

Health & Wellness Committee Membership Resources

This list is a compilation of some of the members of the Central Bucks Chamber of Commerce Health & Wellness Committee. The committee's mission is to assist Chamber Members, and the community at large, in creating and maintaining a culture of physical and mental health that benefits their businesses and their employees.

Committee is alphabetized by individual committee member's last name.

Shotzie Baker

Network Concepts has provided expert IT support since 2004, helping hundreds of businesses increase productivity and profitability by making IT a streamlined part of operations. Equipping our clients with customized technology solutions, providing greater operational value and reduced risk, we are a complete technology solution provider. We are 100% committed to making sure business owners have the most reliable and professional IT service in Bucks and Montgomery County. Our team of talented IT professionals can solve your IT nightmares once and for all.

The firm's expertise spans a number of industries and they do not employ a one-size-fits-all approach. Whether you operate in the Healthcare, Non-Profit, Distribution, Professional Services, or other fields, our team of experts will work with you to design and implement solutions precisely tailored to your needs providing IT solutions that result in a positive ROI.

We have built a stronger community relationship with the local in Bucks and Montgomery County businesses and built a solid reputation by providing clients with up-to-date, cost-effective IT solutions while ensuring their needs are met in a fast, friendly manner from the entire team.

326 N. Main Street
Souderton, PA 18964-1607
www.networkconceptsinc.com

Don V. Barbuto

Partner

Centurion Benefits is an independent employee benefit consulting firm providing quality health and ancillary insurance consulting along with professional customer service. Our team of professionals work with clients to identify, control and monitor the direct impact of employee benefit costs. Check out at www.centurionbenefits.com.

610 West Germantown Avenue | Suite 350
Plymouth Meeting | PA 19462
Office (610) 834-0401 ext. 112 | Cell (267) 549-2539
Toll Free (877) 560-5772 | Fax (610) 834-0419
Email: dbarbuto@centuriongroupllc.com

Jim Bishop

President / Founder

Cornerstone Clubs

Cornerstone is a community of health & fitness clubs conveniently located in Central Buck's County. Everything we do nurtures a Community environment inspiring people to live healthier, happier and longer lives.

We do this with the most passionate people committed to making your health and fitness experience the best part of your day.

Website: www.CornerstoneClubs.com
Email: Jim@CornerstoneClubs.com
Cell Phone: 215-262-5625

Vicki Bosler**Business Development Director**

Owned by Doylestown Hospital, the **Pine Run Retirement Community** is a not-for-profit provider of independent living cottages and apartments for seniors 65+. Additional levels of care include short-term rehab, skilled nursing, personal care, and memory care. Call 800-992-8992 to schedule a tour, or, visit www.pinerun.org for more information.

Pine Run Retirement Community

777 Ferry Road

Doylestown, PA 18901

vbosler@pinerun.org cell: 267.980.4957

office: 215.340.5201 fax: 215.340.5249

James L. Brexler, FACHE**President and Chief Executive Officer**

Doylestown Health is a comprehensive system of inpatient, outpatient and community services connected to meet the health and wellness needs of all members of the community. Our independent and nonprofit system is dedicated to healthcare excellence from childbirth to end-of-life care. The mission of Doylestown Health is to continuously improve the quality of life and proactively advocate for the health and well being of the individuals we serve.

595 W. State Street

Doylestown, PA 18901

215-345-2213

Jan Carey, LCSW

I am a **Licensed Clinical Social Worker** in private practice. I specialize in sex, intimacy and relationship therapy. I help couples and individuals sort out their relationships with themselves and others so that they can find sexual pleasure.

Address: 37 S Clinton St., Doylestown, PA 18901

215.272.1161

www.Jancareytherapy.com

Linda Crane**Realtor****Coldwell Banker Hearthside**

This Reiki certified realtor is all about bringing calm to your real estate transaction. I take great pride in connecting buyers and sellers throughout Bucks County with one of our most skilled realtors for your unique needs. By matching you with someone that has the experience and training necessary to help you, you can rest assured that you're in good hands.

Primary: 215-429-0419

Office: 267-350-5555 ext.2898

Art D'Angelo, CLU, ChFC

With 28 years of experience in employee benefits consulting, Art D'Angelo represents a variety of insurance and annuity plans for small business and individuals. Art holds the Chartered Life Underwriter and the Chartered Financial Consultant designations from the American College, an MBA from Fairleigh Dickinson University, and a BS from Penn State University.

