

Cape Ann Guide to Health and Wellness Practitioners

Updated: 3/11/2010

Acupuncture

Atlantic Acupuncture

2 Magnolia Avenue
Gloucester, MA
(978) 525-2255
<http://www.AtlanticAcupuncture.com>
AtlanticAcupuncture@yahoo.com

Cape Ann Healing Center

85 Eastern Avenue
Gloucester, MA
(978) 282-1191
<http://www.capeannhealingcenter.org>
drnicole1@gmail.com

Ambulance Services

Beauport Ambulance Service, Inc.

19R Pond Road
Gloucester, MA
(978) 281-6955
<http://www.beauportambulanceservice.com>
jmorris@beauportambulanceservice.com

Lyons Ambulance Service LLC

135 Maple Street
Danvers, MA
(978) 283-1500
<http://www.lyonsambulance.com>
lyonsamb@aol.com

Chiropractors

Cape Ann Healing Center

85 Eastern Avenue
Gloucester, MA
(978) 282-1191
<http://www.capeannhealingcenter.org>
drnicole1@gmail.com

Chiropractors

Engel Chiropractic

37 C Whistlestop Mall
Rockport, MA
(978) 546-1111

Essex Family Chiropractic

51 Main Street
Gloucester, MA
(978) 281-5131

Spencer Family Chiropractic, PC

321 Washington Street
Gloucester, MA
(978) 281-1411
spencerchiro@gmail.com

Day Spas

The Spa at Rockport

13 Railroad Avenue
Rockport, MA
(978) 546-2800
<http://www.thespaatrockport.com>
relax@thespaatrockport.com

Dentists

Dr. Jeffrey H. Ahlin

1 Essex Avenue
Gloucester, MA
(978) 283-9020

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Dentists

Jonas R. Gavelis, DMD

227 Main Street
Rockport, MA
(978) 546-3020
<http://www.drgavelis.com>
smile@drgavelis.com

Joel J. Gonzales, D.D.S.

17 Rogers Street, Suite 3-2
Gloucester, MA
(978) 283-6252
<http://www.joelgonzalesdds.com>
joelgonzales@verizon.net

Dr. David Harrison

222 Washington Street
Gloucester, MA
(978) 283-4500
jpa5@msn.com

Mina Dental Associates

94 Prospect Street
Gloucester, MA
(978) 283-1692

Soheil Samiei, DMD, PC

5-A Dr. Osman Babson Road
Gloucester, MA
(978) 281-3772

Gymnastics Instruction

Iron Rail Cape Ann Gymnastics

8 Kondelin Road
Gloucester, MA
(978) 282-8855
<http://www.ironrail.com>
irgymnast@comcast.net

Health - Holistic

222 Arts & Wellness Center

222 Eastern Avenue
Gloucester, MA
(978) 281-6222
<http://222artsandwellness.com/>
chandler.ld@gmail.com

Cape Ann Healing Center

85 Eastern Avenue
Gloucester, MA
(978) 282-1191
<http://www.capeannhealingcenter.org>
drnicole1@gmail.com

Karen Pischke, RN, DBA Dreamtime Wellness

66 Summer Street
Manchester-by-the-Sea, MA
(978) 283-4258
<http://www.dreamtimewellness.com>
info@dreamtimewellness.com

Lynne M. March & Associates

144R Main Street, Box #3
Essex, MA
(978) 768-0160
<http://www.lynnemarch.com/>
studio121@earthlink.net

Gymnastics Instruction

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Health - Holistic

The Well for Integrative Medicine

114 Main Street
Gloucester, MA
(978) 283-9600
<http://wellmedicine.org>
wellmedicine@mac.com

Wellness by Choice

12 Willey Street
Gloucester, MA
(978) 283-0591
<http://www.wellnessbychoice.org>
wellbychoice@comcast.net

Health & Fitness Centers

Cape Ann Healing Center

85 Eastern Avenue
Gloucester, MA
(978) 282-1191
<http://www.capeannhealingcenter.org>
drnicole1@gmail.com

The Fitness Zone

37 Blackburn Center
Gloucester, MA
(978) 281-5761

MAC Fitness

10 Whistlestop Way
Gloucester, MA
(978) 283-8900
<http://www.manchesterathleticclub.com>

Health & Fitness Centers

Manchester Athletic Club

8 Atwater Avenue
Manchester-by-the-Sea, MA
(978) 526-8900
<http://www.manchesterathleticclub.com>

Streamline Strength Pilates

2 Main Street
Gloucester, MA
(978) 281-5347
<http://www.streamlinestrength.com>
streamlinestrength@yahoo.com

Transform Fitness Studio

65 Eastern Avenue #12A
Essex, MA
(978) 768-0111
<http://www.transform-yourbody.com>
info@transform-yourbody.com

Home Health Care

North Shore PRN, Inc.

