buckland Road, South Windsor
860.644.0888
theprettyfaceplace.com
Wig Consultations and Permanent Makeup are services provided by The Pretty Face Place. As the name suggests, you’ve come to the right place to look and feel your prettiest. Janice Webber renders these services in a calm and private office setting.

YOGA
Sanctuary Power Yoga
Torrington & Canton • 860.496.1500
sanctuarypoweryoga.com
See ad on page 11.