A former Army officer, Art is also an avid musician who has co-chaired the Central Bucks Chamber's Brown Bag program for 10 years. He was twice President of the Chalfont Lions Club which helps the blind and hearing impaired. Art also cantors at St. Jude Church in Chalfont. He currently is active with the Central Bucks Chamber Membership, Golf, and Bucks Fever Development committees.

215-997-9568

Pamela Ginsberg, Ph.D., P.C.

Psychologist Specializing in Women's Health and Psycho-oncology

Lunch and learn or half day presentations on

- 1) Mindfulness at work;
- 2) Managing stress at work and home
- 3) Values based decision making

215-340-060

dr.pam@pginsbergphd.com

400 Farm Lane

Doylestown, Pa 18914

www.pginsbergphd.com

Ken Good

Owner / Managing Director

Always Best Care Senior Services

Always Best Care has been helping families provide care for their loved ones nationally since 1996, in the Delaware Valley since 2010, and here in Central and Upper Bucks and Montgomery Counties since 2015. What makes Always Best Care different? We offer a continuum of care for seniors, including in-home care, personalized care within a senior community, Veterans benefits eligibility navigation, the Always In Touch check-in service, and a no-cost, individualized referral service to local senior living communities, should your loved one need or wish to move away from home. Our Upper BuxMont office was opened by Ken and Rebecca Good, and is staffed by two experienced social workers, Dana Pellegrino, LSW, and Peter Georgi, ACSW, with a combined 50 years of professional care industry experience. We provide assistance to families from New Hope to Pottstown, from Warrington to Quakertown, throughout Central and Upper Bucks and Montgomery Counties. Our caregivers are all thoroughly vetted and trained, are fully insured, and are ready to provide care for hourly, overnight, or live-in needs.

16 N. Franklin Street, Suite 301, Doylestown, PA 18901

Main: 267-893-4799

Toll Free: 855-456-CARE (2273)

FAX: 267-352-6324

www.AlwaysBest.care

care@AlwaysBest.care

Jeanette M. Guerrelli

Certified Integrative Nutrition Health Coach

Executive Regional Vice President, Arbonne Independent Consultant

As a Certified Integrative Nutrition Health Coach and Arbonne Independent Consultant, my passion is to educate people on how to live happy healthy lives from the inside and out. I lead Healthy Living Programs where people discover food and lifestyle choices that best support them. I provide meal plans, recipes, health tips, coaching, support and more in a one on one setting or in a support group on Facebook. Visit my website www.jeanetteguerrelli.com and Facebook page <https://www.facebook.com/jeanette.guerrelli/> for recipes and weekly health tips. Ask me about my healthy living program! Make time to be healthy so you don't need to take time to be sick!

www.jeanetteguerrelli.com -NEW Health Coach Website!

www.jeanetteguerrelli.arbonne.com - Shop my website!

www.facebook.com/jeanette.guerrelli/ -Weekly Health Tips!

215-534-8246

jeanetteguerrelli@gmail.com

Dawn H. Haaz, Psy.D
Licensed Psychologist
Founder & CEO

Dr. Haaz is the Founder and CEO of **Girls Empowered, Inc.**, a nonprofit 501(c)(3) dedicated to providing empowerment programs to girls from elementary through high school. Our mission is for every girl to become EMPOWERED: Possessing the knowledge, skills, confidence, and resources to stand up for oneself, make positive choices, and be in control of one's future. During the summer, we provide Camp Girl Power to 4th-6th graders and our Girls Leadership Program to 7th-9th graders. Throughout the year, we provide customized programs to groups of girls. Some of the topics covered include self-esteem, healthy relationships, assertiveness, self-care, leadership, and stress management. Girls Empowered is also available to provide trainings and workshops to parents, educators, and mental health professionals on topics related to empowering young girls. We are always looking for program partners, corporate sponsors, and volunteers.

