**Community Resources**

**ACUPUNCTURE**
Collaborative Natural Health Partners  
Nick Edgerton, ND, LAc  
& Diana Zitserman, ND, LAc  
315 E. Center St., Manchester, CT 06040  
860.533.0179 • www.ctnaturalhealth.com  
See ad on page 17.

**BODY ORIENTED PSYCHOTHERAPY/COUNSELING**

![Core Energetics](image)
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 Hinchey  
2249 New London Turnpike  
South Glastonbury, CT. 860.633.6518  
www.dochincheydmd.com  
See ad on page 41.

**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®  
Managing Partner, TrinityPoint Wealth  
612 Wheelers Farms Rd.Milford, CT 06461  
Office: 203.693.8521 | Fax: 203.693.8524  
dana@trinitypointwealth.com  
See ad on page 3.

**HYPNOSIS**

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

Mind Matters Hypnosis Center  
Lisa Zacccheo, MA, BCH, BCI  
Board Certified Hypnotist & Instructor  
12 Waterside Court, Avon, CT 06001  
860.693.6448 • MindMatters@comcast.net  
www.mindmattershypnosis.com  
See ad on page 10.

Michele P. Rousseau, MA, CH  
267 William Street, Middletown, CT 06457  
860.704.9054 • mprousseau@sbcglobal.net  
www.micheleprousseau.com

**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 17.

ProNatural Physicians Group  
120 Webster Sqr Rd.Berlin, CT 06037  
860.829.0707  
www.ProNaturalPhysicians.com  
See ad on page 13 and 32.

Sophia Natural Health Center  
31 Old Route 7, Brookfield, CT 06804.  
203.740.9300 • SophiaNaturalHealth.com  
See ad on page 8.

Tamara Sachs, MD  
Functional Medicine & Integrative Care LLC  
15 Bennett Street, New Milford CT  
860.354.3304 • 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 36.

**NATUROPATHIC MEDICINE**

Center for Natural Medicine, LLC  
640 Main Street, Watertown, CT 06795  
860.945.1004 • centerfornaturalmedicine.net  
See ad on page 19.

Collaborative Natural Health Partners  
Dr. Lauren Young, Dr. Ashley Burkman,  
Dr. Tonya Pasternak, Dr Craig Fasullo,  
Dr. Carolina Padilla, ND, Dr. Carissa Fioritto, 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 17.

Jill Kenney, ND  
Integrative Medicine and Support Services  
Park Avenue Medical Center  
5520 Park Avenue, Trumbull, CT 06611  
61 Sherman Street, Fairfield, CT 06825  
203.418.7657 • www.djillkenney.com  
781.507.1319 • drkenney360@gmail.com  
See ad on page 11.

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 page 12.

West Hartford Naturopathic Medicine  
Frank Aieta, ND  
301 N. Main St., West Hartford, CT  
860.232.9662 • www.DRAIETA.com  
See ad on page 19.
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 23.

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 36.

Rolfing®

Rolfing® - The Art and Science of Body Change
Sharon Sklar, BFA, MSt, Cert. Adv. Rolfer
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 35.

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.