800 Cummings Center, #255U
Beverly, MA
(978) 281-6801
<http://www.nsprn.com/>
rpalmacc@nhs-healthlink.org

VNA Care Network & Hospice

5 Federal Street
Danvers, MA
(978) 777-6100
<http://www.vnacarenetwork.org>
vklibansky@vnacarenetwork.org

Massage Therapy

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Massage Therapy

222 Arts & Wellness Center

222 Eastern Avenue
Gloucester, MA
(978) 281-6222
<http://222artsandwellness.com/>
chandler.id@gmail.com

Cape Ann Healing Center

85 Eastern Avenue
Gloucester, MA
(978) 282-1191
<http://www.capeannhealingcenter.org>
drnicole1@gmail.com

Medical

Addison Gilbert Hospital

298 Washington Street
Gloucester, MA
(978) 283-4000
<http://www.beverlyhospital.org>

William C. Edgerton, DPM

9B Dr. Osman Babson Road
Gloucester, MA
(978) 281-2550
williamc.edgerton.dpm@verizon.net

Brandy Wheeler, LICSW

124 Dennison Street
Gloucester, MA
(978) 282-4442
<http://brandywheeler.com/>
brandy@brandywheeler.com

Natural Food Stores

Natural Food Stores

Common Crow Natural Health, Inc.

6 Elm Street
Gloucester, MA
(978) 283-1665
<http://www.commoncrow.com/>
commoncrowglo@yahoo.com

Optical

Ocean Optical

127 Eastern Avenue
Gloucester, MA
(978) 282-1923
<http://www.oceanopticalcapeann.com>
cherylaparo@verizon.net

Parrelli Optical

29 Railroad Avenue
Gloucester, MA
(978) 281-4514
<http://www.eyecare-experts.com>
eyecorrection@yahoo.com

Optometrists / Ophthalmologists

Dr. Charlene DuBois Glynn, O.D.

c/o Ocean Optical
127 Eastern Avenue
Gloucester, MA
(978) 283-0650
charleneglynn@verizon.net

Personal Trainers

Janine's Fitness

1 Twin Light Circle
Rockport, MA
(978) 500-5538
<http://www.janinesfitness.com>
janine@janinesfitness.com

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Personal Trainers

O'Neil Fitness & Personal Training

12 Friend Street
Gloucester, MA
(978) 290-2365
<http://www.oneil-fitness.com/>
info@oneil-fitness.com

Pharmacies

Allen's Pharmacy

40 Beach Street
Manchester-by-the-Sea, MA
(978) 526-1321
<http://www.allenspharmacy.com/>

Physical Therapy

Flynn Physical Therapy

37E Whistlestop Mall
Rockport, MA
(978) 546-2090
flynnp@hotmai.com

Psychotherapist

Living Alive

7 Maplewood Avenue
Gloucester, MA
(978) 281-4808
malcolmaye@comcast.net

Reflexology

Linda Scott, LMT, RP

121 Eastern Avenue, 2nd Floor
Essex, MA
(978) 768-7055
<http://www.ikneadyoursoles.com>
linda_scott_namaste@yahoo.com

Reiki

Reiki

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Gloucester, MA
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drnicole1@gmail.com

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66 Summer Street
Manchester-by-the-Sea, MA
(978) 283-4258
<http://www.dreamtimewellness.com>
info@dreamtimewellness.com

Skilled Nursing & Rehabilitation Facilities

Den-Mar Rehabilitation & Nursing Center

44 South Street
Rockport, MA
(978) 546-6311

Golden LivingCenter - Gloucester

272 Washington Street
Gloucester, MA
(978) 281-0333
<http://www.goldenliving.com>
eric.noble@goldenliving.com

Seacoast Nursing & Rehabilitation Center

292 Washington Street
Gloucester, MA
(978) 283-0300
stan.trocki@kindredhealthcare.com

Stress Management

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Stress Management

Karen Pischke, RN, DBA Dreamtime Wellness

66 Summer Street

Manchester-by-the-Sea, MA

(978) 283-4258

<http://www.dreamtimewellness.com>

info@dreamtimewellness.com

Tanning Salons

Sunbanque

156 Prospect Street

Gloucester, MA

(978) 281-4442

<http://www.sunbanque.com>

gasaro@comcast.net

Yoga

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85 Eastern Avenue

Gloucester, MA

(978) 282-1191

<http://www.capeannhealingcenter.org>

drnicole1@gmail.com