Dr. Haaz also recently joined the private practice of **David A Nover, M.D., P.C.** This is a comprehensive small group psychiatry and psychotherapy practice. As a Licensed Psychologist, Dr. Haaz treats adolescents and adults. Her clinical specialties and interests include: self-esteem, relationship problems, sexual abuse/assault, LGBTQ concerns, eating disorders, and self-injurious behaviors. P.O. Box 201 Doylestown, PA 18901

dawn@girlsempowered.net 267-225-6684 www.girlsempowered.net

David A Nover, M.D., P.C. 1432 Easton Road, Suite 2-C
Warrington, PA 18976 215-491-7570 info@bucks-psychs.com
www.bucks-psychs.com

Brent Hartman

B3 Personal Training is a private personal training studio designed for those looking to make a serious commitment to their long-term health. B3 provides clients with an unparalleled environment in which they can work toward measureable improvements both inside and outside the training facility. With an emphasis on individualized goals and needs, each client is provided with unique programming using the B3 proprietary method of training. The B3 method of training develops a balanced approach to fitness beginning with a strong functional foundation based on science. We teach you how to develop attainable habits that fit your schedule and manageable for long-term results.

B3 Personal Training

T: 267-247-5061

E: brent@bodybybrent.com

Web: www.b3personaltraining.com

Ray Keough – VP of Employee Benefits

My Benefit Advisor, a division of USI Insurance, guides employers through the complexity of planning, communicating, and managing a successful employee benefits program.

1787 Sentry Parkway West,
VEVA Building 16, Ste. 320

Blue Bell, PA 19422

610-537-1393

484-351-4642

610-659-9134 Cell Phone

610-537-4948 Fax

Ray.Keough@usi.com | www.usi.com

Bob Kondraske – President

ARCpoint Labs of Doylestown offers a wide array of services to meet your business needs. Our drug & alcohol testing and background screening services improve hiring outcomes while reducing turnover and in providing for a safe work environment. We can also come to your location and provide training for your supervisors to learn about drugs and alcohol and to recognize possible signs and symptoms if they are present in your workplace.

To help employers manage their overall healthcare expense, we offer pharmacogenetic testing which is also referred to as Precision Medicine. Please contact us for a free consultation on how pharmacogenetics can improve the health outcomes for your employees.

For consumers, ARCpoint provides DNA paternity testing and clinical lab testing solutions. Given today's high deductible plans, more and more consumers are shopping around to get the best price on the lab tests they need to take in managing their health. Don't wait and be surprised the next time you need a blood test, call ARCpoint first to find out how much you can save.

ARCpoint Labs

275 S. Main Street, Suite 4

Doylestown, PA 18901

215-230-3879

Elisa A Maggio Juried Soul ARTist

Award-Winning Author Reiki-Master Teacher Licensed Massage Therapist

CranioSacral Therapy Practitioner Touch The Earth Healing ARTS

Every living thing on our planet, has a "life force" that needs sustainable energy to balance and thrive.

While our global ecosystems ebb and flow, our emotional and physical life force can develop ailments.

How do you find your way back to health? At Touch The Earth Healing ARTS we offer relaxation techniques that support the mind-body connection bringing your inherent wisdom back into alignment.

We help you reconnect and transform your "life force" by reminding you how to play again. This introspective technique combines the energy of Reiki and a unique painting process called Soul ART to express the colors of your soul onto canvases for you to keep. This workshop does not require any artistic skills, just an inclination for exploration of the road less traveled. Supporting wellness for the following groups: Corporate Team Building; Family Gatherings; □ Friends Night; Wedding Receptions or Bridal Parties; Scouting Groups; Specialty Camps local or international; Senior Community Available in all seasons and performed inside (with drop cloths) or outside touching the earth.

<https://shopvida.com/collections/soulartist62> www.elisamaggio.com www.elisasoulartist.com

soulartist62@gmail.com 973 508 9101

Barbara Marte

2 Be Enterprises

There are many confusing financial and living options to be considered as a person ages. It is important to have a map for the journey and to plan for options and detours. 2 BE Enterprises is committed to helping seniors and their families navigate the options for safe independent living. We develop highly individualized plans that encompass a vast number of physical, cognitive and financial needs. Our plans give seniors the ability to choose an independent lifestyle for as long as possible and ensure they are treated with the respect and dignity they deserve.

Barbara@2beent.com

215-262-0030

Rachel Mauer

Director of Community Outreach

Central Bucks, Lower Bucks and Warminster Family YMCA

The Y is committed to providing Healthy Living programs and opportunities for all!

We make every effort to ensure that no one is turned away due to inability to pay. We build character by promoting the values of caring, respect, honesty and responsibility.

