JESSE'S PADDLE

The Jesse Klump Memorial Fund, Inc.
P.O. Box 1786 · Berlin, Maryland 21811
667.227.9247 · www.jessespaddle.org · weremember@jessespaddle.org

Some people with mental health problems find it helps to use complementary and alternative therapies. Complementary and alternative therapies for mental health problems include yoga, electrical stimulation, and dietary supplements, such as omega-3s and kava. These approaches may increase feelings of well-being, reduce anxiety, ease symptoms of depression, and aid relaxation.

ACUPUNCTURISTS

Atlantic Acupuncture LLC
Hours 8- 2, (410) 725-9048
11033 Cathell Rd. Berlin, MD 21811

Coastal Acupuncture and Integrative Medicine
Open 8. Closes 4 PM (443) 513-4639
314 Franklin Ave. Suite 108 Berlin, MD 21811

Sea Wellness Acupuncture
Dr. Brooke Bochinski, DOM LAc
(410) 449-0554
29 Broad St. Berlin, MD Suite 205

Sun Cho Acupuncture LLC
10AM-2PM (302) 402-3113
30838 Vines Creek Rd. Dagsboro, DE 19939 sun@sunchoacupuncture.com

Red Dragon Wellness Center
9AM 5 PM (443) 614-7534
106 Milford St. Suite 402 Salisbury, MD 21804

Amber Dragon Acupuncture
10AM 2:30 PM (302) 503-2294
1200 Savannah Rd. Lewes, DE 19958
Amber@AmberDragon Acu.com

Zhang Oriental Medicine
10AM 6:30 PM (302) 393-1431

14614 Coastal Hwy. Milton, DE 19968

Lighthouse Acupuncture, LLC
Dr. Mary Beth Dwyer
10AM-6PM (443) 927-6273
29 Broad St. Suite 201B Berlin, MD 21811

Delmarva Acupuncture & Wellness Center Dr. Ashley Adams, LAc, Dipl
10AM 7 PM (302) 265-2751
1005 Mattlind Way Milford, DE 19963
dmvacu@gmail.com

Waterview Wellness – Acupuncture
By appt. only (410) 541-6408
10111 Waterview Dr. Ocean City, MD 21842

Jennifer Daisey, LAc
Holistic medicine practitioner
By appt. (410) 641-2943
11944 Ocean Gateway unit B Ocean City, MD

Acupuncture Associates-Sussex
9 AM-7PM (302) 644-8944
33252 Hudson Way #2 Rehoboth Beach, DE 19971

LIFE COACHES, HOLISTIC AND ALTERNATIVE/COMPLEMENTARY PRACTITIONERS, NONPROFIT SUPPORT & RESOURCES

Alternative therapies can act complementary to traditional treatment or may stand alone if effective for the practitioner and customer. Many of these practices have been known to help calm the body and help a person find balance in their life.

Atlantic General Hospital Integrative Health Services
410-641-3340
9733 Healthway Dr. Berlin, MD 21811
Warm blankets, aroma/essential oil therapy, animal-assisted therapy, healing music, and relaxation tv channel.

Being Human Transformational Wellness
Jennifer Douglas, PhD www.beinghumanenergy.com
@beinghumanenergy
302-316-0401

Unstoppably You Ministries

P.O. Box 1794 Lusby,
MD 20667
www.unstoppableyouministriesinc.org
Emergency services, training and supportive resources for human trafficking, homelessness and domestic violence

Delmarva Brain Heath Center Brian
Jones, M.ED.
bjonesshinehealth@gmail.com
610-587-4198 health, fitness, natural medicine, natural soil science, and education together to form a powerful effort in creating a healthy, non-toxic terrain in which our body, mind, spirit and environment can thrive.

The Personal Wellness Center
Veronica Correa, LSW/ Life Coach
410-742-6016
6508 Deer Point Dr. Suite 4C Salisbury, MD 21804 Reiki, aquamassage, hypnosis, EFT, TAT, REWOT, deep relaxation, aromatherapy

Healing Arts Center of the Eastern Shore www.eshealingartscenter.com
617 Franklin Ave. Berlin, MD 21811 eshealingartscenter@gmail.com
Yoga, music, sound healing, wellness programs, and rental space

Kelley Rakow, Master Life Coach
410-357-1179 www.kelleyrakow.com
Online help

Seaside Counseling & Wellness
410-973-2525
Berlin Professional Center
314 Franklin Ave. Berlin, MD 21811
Offers yoga and meditation

Teen Intervene
Free, Evidence based program for teens 12-19 experiencing mild to moderate problems associated with alcohol, drug use or gambling Community behavioral health.net

Doterra - Holly's Holistic Health
Holly Agnew - Essential Oil Educator
410-430-6791
hollysholistichealth.net

Boys for Positive Change (Facebook)
Youth Organization Worcester County
BFPchange@gmail.com
301-646-3008
Executive Director- Donnell Becketts

Home Care Consultant
Doncorbog Associates LLC
Certified Senior Advisor (CSA) Crystal Heiser
410-641-0901

The Personal Wellness Center
M-Th 8-7 F 8-2:30
Comprehensive mind, body and soul healing
410-742-6016 thepersonalwellnesscenter.com
6508 Deer Pointe Dr Suite 4C
Salisbury, MD. 21804

MASSAGE THERAPISTS

Massage has evolved into an additional treatment for mental health by reducing cortisol and adrenaline, and increasing serotonin and dopamine to reduce anxiety and depression.

