

Affordable Wellness Classes

Community Yoga, Chanting, Meditation, Sadhana, and Resonance Repatterning at All That Matters • See calendar for times • FREE or by donation • 315 Main St., Wakefield • (401) 782-2126 • info@allthatmatters.com • www.allthatmatters.com

Erin Goodman's Monthly Mothers' Circle:
Guided Meditation, Journal Writing, Sharing Circle, Tea • Fourth Friday of each month, 7:30-9:00 p.m. • By donation • Babies in arms welcome • At Focus Yoga, 2750 South County Trail, East Greenwich • (401) 714-3926 •

eringroupman.com • www.eringoodman.com

Group Meditation and Empowerment Meetings at Positive New Beginnings • Every other Wednesday evening, 6:30-7:30 p.m. • By donation • 873 Waterman Ave., East Providence • (401) 432-7195 • www.positivenewbeginnings.com

Meditation and Yoga Workshops/Retreats, Contemplative Studies Initiative of Brown University • \$25 for non-Brown attendees • College Hill, Providence • (401) 863-3104 • www.contemplativestudies.org

T'ai Chi and Chi Gong in North Kingstown, with Mandy Crow • Tuesday evenings, 6:30p.m • By donation: money goes to horse rescue, Horse Play RI • St. Bernard's Parish Hall, Post Road, North Kingstown • (401) 886-4291 • mrcnk2004@yahoo.com

T'ai Chi at Goddard Park, Warwick with Chris Carlow • Sunday mornings at 7:00 a.m. (June - August) • FREE • (401) 219-6446 • Chris_Carlow@yahoo.com • http://natureshealing.musitar.com

Zen Meditation at Providence Zen Center • FREE • Daily; Introductory sessions Wednesday evenings • 99 Pound Rd., Cumberland • (401) 658-1464 • pzc@kwanumzen.org • www.providencezen.org

The Integrative Medicine Alliance's Affordable Holistic Care Directory Project is an all-volunteer effort. We welcome your tax-deductible donations to make and distribute copies of this brochure throughout Rhode Island. You can also support the IMA by becoming a member.

For details or to give, visit our website at:
www.IntegrativeMedAlliance.org/Affordable.asp



The Integrative Medicine Alliance (IMA) is an independent, 501(c)(3) non-profit organization that fosters networking, dialogue, education and collaboration between conventional and complementary/alternative medicine practitioners throughout New England in order to deepen the quality of the human experience of healthcare. Its Affordable Holistic Care Directory Project works to shine a light on holistic and integrative healthcare practitioners who are working to make their care more affordable in these challenging economic times. A New England-wide directory of these practitioners can be found at the IMA's website at:

www.IntegrativeMedAlliance.org

This project has been developed in collaboration with Karlo Berger at Whole Health Solutions LLC (www.KarloBerger.com) and with the invaluable assistance of Angela Wong (Brochure Writer, Researcher), Kevin Liou (Researcher) and Richard Stein (Researcher). We urge you to copy this brochure and circulate it! To download a free copy of this brochure, please visit the project's web page at: www.IntegrativeMedAlliance.org/Affordable.asp.

The Integrative Medicine Alliance, Whole Health Solutions LLC, project staff, and any distributors of this directory make no endorsement of any practitioner, business, therapy, or product described or linked to in this directory. The information in this directory is not intended to be a substitute for medical advice. We urge you to contact your physician and/or health team before trying any new therapy or healthcare product. If you do decide to seek treatment from any practitioner listed, please notify your physician and/or health team so that you and all those caring for your health may work together in harmony.

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and distribute widely!

A project of:



The Rhode Island Affordable Holistic Care Directory

*Think you can't afford
holistic care?
Think again!*

The Ocean State's only guide to
holistic caregivers who offer
treatments for \$35 or less,
or by donation.

(Plus listings of wellness classes
that are super-affordable,
by donation, or FREE.)

Community Acupuncture

Providence Community Acupuncture • \$15-\$35 sliding scale w/\$10 first-visit paperwork fee • 144 Waterman St., Providence • (401) 272-2288 • acupunctureisaffordable@gmail.com • www.providencecommunityacupuncture.net
South County Community Acupuncture • \$15-\$40 sliding scale w/\$10 first-visit paperwork fee • 750 Boston Neck Road, Narragansett • (401) 788-1068 • info@shiningsea-acupuncture.com • www.shiningsea-acupuncture.com

Massage and Bodywork

Community College of Rhode Island Student Massage Therapy Clinic (May/June only) • \$20 • CCRI Newport County Campus, 1 John H. Chaffee Blvd., Newport • (401) 851-1722
Community Shiatsu with Karlo Berger, AOBTA • \$20-\$40 per person sliding scale (two-person minimum), \$35-\$70 per couple • 144 Waterman St., Providence • (401) 383-0661 • Karlo@KarloBerger.com • www.KarloBerger.com/shiatsu.htm
Craniosacral Therapy with Ellen Santaniello, craniosacral therapist (intermediate) • \$20-\$35 sliding scale • Providence • (401) 316-3226 • ellensantaniello@gmail.com
Integrative Care Therapy with Elaine Grant, MRC, AOBTA-CP • \$35-\$60 sliding scale • Park Square Medical Center, 63 Eddie Dowling Highway, Suite 7, North Smithfield • (401) 766-9400 • emg931@cox.net
Pediatric Massage for Families, with Jennifer Bernardo, LMT • \$25 • Cumberland • (401) 728-7746 • Jennifer@relaxing-touch.net • www.relaxing-touch.net