2500 Lower State Road

Doylestown, PA 18901

(P)215 348 8131 ext 1167 (F) 215 348 1329

(E)rmauer@cbfymca.org (W) www.cbfymca.org

Amy McCrary

Inspiring You Coaching

Amy McCrary is a certified recovery specialist, certified coach, and public speaker with a passion to change the stigma of addiction along with supporting families and their loved ones affected by heroin addiction. She was faced with the battle personally when her 19 year-old son struggled with the disease. Thankfully, he has been clean and healthy since June 1, 2015.

www.inspiringyoucoaching.com

Amy@inspiringyoucoaching.com

215.813.7801

Susan R. Miller, OD

Bright Eyes Vision offerings for business

When you walk into Bright Eyes, you'll see the difference. We are not just another Optometric Office. You will get personalized attention and always feel welcome here! The practice is led by Heather Miller, OD, FAAO, a board certified, residency trained optometrist who uses her spare time to teach Optometry students at The Eye Institute. Dr. Heather has recently been awarded the status of Top Doctor, by one of the local media organizations. Her mother, Susan Miller, OD is an important part of this practice bringing her expertise from her decades working as an optometrist in the area. From the state of the art technology to our unique and stylish frames from all over the world, your vision and ocular health needs are always our focus. You'll walk out of our office confident that you received the most professional eye care and the most stylish eyewear possible. From our family to yours, that's our promise! We participate in the 20/20 program with other optometrists. This program gives small businesses the opportunity to provide discounts for eye examinations and eyewear to their employees. For more information about the 20/20 program or if you wish us to provide your business with information about Computer Vision Syndrome, Dry Eye, Diabetes and the Eyes, or any current topic related to the eyes, call 267-485-1414 or reach us at info@brighteyes2020.com

Bright Eyes Vision. Most major vision and medical insurance plans accepted.

1230 Old York Road Suite 102

Hartsville, PA 18974

267-485-1414; info@brighteyes2020.com

Monica Montone

Montone Fitness Coaching is a private Personal Training studio located in the heart of Doylestown Boro. Monica Montone, Owner of Montone Fitness Coaching is dedicated to educating, inspiring, and motivating clients of all ages and fitness levels.

Offerings include: Private personal training, youth fitness education, group fitness classes and exercise program design.

Montonefitcoach@gmail.com

215-480-2431

www.montonefitcoach.com

Dr. Andrew Persky, DC

Dr. Andrew Persky, DC, Upper Cervical Orthospinologist, is founder of **LifeAligned Upper Cervical Chiropractic** in Warrington, PA. Offering an option preferable to surgery or a lifetime of pain medications, his unique treatment has literally changed the lives of patients suffering from issues such as chronic headaches, vertigo, seizures, tremors, neuralgia, and neck pain. Doctor Persky has written research for peer-reviewed publications, received a U.S. Patent for his work in three-dimensional image analysis, and advanced the science of upper cervical realignment by developing the LifeAligned treatment protocol.

LifeAligned

Upper Cervical Chiropractic

Gentle relief from chronic pain & health issues...without drugs or surgery.

1432 Easton Road

Suite 4A

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P. 215.491.4200

Email: info@LifeAlignedHealth.com

Web: www.LifeAlignedHealth.com

Melissa Roseman

Noble Health Services is a URAC and ACHC-accredited specialty pharmacy that dispenses medications used to treat complex and chronic diseases. Our state-of-the-art 18,000 square foot facility is located in Syracuse, New York and services customers throughout the United States. This modern pharmacy was built specifically around patient needs and leverages the latest in technology to provide a superior specialty pharmacy experience for our patients. Our knowledgeable people are focused on delivering a unique personal approach to patient care. From the moment a patient engages with Noble, our focus is to establish a helpful relationship that gives each patient confidence and peace of mind. Care that is built 100% around the patient delivers the superior service our patients deserve and need to manage their complex and chronic conditions.

