



Tap into the Power of You

Blue Cross HealthyExtensions

As a Blue Cross of California member, you can get more than basic health care benefits. You gain the power to make healthy lifestyle choices with Blue Cross HealthyExtensions.SM

Blue Cross HealthyExtensions can be your springboard toward revitalizing yourself and your loved ones. This innovative program allows you to tap into alternative health and wellness practitioners, fitness clubs and products, and other health-inducing programs at discounted rates.

Combine these independent resources with the preventive care and wellness programs included with your Blue Cross benefits, and you're in step with a healthy lifestyle.

Blue Cross HealthyExtensions offers:

- Soothing relief from stress, pain and addictions through alternative health and wellness practitioners
- A hearty collection of discounted products and services from nationally recognized sources

Health & Wellness Practitioners

When was the last time you felt the tension drain from your muscles? Or your mind in balance with your body?

When did you last consume a meal that reduced your waistline as it satisfied your appetite and benefited your heart? Or overcome an addiction through the power of your subconscious?

The discounted services of massage therapists, yoga practitioners, registered dietitians and hypnotherapists are available to you from the health and wellness practitioners who participate in HealthyExtensions. The practitioners do not belong to a Blue Cross provider network, nor are their services covered under your Blue Cross health care plan.

While helping to reduce your stress level, the Blue Cross HealthyExtensions practitioners can also reduce your costs. On average, you'll save:

- 10–25% on massage therapy
- 10–25% on yoga
- 20–25% on services from a registered dietitian
- 10–25% on hypnotherapy

For a list of health and wellness practitioners, please see pages 3-7. If you have Internet access, you can find updates to the health and wellness practitioners on-line at www.bluecrossca.com. At the *Home* page, click on *Member, Healthy Living*, and then on the *HealthyExtensions* hotlink. For your convenience, the practitioners are organized by disciplines and counties.

Discounted Products & Services

Whether you want nutritional supplements or aromatherapy, hearing aids or vision care, the independent vendors participating in Blue Cross HealthyExtensions offer you choice, flexibility and freedom. And since you're a Blue Cross member, they also offer you discounts on nationally recognized products and services.

For direct links and more information online, go to www.bluecrossca.com, click on the *Member, Healthy Living* and *HealthyExtensions* hotlink in the blue side-navigation bar, then click on the specific product hotlink at the HealthyExtensions Home Page. You may also call the toll-free number that appears in parentheses.

Discounted HealthyExtensions products & services include:

- \$25 to \$50 off enrollment fee at **24 Hour Fitness**® with additional discount for the 24/5 program (call 1-800-204-2400)
- 25-50% off enrollment fee at **Gold's Gym**® (call 1-800-99-GOLDS)
- 15% off of rehabilitation & exercise products for children & adults at **TherapyZone.com**® (use code 25708 online or call 1-877-834-6667)
- 10% savings on your first purchase, a free one-year membership to the Baby Genius Club & a free music CD from **Baby Genius**® (call 1-888-454-5046)
- up to 50% on brand name nutritional vitamin & supplements from **HealthyDrugstore.com**™ (call 1-877-305-0530)
- savings on health & wellness products, including vitamins & supplements, health related books & videos, offered by **Healthyroads**™ (call 1-888-289-4325)
- 10% off all skin care and cosmetic products from **Complexions Rx**™ (call 1-877-202-7546)
- 15% off of Health & Wellness programs at **The Chopra Center for Well Being**™ in La Jolla, California (call 1-888-424-6772)
- up to 30% off of products for the body, mind & spirit from the **House of Healing**™ (call 1-888-634-HEAL)

