

## Alternative Therapies

**Center for Balanced Living, LLC**  
Craniosacral Therapy, Massage,  
Polarity, EFT, Reiki, Group Meditations,  
Workshops, Tarot Readings  
74 Lunt Rd., Suite 206, Falmouth, ME  
207-781-5100  
www.mainececenterforbalancedliving.com  
See article on page 20 and ad on page 6

**Green Amber Healing**  
Homeopathy & Attunement  
Joan Elizabeth  
Portland, ME • 207-671-0899  
www.greenamberattunement.com  
See ad on page 13

**Karen St. Clair**  
Certified EFT Practitioner &  
Usui Reiki II Holy Fire Master Teacher  
Portland, ME  
207-878-8315 • www.karenstclairaft.com  
See ad on page 17

**Presence of Mind Studio**  
Meditation & Mindfulness Classes  
& Private Coaching  
142 High St., Portland, ME  
207-229-3444 • presenceofmindstudio.com  
See article on page 16 and ad on page 13

**Six Branches Family Acupuncture**  
570 Brighton Ave., Portland, ME  
207-370-1535 • sixbranchesacupuncture.com  
See ad on page 15

## Clinical Thermography

**Inner Image**  
Ingrid Levasseur  
5 Fundy Rd., Suite 10C, Falmouth, ME  
207-781-6060 • www.myinnerimage.com  
See ad on page 24

## Elder Services

**Home Care Assistance**  
Non-medical, In-home care  
US Rt. 1, Shaw's Plaza, Falmouth, ME  
207-835-4849  
www.HomeCareAssistancePortlandMaine.com  
See ad on page 24

## Hearing

**Southern Maine Audiology**  
US Rt. 1, Shaw's Plaza, Falmouth, ME  
207-781-7200 • southernmaineaudiology.com

## Home Products & Services

**L-oma Buckwheat Pillows**  
The Bridges Foundation  
35 Ossipee Trail, Standish, ME  
207-595-8106 – www.L-oma.com

## Nutrition

**The Holistic Health Approach**  
Stephanie Walsh  
Nutrition, Fitness & Eating Psychology Coach  
260 Western Ave., South Portland, ME  
207-730-2208 • theholistichealthapproach.com  
See article on page 9 and ad on page 23

## Personal and Professional Coach

**Deb Bergeron, PCC**  
Ocean of Possibilities  
100 Gray Rd., Falmouth  
207-797-9007 - www.oceanofpossibilities.com

**Christina Stathopoulos, ACCC**  
Hear Her Roar  
917-819-5113 • hearherroar.net  
See ad on page 13

## Psychotherapy Services

**Vast Horizons Center for Personal Growth**  
Sparhawk Mill, 81 Bridge St., Yarmouth, ME  
207-650-8052 – www.vasthorizons.com  
See ad on page 10

## Spa Services and Well Being

**Craft Estética & Craft Salt**  
17 Ash St., Westbrook, ME  
207-854-0602 • www.craftestetica.com  
See ad on page 6

## Vein Health

**Vein Healthcare Center**  
100 Foden Rd., South Portland, ME  
207-221-7799 • veinhealthcarecenter.com  
See article on page 14 and ad on back cover