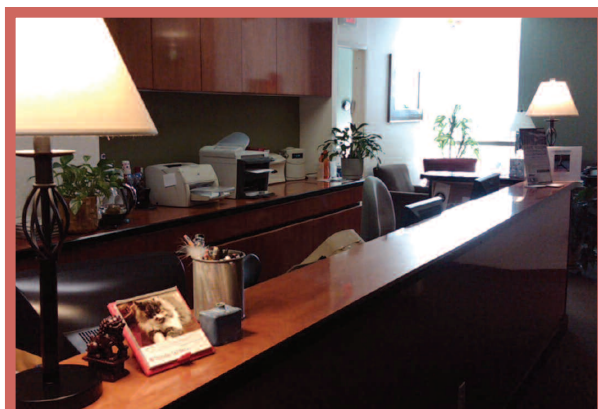


Scarsdale Wellness Center

Westchester's Best Kept Health and Wellness Secret

At the Scarsdale Wellness Center, we offer a wide variety of holistic therapies in a comfortable, healthy environment, recognizing that each person is unique in their health concerns. It is our priority to provide an individual plan of care for you. We are committed to helping you achieve overall wellbeing by reestablishing balance to mind, body and spirit.

Our healthcare professionals are warm, caring and dedicated, striving to make you more comfortable on your journey toward health and happiness. The Wellness Center is conveniently located in the Scarsdale Executive Building, 531 Central Park Avenue, Suite 304, Scarsdale New York. We offer a wide range of services:



CHIROPRACTIC Michael Bard, DC

- Family Chiropractic Care
- Structural evaluation of children, adolescents and adults
- Certified in Kinesio Taping
- Certified in Graston Technique
- Hypnosis for Pain Management
- Certified in BioSet Technique

For more information contact Dr. Bard at (914) 722-0982 or email scarsdalewc@aol.com

NUTRITIONAL COUNSELING Michael Bard, DC

- Herbal Cleansing and Detoxification
- Enzyme Therapy
- Nutritional Evaluation and Support

For more information contact Dr. Bard at (914) 722-0982 or email scarsdalewc@aol.com

ACUPUNCTURE Andrea Zimet (L.Ac.)

- Specializing in Reproductive Medicine and Infertility
- Treating Males and Females
- Acupuncture can improve sleep
- Increase energy
- Improve vitality and concentration
- Overall sense of wellbeing

For more information contact Andrea (914) 472-2600 or go to www.scarsdaleacupuncture.com

ELECTROLYSIS Caroline DeJuidice, CPE

- Board Certified (CPE)
- Safe, permanent hair removal/all skin & hair types
- Enhance appearance, clear, smooth skin
- Refresh self confidence and image
- Psychological improvement & feel beautiful all over

For more information contact Caroline at (914) 713-0926 or go to www.electrolysisbycaroline.com

CHIROPRACTIC/MASSAGE THERAPY Maxine Helman, DC, LMT

- Deep Tissue Massage
- Sports Massage
- Activator Certified Chiropractor
- Treatments including chiropractic and massage
- Pregnancy Massage
- Specific treatments for specific conditions

For more information call Dr. Helman at (914) 722-7688 or email her at drmaxinedc@aol.com

WELLNESS & INTEGRATIVE COGNITIVE BEHAVIORAL THERAPY

Merrill Black, LCSW/Reiki Master

- Treating children, adolescents, and adults
- Healing their "Whole Self" to achieve balance and wellness
- Specializing in Anxiety Disorders
- Cognitive Behavior Therapy
- Hypnosis
- Reiki (Healing and balancing chakra's)

For more information contact Merrill at (914) 722-1989 or go to www.healyourlife2day.com

TAI CHI CHUAN Jose Erezuma

- Choreographed sequence of gentle flowing movements
- Promotes physical health and mental wellbeing
- Improves balance, coordination, strength and flexibility
- Enhances and supports the natural function of the body's immune system through relaxation therapy

For more information go to www.wutangschool.com or call (914) 722-0982

DANCE CLASSES

Aszmara, Instructor — Belly Dancing

- Low impact, high benefit exercise
- Strengthens muscles, builds core
- Whole body workout without strain
- Improves posture and body awareness

For more information contact Aszmara at (914) 664-9018 or go to www.aszmara.com

TAI CHI FOR SENIORS

Faith Erezuma

Adult and Senior Tai Chi Chuan

- Meditation in Motion

Classes available in Hawaiian/Tahitian dance movement

For more information contact Faith at (914) 309-7674 or email her at wctaiichuan@msn.com