- save 20% at **Lindora** clinics in Southern California, on the Lean for Life onLine™ Internet coaching program, the Lean for Life AtHome™ telephone coaching program and the Lindora Lean for Life Getting Started kit. (call 1-800-LINDORA)
- travel information and savings on travel gap insurance from **Highway to Health** access through bluecrossca.com.
- free hearing screening from **Beltone Hearing Center**™ & up to 25% off of Beltone Hearing Aids (parents & grandparents are also eligible; call 1-800-BELTONE)
- free hearing screening plus 30% savings on many brands of hearing aids at **Newport Audiology** (parents & grandparents are also eligible; call 1-800-675-5485)
- up to 50% off of all brands of contact lenses & free shipping from **TruVision**™ (call 1-877-766-2020)
- up to 65% off of frames, lenses & exams, as well as sunglasses, accessories & contact lens solution, from **Vision One**™ eyecare program by Cole Vision, located in Sears, JCPenney, Pearle Vision, Target Optical & other independent providers (use code 20259 online or call 1-800-424-1155)
- save 5% off all non-prescription items (over 17,000 products) and \$10 off your first purchase. Experience **drugstore.com**- online pharmacy, convenience, health and wellness information. Access the discount through www.bluecrossca.com.

When making your purchase, simply tell the provider that you're a Blue Cross member. Keep your Blue Cross member ID card handy in case it's requested.

Hypnotherapists

Alameda County

Priscilla Rose, RN
Fremont & Pleasanton
(510) 440-9952

Contra Costa County

A Higher Perspective
Lucy Valdezian
Danville
(925) 820-6212

Kern Country

Holistic Health & Hypnosis Center
Anita Bell
Pine Mountain Club
(661) 242-2133

Los Angeles County

Marotta/Wikkling Hypnotherapy
Albert Marotta
Alhambra
(323) 222-3874, (323) 222-8160

Robert A. Levinson

Azusa & Pasenda
(818) 603-4273

Karen Golob

Beverly Hills
(310) 276-1342

Kelly Michels

Brentwood
(310) 394-2578

Michelle L. Constantine

Brentwood
(310) 842-6176

Center for Hypnotherapy

Norma Citron
Calabasas
(818) 222-6272, (818) 591-8775

Ann J. Ullrich

Chatsworth
(818) 773-8826

JRO Associates

R. Boris Greenberg, MFT
Jacalyn Ostrove-Greenberg, MFT
Encino
(818) 708-3358

Personal Growth Unlimited

Michele Guzy
Encino
(818) 501-MIND (6463)

