

IU5 NOREBT Trust Wellness Workshop Providers

Provider	Contact Name	Sample of Workshops	Address	City	State	Zip	Phone	Fax	E-mail
American Cancer Society									
	Jennifer Bach	Cancer: Prevention, Detection, and Patient Services	2115 W 38th St	Erie	PA	16508	(888) 227-5445	(814) 866-3890	jbach@cancer.org
American Respiratory Alliance of Western PA									
	Maryann Valasek	Smokeless Saturday	201 Smith Dr Suite E	Cranberry Township	PA	16066	(724) 772-1750	(724) 772-1180	
ASERA Care Hospice									
	Meg Maly		1600 Peninsula Dr	Erie	PA	16505	(814) 836-5255		
Chiropractic Works									
	Dr. Kristine Nelson	Mind/Body Wellness	PO Box 150 413 High St	Waterford	PA	16441	(814) 796-3535	(814) 796-3535	
Community Health Net									
	Stephanie Schaff-Turri	BEE Smoke Free	1202 State St	Erie	PA	16501	(814) 454-4530	(814) 459-6678	
Community Service Officer									
	Trp. Darin Greenlee	Meth Lab Awareness	11176 Murray Rd	Meadville	PA	16335	(814) 332-6911	(814) 332-6624	
Crime Victim Center									
	Amy Blackman	Healthy/Unhealthy Relationships; Internet Safety Programs; Bullying; Good Secrets/Bad Secrets; Sexual Harassment; Dating Violence; Date Rape; Sexual Assault; Date Rape Drugs; Child Abuse/Mandates Reporting	125 W 18th St	Erie	PA	16501	(814) 455-9414	(814) 455-9300	amyb@cvcerie.org
Deerfield Behavioral Health Program (Employee Assistance Program)									
	Robert Benacci	Adapting to Change	2808 State St	Erie	PA	16508	(814) 456-2457	(814) 456-7679	robb@dbhn.com
Dr. Dean Ornish Program - Center for Healthy Living									
	Walter Horner	Reversing Heart Disease	3030 Peach St	Erie	PA	16508	(814) 868-6437		

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Erie Center on Health & Aging									
Joy	Parker	Osteoporosis Risk and Prevention; Risk and Prevention: skin & colon- rectal cancer	406 Peach St	Erie	PA	16507	(814) 453-5072	(814) 452-1578	healthyagingerie.org
Erie County Department of Health									
Kelly	Kidd	ALA Freedom From Smoking; Quit Smart; Smoke Free Baby and Me	606 W 2nd St	Erie	PA	16507	(814) 451-6784	(814) 451-6774	
Erie Insurance									
Mark	Dombrowski	Accounting; Auto Theft; Careers; Commercial Insurance; Community Relations; Erie Insurance Group; General Insurance; Insurance Fraud; Life Insurance; Management; Marketing; Personal Auto Insurance; Personal Property Insurance; Professional Development; Safety; Special Events; Technology	100 Erie Insurance Place	Erie	PA	16530	(814) 870-2285		
Greater Erie Community Action Committee (GECAC)									
Gail	Dylewski	Freedom From Smoking-American Lung Association (ALA); Individual Cessation; NOT (Not on Tobacco)	27 W 8th St	Erie	PA	16501	(814) 459-4581	(814) 480-8725	
Hamot EAP									
John	Monocello		201 State St	Erie	PA	16550	(814) 877-6153	(814) 877-6808	john.monocello@hamot.org

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Hamot Health Connection									
	Laurel Swartz	Wellness Coaching; Acupuncture for Arthritis; Been There, Done That; Fibromyalgia: 10 Natural Tips; Discover Reflexology; Discover Relaxation Within; Self-hypnosis for Weight Loss; Get Ready for Golf; Jin Shin Do Self-acupressure Basic Neck Release; Forgive Me?; Brain Aerobics; Living With Your ADD Partner; Afraid to Fly?; Afraid to Drive?; I'm Talking But He's Not Listening; Emotional Eating; Are You a Pack Rat-Or Do You Live With One?; Clear the Air, Be Tobacco Free; Self-Hypnosis to Quit Smoking; Lung Screening; Gentle Exercise; Strength Training; Combo Workout; Free Blood Pressure Screening; Beyond Breast Cancer Support Group; Adult CPR; Cosmetic Procedures: Facing Forward; Bone Density Screening; Menopause Coaching; Could it Be My Thyroid?; Cooking with Soy and Flax; Humor Your Hormones; Sound Asleep; T'ai Chi for Beginners; Yoga for Kids; Childbirth Education Classes; Breast-feeding Basics; Breast-feeding and the Working Mother; Baby Basics, Infant and Child CPR; Yoga During Pregnancy; Infant Massage; Pregnancy Massage; Sibling Preparation Classes; For Daughters and Their Mothers; For Sons and Their Mothers; Effective Discipline for Children 2-12; Understanding Your Teen's Emotions; Parent Coaching; Comprehensive Resource and Referral Center for the Entire Family; Power Pilates: The MAT Workout; Is It Hot in Here or Is It Me?	3030 Peach St	Erie	PA	16508	(814) 877-6145		
Hamot Medical Center									
	Janet Chrostowski	Truth About Fad Diets	201 State St	Erie	PA	16550	(814) 877-6019	(814) 877-4047	janet.chrostowski@hamot.org