Mind/Body Therapies

Body-Centered Talk Therapy with Ellen Santaniello • \$20-\$35 sliding scale • Providence • (401) 316-3226 • EllenSantaniello@gmail.com
Heart-Centered Hypnotherapy and Flower Essence Therapy with Julia Hankin • \$35-\$85 sliding scale • Cranston and East Providence • (508) 837-4812 • holistichealinghypnotherapy@gmail.com
Holistic Counseling with Kate Siner Francis, PhD • \$30-\$100 sliding scale based on income and family size • 194 Waterman St., Providence • (401) 654-4618 • Kate@largervisions.com • www.largervisions.com

Holistic Counseling with Linda Hogan, CHHP • \$35 • West Warwick and East Providence • (401) 949-0049 • gaia_healer@yahoo.com • www.naturalwaystowellness.com

Herbal Medicine

Natural Health / Herbal Consultations at Pharmacy Herbs • sliding scale, FREE, or by donation • 28 Cemetery St., Providence • (401) 270-5223 • info@farmacyherbs.com • www.farmacyherbs.com

Reiki and Energy Healing

Colorpuncture, Reiki Level 2 (intermediate), Aura Cleansing, Essiac Tea Preparation with Jackie Cushman • \$35 or sliding scale • Woonsocket • (401) 766-9867 • cushjackie@yahoo.com
Group Energy Healing with Elaine Grant, MRC, AOBTA-CP • For groups of 2 to 3 people only, \$15-\$20 per person sliding scale • Park Square Medical Center, 63 Eddie Dowling Highway, Suite 7, North Smithfield • (401) 766-9400 • emg931@cox.net
Group Tong Ren Energy Healing with Linda Hogan and Donna O'Connell • By donation (\$10 per person recommended) • First and third Wednesdays of every month, 5:30-6:30 p.m. • At Positive New Beginnings, 873 Waterman Ave., East Providence • (401) 949-0049 • gaia_healer@yahoo.com • www.naturalwaystowellness.com
Integrative Care Therapy with Elaine Grant, MRC, AOBTA-CP • \$35-\$60 sliding scale • Park Square Medical Center, 63 Eddie Dowling Highway, Suite 7, North Smithfield • (401) 766-9400 • emg931@cox.net

Reflexology

Reflexology with GERALD LEE • \$25-\$45 sliding scale for one hour, \$15-\$25 for 30 minutes; FREE self-care workshops. • Providence • (401) 274-0504 • glee070@aol.com • www.gerallee.com

Discounts Limited to Seniors, Those with Cancer or Serious Illness, and Other Groups:

Care for Cancer Program at Pharmacy Herbs • FREE holistic-based support and information for cancer patients and their supporters • 28 Cemetery St., Providence • (401) 270-5223 • info@farmacyherbs.com • www.farmacyherbs.com
Colorpuncture, Reiki Level 2 (intermediate), Aura Cleansing, Essiac Tea Preparation with Jackie Cushman • By donation for seniors and those on disability • Woonsocket • (401) 766-9867 • cushjackie@yahoo.com
Reiki with Barbara Ramer, RMT • \$35 for cancer patients • 250 Wampanoag Trail, Suite 201, East Providence • (401) 434-6596 • kitouchreiki@aol.com
Reiki with Joan Maggiacomo, Reiki Master • \$20 or by donation to cancer patients and those with serious illness • North Kingstown • (401) 294-1517 • jmbutterfly@cox.net
Reiki and Energy Healing with Linda Hogan, CHHP • \$35 for cancer patients • West Warwick and East Providence • (401) 949-0049 • gaia_healer@yahoo.com • www.naturalwaystowellness.com
Reiki, Energy Clearing, Tuning Fork Therapy, and Young Living Essential Oil Therapy with Susanne Dillon, Reiki Level 2 (intermediate) practitioner • \$27-\$35 sliding scale for Rite Care members, welfare recipients and/or those facing serious illness • Cranston • (401) 828-7018 • SueDillon@cox.net
Reiki, Reflexology, Hypnotherapy and Chakra Guided Imagery with Michele Shull • \$35 for senior citizens (65+) and those with chronic or serious illness • Soul to Sole Holistic Therapies, 107 Mishnock Rd., West Greenwich • (401) 523-7930 • www.soultosoleholistictherapies.com
Reiki, Theta, Ear Coning, and Spiritual Counseling with Dorothy Souza, RMT • \$35 for cancer patients • 873 Waterman Ave., East Providence • (401) 432-7195 • dottie@positivenewbeginnings.com • www.positivenewbeginnings.com
Reflexology with Nancy Bartlett, NBCR • \$35 for senior citizens (65+) and those with serious illness • Chepachet • (401) 714-5722 • happy_feet@cox.net • www.happyfeetreflexology.com
Curious about a form of care listed here? Feel free to email the caregiver!