InnerSite

Liza Boubari
Glendale
(818) 551-1501

Hypnotherapy Behavior Enhancement

Floyd Carter
Glendora
(626) 963-8424

Innercalm Associates

Lou Ringle
Hermosa Beach
(800) 551-0755, (310) 376-6669

Camelot Hypnotherapy Center

Jack Knight
Lancaster
(661) 946-7166

Just Imagine Hypnosis & NLP

Melissa Bergstrom McAuliffe, RN
Lawndale
(310) 973-3397

Denise Manet

Long Beach, Norwalk & Sherman
Oaks
(562) 929-3148

Barry Dennen

Los Angeles
(323) 377-5505

Diane Kirkland

Los Angeles
(323) 223-8934

Fay Shatzkin

Los Angeles
(310) 330-8851

Hypnosis Motivation Institute

Patricia DiGiacomo
Los Angeles
(213) 999-6905

Hypnosis Motivation Institute

Carol Maas
Los Angeles
(310) 588-3263

Juanita Beth Morgan

Los Angeles
(213) 389-2715

Live Oak Hypnotherapy

Nancy Powers
Los Angeles
(310) 266-9628

Nelle Pingree

Los Angeles
(310) 452-5563

Sandy Giffis

Los Angeles
(310) 204-1520

The Ness Counseling Center

Denise Parrillo
Dennis Brown
Los Angeles
(310) 360-8512

Patricia Bilman

Mar Vista
(310) 391-6649

Taking Charge

Joan Irvine
Marina del Rey
(310) 892-6363

Ken J. Goodman LCSW

Northridge
(818) 542-7925

Donald Hollaman

Palmdale
(661) 273-5876

April Louis

Pasadena
(888) 303-7797, (626) 568-3443

Phoenix Wellness Center

Tim Buford
Pasadena
(626) 398-9031

Creativity Unlimited

Shelly Stockwell
Rancho Palos Verdes
(310) 541-4844

Gage Tarrant

Santa Monica
(310) 829-7000

Jessica St. John

Santa Monica
(323) 550-5900

Mursalin Machado

Santa Monica & Sherman Oaks
(818) 386-1106

Ofra D. Peters

Santa Monica
(818) 906-3148

Toni Miller

Santa Monica
(310) 397-7385

Mind Growth Technologies/Hypnosis

Kevin Stone
Sherman Oaks
(800) 474-9766, (818) 780-4548

O'Neil Motivational Hypnosis

Chery O'Neil
Sherman Oaks
(818) 754-1532

West Valley Counseling Center

Saied Boromand
Sherman Oaks
(818) 384-8908

Inner Harmony Inc.

Pavitra Anand
Sierra Madre
(626) 355-5043

A Change for the Better

Penny Stalbow, MA
Tarzana
(818) 345-0192

Carmen S. Diamond

Tarzana
(818) 774-3767

Doreen M. Ledley

Tarzana
(818) 730-0361

Hypnosis Motivation Institute

Tarzana
(818) 758-2720 Appointments

Alla Kalyuzhny

Bz Sommers
Carol Maas
(310) 588-3263

Cheryl O'Neil

(818) 754-1532

Deborah Pietruska

(818) 970-3532

Denise Manet
(562) 929-3148

Floyd Carter
(626) 963-8424

Gage Tarrant
(310) 829-7000

Jack Knight
(661) 946-7166

John Melton
(818) 754-4681

Linda Arebalo
(818) 347-5810

Linda Hotz
(818) 948-2489

Patricia Bilman
(310) 391-6649

Patricia DiGiacomo
(213) 999-6905

Philip Meyerson
Saied Boromand
(818) 384-8908

Shelley Hammill Stern
(818) 374-8864

Silvia Perchuk
(818) 326-3373

Susana Rupolo
(626) 395-9539

Thomas Pedigo

MindMatters

Sharon Morton
Tarzana
(818) 346-9592

Joe Futterer

Topanga
(818) 704-7011

Lane LaRue

Topanga
(818) 704-9917

Barbara Gerber

Torrance
(310) 540-6943, (310) 784-5994

Philip Meyerson

Tujunga
(818) 951-1310

Kazuo E. Gil

Valencia
(805) 573-0105

The Mind Center at Hands on Health Care

Steven LaMar Peterson
Valencia
(661) 296-7213

Motivational Hypnosis

Linda Clements
Valley Village
(213) 891-2630

Success Center

Terry Brussel-Gibbons
Van Nuys
(800) 462-5669

Melinda Sue Norin

W. Toluca Lake
(818) 766-4127

Shiny Medical Resources

Lily Lee, RN
West Covina
(626) 917-4469

Virginia Feingold

West Hollywood
(310) 998-2437

William A. Cox

Westwood
(310) 208-4469

Marin County

Janet Nunan MacLaughlin

Larkspur
(415) 927-2990

Center for Psychotherapy & Healing

Diane Cullum
San Rafael
(415) 883-0762

Orange County

Karmen EAP International

Karen Payne, MA
Costa Mesa
(800) 307-KEAP, (714) 556-5569

Positive Changes Hypnosis

Tere Harris
Bob Harris
Fountain Valley
(714) 965-6999

Jonathan Sy Jr.

Huntington Beach
(714) 964-0057

Shirley Dole MBD, ND, HHD

Mission Viejo
(949) 454-1415

Placer County

InnerQuest

Sue Marshall
Auburn
(530) 889-8505

Hypnotherapists, cont.

