

CAPE ANN GUIDE TO HEALTH AND WELLNESS PRACTITIONERS

Acupuncture

Atlantic Acupuncture Wellness
2 Magnolia Avenue
Gloucester, 01930
(978) 525-2255
<http://www.AtlanticAcupuncture.com>

Ambulance Services

Beauport Ambulance Service, Inc.
19R Pond Rd
Gloucester, 01930
(978) 281-6955
<http://www.beauportambulanceservice.com>
jmorris@beauportambulanceservice.com

Lyons Ambulance Service LLC
135 Maple St
Danvers, 01923
<http://www.lyonsambulance.com>
lyonsamb@aol.com

Chiropractors

Cape Ann Healing Center
85 Eastern Avenue
Gloucester 01930
(978) 282-1191
<http://www.capeannhealingcenter.org>

Spencer Family Chiropractic, PC
321 Washington Street
Gloucester 01930
(978) 281-1411

Community Organizations

Adult Foster Care of the North Shore
63 Middle Street
Gloucester 01930
(978) 281-2612
<http://www.adultfostercarens.com>

Cape Ann YMCA
71 Middle Street
Gloucester 01930
(978) 283-0470
<http://www.northshoreymca.org/>

NeedyMeds.org
103 Maplewood Ave
Gloucester 01931
(978) 281-6666
<http://www.needymeds.org>

Counseling Services

Children's Friend & Family Services
33 Commercial Street
Gloucester 01930
(978) 283-7198
<http://www.childrensfriend.net>

Dentists

Dr. David Harrison
222 Washington Street
Gloucester 01930
(978) 283-4500

Dr. Jeffrey H. Ahlin
1 Essex Avenue
Gloucester 01930
(978) 283-9020

Joel J. Gonzales, D.D.S.
17 Rogers Street, Suite 3-2
Gloucester 01930
(978) 283-6252
<http://www.joelgonzalesdds.com>

Jonas R. Gavelis, DMD
227 Main Street
Rockport 01966
(978) 546-3020
<http://www.drgavelis.com>

Mina Dental Associates
94 Prospect Street
Gloucester 01930
(978) 283-1692

Soheil Samiei, DMD, PC
5-A Dr. Osman Babson Rd
Gloucester, 01930
(978) 281-3772
<http://gloucesterdental.com>

Electrolysis & Laser Hair Removal

Amazing Essence
65 Eastern Avenue
Essex 01929
(978) 768-7778
<http://www.amazingessence.com>

Gymnastics Instruction

Iron Rail Cape Ann Gymnastics
8 Kondelin Road
Gloucester 01930
(978) 282-8855
<http://www.ironrail.com>

Health – Holistic

222 Arts & Wellness Center
222 Eastern Avenue
Gloucester 01930
(978) 281-6222
<http://www.222ArtsAndWellness.comHome>

Dreamtime Wellness, Karen Pischke, RN
66 Summer Street
Manchester-by-the-Sea 1944
(978) 283-4258
<http://www.dreamtimewellness.com>

Karen Pischke, RN, DBA Dreamtime Wellness
66 Summer St
Manchester-by-the-Sea, 01944
(978) 283-4258
<http://www.dreamtimewellness.com>
info@dreatimewellness.com

Health & Fitness Centers

MAC Fitness
6 Whistlestop Way
Gloucester 01930
(978) 283-8900
<http://www.macfitnessclub.com>

Manchester Athletic Club
8 Atwater Avenue
Manchester-by-the-Sea 01944
(978) 526-8900
<http://www.manchesterathleticclub.com>

The Fitness Zone
37 Blackburn Center
Gloucester 01930
(978) 281-5761

Transform Fitness Studio
65 Eastern Avenue #12A
Essex 01929
(978) 768-0111
<http://www.transform-yourbody.com>

Home Health Care

Aberdeen Home Care, Inc.
P.O. Box 477
Wenham 01984
(978) 500-5161
<http://www.AberdeenHomeCareInc.comMedical>

VNA Care Network & Hospice
5 Federal Street
Danvers 01923
(978) 777-6100
<http://www.vnacarenetwork.org>

Massage Therapy

222 Arts & Wellness
222 Eastern Ave
Gloucester, 01930
(978) 281-6222
<http://www.222artsandwellness.com>
chandler.ld@gmail.com

Atlantic Acupuncture & Wellness
2 Magnolia Ave
Gloucester, 01930
<http://www.atlanticacupuncture.com>
atlanticacupuncture@yahoo.com

Medical

Addison Gilbert Hospital
298 Washington Street
Gloucester 01930
(978) 283-4000
<http://www.addisongilbert.org>

Brandy Wheeler, LICSW
124 Dennison Street
Gloucester 01930
(978) 282-4442
<http://brandywheeler.com>

Natural Food Stores

Common Crow Natural Health, Inc.
6 Elm Street
Gloucester 01930
(978) 283-1665
<http://www.commoncrow.com>

Optical

Ocean Optical
127 Eastern Avenue
Gloucester 01930
(978) 282-1923
<http://www.oceanopticalcapeann.com>

Parrelli Optical Gloucester
29 Railroad Avenue
Gloucester 01930
(978) 281-4514
<http://www.parrellioptical.com>

Personal Trainers

Janine's Fitness
1 Twin Light Circle
Rockport 01966
(978) 500-5538
<http://www.janinesfitness.com>

O'Neil Fitness & Personal Training
85 Bass Avenue
Gloucester 01930
(978) 290-2365
<http://www.oneil-fitness.com>

Pharmacies

Allen's Pharmacy
40 Beach Street
Manchester-by-the-Sea 01944
(978) 526-1321
<http://www.allenspharmacy.com>

Physical Therapy

Flynn Physical Therapy
37E Whistletop Mall
Rockport, 01966
(978) 546-2090
flynnpt@hotmail.com

Sports Medicine North
Cape Ann Medical Center
1 Blackburn Dr
Gloucester, 01930
(978) 818-6350
<http://www.smnos.com>
jill@sportsmednorth.com

Psychotherapist

Living Alive
7 Maplewood Avenue
Gloucester 01930
(978) 281-4808

Reiki

Cape Ann Healing Center
85 Eastern Ave
Gloucester, 01930
(978) 282-1191
<http://www.capeannhealingcenter.org>
drnicole1@gmail.com

Senior Services

Helpful Solutions for Living
18 Perkins St.
Gloucester 01930
(978) 283-0111
<http://www.helpfolsolutionsforliving.com>

Skilled Nursing & Rehabilitation Facilities

Den-Mar Rehabilitation & Nursing Center
44 South Street
Rockport 01966
(978) 546-6311
<http://www.denmarrnc.com>

Golden LivingCenter
272 Washington Street
Gloucester 01930
(978) 281-0333
<http://www.goldenliving.com>

Seacoast Nursing & Rehabilitation Center
292 Washington Street
Gloucester 01930
(978) 283-0300
<http://www.seacoastrehab.com>

Yoga

Cape Ann Healing Center
85 Eastern Avenue
Gloucester 01930
(978) 282-1191
<http://www.capeannhealingcenter.org>