Bethany Massage & Healing Arts
10AM-5PM (302) 537-0510
Coastal Hwy. #1 Bethany Beach, DE 19930

Kelley Lynn Crosby, NCMT, LMT
By appt. 410-430-4979
11944 Ocean Gwy. Unit B
Ocean City, MD 21842

Massage Envy
10AM-8PM 410-387-2698
11001 Manklin Creek Rd. Bldg. D unit 4
Ocean Pines, MD 21811

Massage Envy
8AM-9PM 443-736-7772
2657 N. Salisbury Blvd. Suite 105
Salisbury, MD 21801

OC Healing Hands Massage, LLC
By appt. 410-390-1510 InsideGoldCoastMall 11545 Coastal Hwy. Ocean City, MD 21842
www.ochealinghandsmassage.com

OC Massage
10AM-6PM 410-390-3318
Ocean Square Shopping Center
120th St. Suite 103D Ocean City, 21842
www.massageoceancity.com

Atlantic Retreat, Terri Street
By appt. 410-430-6581
29 Broad St. Suite A Berlin, MD 21811 atlanticretreat@gmail.com

Heart Hand Sole Massage & Bodywork 9AM-6PM (443) 373-2344
11809 Ocean Gty.Suite 2 Ocean City, 21842
www.hearthandsolemassage.com

Bethany Massage & Healing Arts
10AM-5PM 302-537-0510
33298 Coastal Hwy. Bethany Beach, DE 19930
www.bethanymassage.com

Atlantic Bodywork Center
9AM-5PM 302-539-5099
32895 Coastal Hwy. 101A Bethany Beach
www.atlanticbodyworkcenter.com

Awakened Spirit Massage
10AM-6PM 443-754-4309
9935 Stephen Decatur Hwy. unit 141 OC
www.akwakenedspiritmassage.com

Sincere Healing Touch Medical Massage Therapy 8AM-5PM
410) 845-6268
299 S Bi State Blvd. unit A Delmar,MD
www.sincerehealingtouch.com

Co Co Massage
9AM-10PM 302-217-0516
36666 W Bluewater Run #10 Selbyville, DE
www.co-co-massage.business.site

Zen Spa Fenwick
9AM-5PM 302-988-1750
38857 Bennett Ave. Selbyville, DE 19975 www.zenspafenwick.com

Massage Express
11AM-7PM 410-546-7765
2300 N Salisbury Blvd. Salisbury 21804

Soul Therapeutics Massage & Bodywork 10AM-7PM M-F
302) 519-2593
201 Laurel Rd. Millsboro, DE 19966
www.vagaro.com

Simply Sublime Massage and Bodywork 9AM-5PM T-F
410-713-2521 www.massagebook.com

147 Market St. Pocomoke City, MD 21851

YOGA

The word 'Yoga' is derived from the Sanskrit root 'Yuj', meaning “to join” or “to unite.” The practice of Yoga leads to the union of individual consciousness with that of the Universal Consciousness, a perfect harmony between the mind and body, Man & Nature.

Calm Minds Healing Center
By appointment, Zoom available
443-252-3369 calmmindshealingcenter.com
617 Franklin Ave Unit 19
Berlin, MD 21811

Meta Yoga
6:30 AM- 8:30 PM 410-417-
8711 metayogasalisbury.com
2324 N. Zion Rd.
Salisbury, MD. 21801

O.C. Beach Yoga
6:00AM-9:00PM 410-603-9801
oceancitybeachyoga.com 11701
Coastal Hwy
Ocean City, MD. 21842

O.C. Yoga 443-504-
5135 oceancityyoga.com
9100 Coastal Hwy
Ocean City, MD. 21842

Peninsula Pilates and Wellness
M-F 9:00AM-6:30PM Sat 9:00AM-10:00AM
410-430-5253
peninsulapilates.net 600
Glen Av.
Salisbury, MD. 21804

Pilates and More
M,W,F 8:30AM-5:00PM. T,T 8:30AM-7:30PM Sat 9:00AM-11:00AM or by appointment
410-251-2595
pilateszumbaandyoga.com Berlin,
MD.

Summer Rain Yoga
9:00AM-9:00PM at the center.
301-793-9537

Center: Williamsville Shopping Center 33195
Lighthouse Rd.
Selbyville, DE.
Outdoor summer address:
122nd St.
Ocean City, MD. 21842

Vance Row RYT-200
Yoga Rescue
Yogarescueinfo@gmail.com
410-726-2469
@yoga.rescue
Specializing in working with members of First Responder and Military Communities.

Yogavibez Studios
Class times online 443-865-
3109 yogavibezoc.com
12216 Ocean Gate Way Unit 300
Ocean City, MD. 21842

Zenna Wellness Studio
Class times online 443-
373-7069
zennawellnessyoga.com 10
S. Main St.
Berlin, MD.