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Hamot Wellness Center		Massage for Older Adults; Interpersonal CPR; Sports Massage for Families; Listen to Your Body- Ways to Reduce and Prevent Pain; How to Give a Stress Buster Massage; Personal Fitness Coaching; Self- defense Awareness for Women; Outsmarting the Middle Fat Cell; Stretching is for Everyone; Body Fat Testing and BMI Analysis; Whittle Your Middle; Fitting Feet For Function; You're It, Get Fit!; Get In Shape on the Ball for Beginners; Getting Fit 101; Silver Sneakers I; Silver Sneakers II; Pilates on the Mat; Step N' Sculpt; Pi-Robics; Strength Circuit Class; Cardio Class; Get on the Ball Workout; Kidz Get Fit Class; Free Blood Pressure Screening; Are You at Risk for Heart Disease; Adult CPR; Stress Testing; Stroke Watch; HOPE; Red Sky at Night Sailor's Delight; Diabetes and Exercise; Fall Prevention; Breast Cancer Myths and Breast Self-exam; Cancer Screening Recommendations; Manage Your Medications; Weather and Your Health; Exercise to Help Prevent or Reduce Low Back Pain; Brown Bag Medication Check-up; Feet First; T'ai Chi; Self-defense for Adults; Martial Arts for Kids; Beginners Yoga; Head to Toe Yoga; Personal Nutrition Coaching; Eat Well for Life; 7 Keys to Losing Weight; Strategies for Overcoming Emotional Eating	300 State St Suite 107	Erie	PA	16507	(814) 877-7030		
	Kathy Iorio	Who Wants to Eat Smart, Move More, and Feel Like a Million Bucks?	300 State St	Erie	PA	16507	(814) 877-3765	(814) 877-5067	
Health South		Worksite Health and Disability Services; Management Services	143 E 2nd St	Erie	PA	16507	(814) 878-1284		

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Highmark Preventative Health Services									
Jane	Livingston	Lifestyle Improvement Program; Individual Nutrition Counseling; Smoking Cessation Program; Preventative Health Services; online: Health Media	717 State St	Erie	PA	16501	(814) 871-6714		jane.livingston@highmark.com
Hospice of Metropolitan Erie									
Karen	Moski	End of Life-Caregivers and Decision-Making in Life-Threatening Illnesses	202 E 10th St	Erie	PA	16503	(814) 456-6689	(814) 456-8219	hospice@velocity.net
Hubbarb, Bert, Karle, Weber									
Mark	Salvia	Financial Planning	1250 Tower Ln	Erie	PA	16505	(814) 454-0167	(814) 459-2250	
Independent Providers									
Robert	Deppen	Foot and Walking Program	201 State St	Erie	PA	16550	(814) 877-6153	(814) 877-6808	john.monocello@hamot.org
Steve	Smith	Self Defense and Awareness	3819 Essex Av	Erie	PA	16504	(814) 725-4501	(814) 725-4504	steves@sundahlinsurance.com
Lake Erie College of Osteopathic Medicine (LECOM)									
Hannah	Howell	LECOM Tobacco Cessation Program	1858 W Grandview Blvd	Erie	PA	16509	(814) 866-8162	(814) 866-8450	
Meadville Medical Center									
		Aging; Children/Parenting; Drug & Alcohol Abuse; Health Careers; Health Care Issues; Health Problems	751 Liberty St or 1034 Grove St	Meadville	PA	16335	(814) 333-5678		
Medical Associates of Erie									
Becky	Styn	Medical Associates of Erie	4000 Sterrettainia Rd	Erie	PA	16506	(814) 833-2831	(814) 838-1145	rstyn@lecom.edu
Multi-Cultural Health Evaluation Delivery System (MHEDS)									
Agnes R	Priscaro	MHEDS Diverse Population Cessation Program	2928 Peach St	Erie	PA	16508	(814) 453-6229	(814) 459-7362	
Northwest Beacon Group, LLC (Employee Assistance Program)									
Julie	Krenz	Lunch & Learns	Frontier Place 1353 W 6th St	Erie	PA	16505	(814) 459-3272	(814) 454-7780	www.nwbeap.org
Safe Harbor									
Melissa	Russiano	Perfectionism "Liking Yourself the Way You Are"	1330 W 26th St	Erie	PA	16508	(814) 459-3272		

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Saint Vincent Health Center									
	Meg Maly	Quit Smoking the Positive Way	2744 E 44 St	Erie	PA	16510	(814) 825-2200		
Stairways Behavioral Health									
	Julie Huggler	Stairways Tobacco Cessation Program; Alcohol and Drug Free Workplace; Anger Management; Caring for an Older Parent; Caught in the Middle: The Sandwich Generation; Change Management; Conflict Resolution; Depression; Development of Teenagers; Difficult People; EAP: Employee Orientation; EAP: Management Orientation; English as a Second Language; Financial Management; Gambling and Other Addictive Behaviors; Happy Health Relationships; Helping your Parents Adjust to the "Season of Loss"; Retirement: Preparing Emotionally; Sleep Issues; Stress Management; Violence at Work	2919 State St	Erie	PA	16508	(814) 878-4195	(814) 461-0745	
Titusville Area Hospital									
	Julie Kunselman	CPR and First Aid; CPR Healthcare Provider Full Course; CPR Recertification; Diabetes Management; Look Good, Feel Better; Medical Terminology; Smoke-free for Life Class; Alzheimer's Support Group; "Your First Hello"; Lamaze	406 W Oak St	Titusville	PA	16354	(814) 827-1852		tah@erie.net
Vanguard Medical Missions									
	Ray Zimmerman	Cardiopulmonary Resuscitation (CPR)	1415 W 34th St	Erie	PA	16508	(814) 864-4157		
Wegman's									
		Better Food for Better Health	6143 Peach St	Erie	PA	16509	(814) 860-5300		
Whole Foods Cooperative									
	Bob Sonnenberg	The Organic Alternative	1341 W 26th St	Erie	PA	16508	(814) 456-0282	(814) 459-7079	bob@wholefoodscope.org