888.843.2040

Nancy Saxe

Never-Ending Paths, founded in 1998, has provided holistic health and healing services which support People, Animals, and the Earth to harmonize, balance, and unify in peace. Health and well-being occur in cooperative, collaborative wholeness. Stressors in our lives can undermine and jeopardize our "healed state." Our sense of presence, be it at home with family and friends or at work, exists when we feel empowered within, purposeful in and valued for our contributions, and connected in a sense of community and belonging. As an educator (BA in English for Secondary Education), integrative and spiritual counselor (interfaith minister), and business person (MBA in accounting), I provide healing support and counsel to individuals and groups with heart-based, vibrational and mind-based therapies, health organizations and business boards to create aligned wellness programs (aligning business and mission models, as well as unified program choices), educational workshops to develop and support practical applications for peace-centered living, and personalized care during times of transitional life phases. As an authorized distributor, I incorporate the BEMER physical vascular therapy (Bio-Electro-Magnetic-Energy-Regulation) into my healing sessions with people and animals, as well as offer them for sale. I support our animals as they face health issues, emotional healing from past traumas or abuse (in the case of many rescues), or behavioural issues stemming from a "loss of self and purpose." As your animal approaches end-of-life phase I offer peaceful support to your animal while supporting you - the human companions - through these intensely emotional decisions and the grieving that results from the unconditional love shared.

PO Box 705, Buckingham, PA 18912

Tel: 215-345-6477

Email: nancy@never-endingpaths.com

Web: www.Never-EndingPaths.com

Independent BEMER Distributor BEMER: <http://nancysaxe.bemergroup.com/en-US>

Mark 'spark' Vandzura**Owner**

GYMGUYZ Greater Bucks is a mobile personal training company improves the lives of our clients one session at a time at the setting and location of your choosing. We work with individuals, groups, classes and corporate wellness programs to provide Convenient, Customized and Creative workouts that are specifically tailored to meet fitness goals. All of our trainers are nationally certified, drug screened, and have good background checks. You never have to drive to the gym again because we bring the gym right to your doorstep!

Cell/Text: (215) 630-8747

Spark.Vandzura@gymguyz.com

2031 Country Club Drive

Doylestown, PA 18901

Toll Free: 1-855-GYM-GUYZ

Office: (215) 622-9675

Cell/Text: (215) 630-8747

<http://www.gymguyz.com/locations/greater-bucks-pa/>

Joseph Vernachio, CSP**Director of Sales & Marketing**

Founded in 1969, **PSI Personnel** seeks to place the right person in the right job. Serving both preferred employers and potential employees throughout Bucks, Montgomery, Philadelphia and adjoining counties, as well as Delaware, New Jersey, and New York, we understand your needs. With our local edge, reputation, and record of success, PSI is the staffing agency of choice.

Over 40 years of staffing experience- Temporary, temp-to-hire, and direct hire staffing services. Top 100

Diversity owned business by Diversitybusiness.com Top 50 woman owned business in Pennsylvania

Software tutorials for candidates Comprehensive recruiting process Extensive candidate database

Reference verification Guaranteed Full-Time and Temporary placements Resume guidance personalized, professional staff

215-345-6778x228 x228

jvernachio@psipersonnel.com

Drs. Gail & Scott Walker**Walker Chiropractic**

Welcome To Walker Chiropractic Associates

Doctors Gail and Scott Walker are board certified chiropractors who have been helping the people of our community get well and stay well since 1993. The doctors strive to provide you with a high level of professionalism focused on your individual needs. We offer a free consultation with one of the doctors for those who have questions about whether chiropractic can be of help for their unique health concerns. Our TEAM is extremely proud to provide traditional and modern chiropractic care for so many families and we are so grateful that parents trust us with the health of their children. Our mission is to change the health of our world one spine at a time. We accept M.D. referrals and we participate with most insurance plans. You can be seen today and walk-ins are welcomed. There is no better time than now to experience the amazing healing that happens at Walker Chiropractic!

walkerchiro.com

215-997-8786

New Patient Special - \$40

Consultation with the Doctor

Chiropractic Exam

Digital X-Rays (if needed)

Report of Findings

Rev. Tom Wray, an ordained Presbyterian (USA) minister, has an M. Div. from Princeton. He is a freelance writer, published author and motivational speaker. He is a Certified Administrator of Meyers-Briggs Personality Type Indicator and Bereavement Specialist. General topics of interest which he has addressed and can speak on are: Spirituality & Wellness, Communication Skills, Conflict Management and Understanding Personality Type for Positive Outcomes.

(215) 348-3307

tcwmot@msn.com

Dave Wurz

Edible Arrangements of Doylestown provides same-day delivery of our signature fresh fruit arrangements and gourmet chocolate dipped fruit to Bucks and Montgomery counties. Or stop in and pick up a ready-made arrangement or create your own box of chocolate dipped fruit. We also offer Edible To Go® products such as fresh fruit smoothies, frozen yogurt fruit shakes, fruit salads and more.

Cross Keys Place Shopping Center

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