

Wellness Support Groups

SPONSOR	GROUP NAME / DESCRIPTION	MEETING DAY & TIME	LOCATION	CONTACT & PHONE	STATE
Virginia Hospital Center – Arlington	Gentle Touch Massage	1 st /3 rd Thursday 5:00 - 7:00 PM	Cancer Resource Center 1701 N. George Mason Dr.	(703) 558-5555	VA
Howard County Gen. Hospital Wellness Ctr	<i>Wellness Program</i>	Call for dates & time [Fee required]	Howard County General Hospital Wellness Center	(410) 740-7600	MD
Inova Fairfax Hospital -- Life With Cancer	<i>Moving On – (Exercise), In Motion – (for Breast Cancer Survivors)</i>	Call First - Registration Required	Life With Cancer Family Center 2832 Juniper Street Fairfax	Sabine Gnesdiloff (703) 698-2841 [Regist. Required!]	VA
Inova Fairfax Hospital -- Life With Cancer	Complementary Approaches	Call First - Registration Required	Life With Cancer Family Center 2832 Juniper Street, Fairfax	Sara Sosa (703) 698-2841	VA
Shady Grove Adventist Hospital	Beginning Massage	Fee: Call First - Registration Required	Weinschel Health Education Center	(301) 315-3142	MD
Washington Adventist Hospital	Beginning Massage	Fee: Call First - Registration Required	Radiation Oncology Conference Room	(301) 315-3142	MD
Washington Hospital Center	<i>Keeping Well in Mind & Body</i>	Wednesday 10:00 – 11:30 AM	Meditation Room-C1214 Cancer Institute	(202) 877-CARE	DC
The Wellness Community	<i>Wellness Program led by psychotherapists</i>	Monday 11:00 AM	Dulaney Center, Baltimore MD	(410) 832-2719	MD
The Wellness Community	<i>Wellness Program led by psychotherapists</i>	Tuesday 1:00 PM and 5:30 PM	Dulaney Center, Baltimore MD	(410) 832-2719	MD
The Wellness Community	<i>Wellness Program led by psychotherapists</i>	Wednesday 7:00 PM	Dulaney Center, Baltimore MD	(410) 832-2719	MD
The Wellness Community	<i>Wellness Program led by psychotherapists</i>	Thursday 6:00 PM	Dulaney Center, Baltimore MD	(410) 832-2719	MD
The Wellness Community	<i>Wellness Program for family members</i>	Wednesday 7:00 PM	Dulaney Center, Baltimore MD	(410) 832-2719	MD

WELLNESS RESOURCES

Organization/Phone	Mailing Address	On-Line Address (URL)
American Massage Therapy Association (847) 864-0123	820 Davis Street - Suite 11 Evanston, IL 60201-4444	http://www.amtamassage.org
American Pain Society (847) 375-6315	4700 West Lake Avenue Glenview, IL 60025	http://www.ampainsoc.org
American Whole Health (301) 652-3380	6831 Wisconsin Avenue Chevy Chase, MD 20815	http://americanwholehealth.com
Baltimore School of Massage (877) 944-8855	6401 Dogwood Road Baltimore, MD 21207	http://www.bsom.com
Ctr. for the Advancement of Health (202) 387-6121	2000 Florida Avenue, NW – Suite 210 Washington, DC 20009-1231	http://www.cfah.org
Center for Mind-Body Medicine (202) 966-7338	5225 Connecticut Avenue, NW Washington, DC 20015	http://www.cmbm.org
Hospital-Based Massage Network (940) 407-9232	612 South College Avenue – Suite 1 Fort Collins, CO 80524	http://www.hbmn.com
Integrative Medicine, LLC (301) 610-9345	338 Hungerford Drive Rockville, MD 20850	http://amfoundation.org
Medical Illness Counseling Center (301) 654-3638	2 Chevy Chase Circle – Suite 530 Chevy Chase, MD 20815	http://livingwithcancer.com
National Family Caregivers Association – (800) 896-3650	9621 East Bexhill Drive Kensington, MD 20895-3104	http://www.nfcacares.org

NIH – National Center for Complementary & Alternative Medicine (301) 402-2466 or 1(888) 644-6226	Building 31. Room 5B-38 9000 Rockville Pike Bethesda, MD 20892	http://nccam.nih.gov
Potomac Massage Training Institute (202) 686-7046	4000 Albemarle Street, NW Washington, DC 20016	http://www.wellness-net.com/html/baltimore
Smith Farm Center for the Healing Arts - (202) 483-8600	1229 15 th Street, NW Washington, DC 20005	http://www.smithfarm.com
Touch Research Institute (305) 243-6781	Univ. of Miami School of Medicine P. O. Box 016820 Miami, FL 33101	www.miami.edu/touch-research

