**

**\*\*You may use your Live Well Card for 4 sessions in 2022\*\***

**Please give 24hr notice if you need to cancel your appointment**

***Participating Wellness Providers***

**Oncology Massage**

Nel Andrew Bernard

180 Main St

Norway, ME

handsbreadth@people.com

207-312-9955

Jessica Blasi

154 Main Street

Bridgton, ME. 04009. **OR**

Justlovelifemassage@gmail.com

603-731-8938

Cedric Mason

452 North Raymond Road

Poland, ME. 04274

(207)653-8181

cedricmmason@gmail.com

Erin Mitchell

14 Main St.

Bethel, ME. 04217

theintegrativebody@gmail.com

(508) 237-2513

Karen Vasil-Busch

100 Back Bryant Road

Buckfield, ME 04220-4109

(207) 336-2065

karenvasilbusch@gmail.com

www.karenvasilbusch.com

**Reiki**

Nel Andrew Bernard

180 Main St

Norway, ME

handsbreadth@people.com

207-312-9955

Susan Kane M. Ed.

180 Main St.

Norway ME

susan@inlighttransformation.com

Charlotte LaBelle

180 Main St

Norway, ME

teresia@megalink.net

207-890-2177

Christopher Easton

763 Mill Hill Rd

Waterford, ME 04088

207-329-7854 *leave message*

Paula Easton

763 Mill Hill Rd

Waterford, ME 04088

207-583-6603 *leave message*

Erin Mitchell (Bethel area)

566 Howe Hill Road

Greenwood, ME. 04255

theintegrativebody@gmail.com

(508) 237-2513

Jessica Carrier

1162 Auburn Road

Peru, ME 04290

Jess.e.carrier@roadrunner.com

(207) 739 -9811

**Reflexology**

Bonnie Van Durme

29 Main St,, Suite 2

Norway, ME. 04268

vandurme1976@gmail.com

207-890-3200

Karen Tibbetts

footpathreflexology@gmail.com

207-890-1633

Jo-Ann Korhonen

192 Skills Rd.

Bethel, ME 04217

Soultosoul17@gmail.com

207-381-0041

**Nutrition Consultation**

Jessica Blasi

154 Main Street

Bridgton, ME. 04009

Justlovelifemassage@gmail.com

(603) 731-8938

**Life Force Yoga**

*(individual)*

Kat Larsen

15 Tannery St

Norway ME

yogakatboston@hotmail.com

www.katlarsen.com

H 207-809-1257

C 617-216-4911

**Somatic Movement Therapy**

Kathryn Gardner

PO Box 125

Oxford, ME. 04270

kathryngardner13@gmail.com

C 207-890-7823

**Aroma Touch**

Trish Grinnell

1109 Naples Road

Harrison, ME 04040

Empoweredlifebydesign@gmail.com

www.empoweredbeauty.studio

C 207-595-8768

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Other Opportunities to Use Your Live Well Card**

Erin Girzone

Good Health is a Habit Studio

683 Waterford Road

Waterford, ME 04088

Goodhealthisahabit.com

(860) 235-3650

* Redeem one Live Well Card session for a 4-class pass to the following weekly or monthly classes:
* Chair Yoga
* Gentle Flow Yoga
* Yoga Nidra
* Redeem one Live Well Card session for a private session including:
* Somatic Movement Consultation

**Private Health & Wellness Coaching Session**

Barbara Perry, RN

Certified Health & Wellness Coach – *specializing in health & wellness after cancer treatment*

C (207) 939-5599