LAURUS Human Success Technologies

Brad Yates
Roseville
(916) 326-0922

Norma G. Flautt, RN
Roseville
(916) 789-2027

Hypnotherapists, cont. Sacramento County Life Enrichment Center

Renee Summers
Sacramento
(916) 368-3955

**San Diego County
Nikki Goldman**

Poway
(858) 748-2608

Dr. Alan M. Matez
San Diego
(619) 297-5468

San Francisco County

Actualizing Hypnotherapy
Michael Pollack PhD
San Francisco
(415) 759-8630

Grace M. Furst
San Francisco
(415) 821-4932

Kay B. Heatherly MA
San Francisco
(415) 922-1664

San Joaquin County Evergreen Personal Improvement Center

Ginny Lucas
Stockton
(209) 472-0722

San Luis Obispo County

Kathy Bornino MFT
Arroyo Grande
(805) 481-1724

**San Mateo County
Before The After**
Julia Carmen
Pacifica
(650) 738-8045

Suzanne Petrocchi, MS, MFT
San Mateo
(650) 340-6707

Santa Barbara County

Lani Aura
Santa Barbara
(805) 701-0367

Positive Changes Hypnosis
Lisa Lang
Santa Barbara
(805) 569-1202, (805) 569-5153

Santa Clara County

Jeanne Fournier
Mountain View
(650) 961-3479

Santa Cruz County

Gina Pearlin
Santa Cruz
(831) 427-2957

Ventura County

AH-HA Hypnosis
Judith Umansky, RN
Oxnard
(800) 601-6018

Dorothy Bonenberger
Ventura
(805) 644-7522

Barbara Chase
Westlake
(818) 363-8971

JRO Associates
R. Boris Greenberg, MFT
Jacalan Ostrooe-Greenberg, MFT
Westlake Village
(866) 906-3002

Massage Therapists

Alameda County

I Touch U

Sharon Harris
Alameda
(510) 814-7287

Katherine Hughes Gibney
Berkeley
(510) 841-7227

Valley Massage & Bodywork
Marcus-Patrick Padilla, NCTMB
Valerie Davis, LVN, NCTMB
Castro Valley
(510) 881-5551

Priscilla Rose, RN
Fremont & Pleasanton
(510) 440-9952

Donna Fenstermaker
Oakland
(510) 532-7365

European Experience
Karin Billups
Oakland
(510) 430-3996

Tracy Waugh
Oakland
(510) 595-0590

Jeanette Miller NCTMB
Pleasanton
(925) 556-5422

Main Street Chiropractic
Linda Jagels, NCTMB
Pleasanton
(510) 538-2899

Daniel R. Huckabay Muscular Therapy, NCTMB
Union City
(510) 487-3727

Butte County

Alternative Healthcare
Daniel Seibert
Chico
(530) 894-5457

Linda Valine
Chico
(530) 879-9192

Colusa County

Sheer Class
Linda Valine
Williams
(530) 473-2005

Contra Costa County

Ellen Mossman
El Cerrito
(510) 527-7968

Linda G. Proell
Lafayette
(925) 930-7993

The ATMA Group
Katherine Hughes Gibney
Point Richmond
(510) 232-5400

Integrative Bodywork & Associates
Gayle Matsuura Alves, NCTMB
Walnut Creek
(925) 947-0459

Fresno County

Ernest Klassen
Dinuba
(559) 638-1735

Humboldt County

Massage Therapy From the Heart
Julie Hochfeld
Arcata
(707) 822-3133

Sarah Lauderdale, NCTMB
Arcata & Eureka
(707) 442-3360

Hands-on Health Care

Mike Walkner
McKinleyville
(707) 839-5915

Los Angeles County

Scott Belkin
Century City
(310) 286-1908

Elyse G. Briggs, NCTMB, RYT
Glendale
(818) 241-1781

Golds Gym & Massage Therapy
Yvonne Tuchscher
Long Beach
(562) 624-4170

Golds Gym & Massage Therapy
Michael Levi, PhD
Long Beach
(562) 435-0034

Tranquility Massage & Yoga Center

Maureen McDonald
Long Beach
(562) 437-5900 Ext. 2645

Betzi Stein, NCTMB
Los Angeles
(310) 202-0474

EMBRACES
Terry Adams, RN
Los Angeles
(310) 476-8605

Judson Rothschild

Los Angeles
(310) 710-3160

Kimberly Davis, NCTMB
Los Angeles
(323) 658-8166

Release & Reorientation

Robert Mueller
Los Angeles
(323) 462-5932

T. Robert Hert, NCTMB
Los Angeles
(818) 715-9414

Oceanside Acupuncture

Debbie Imsland
Manhattan Beach
(310) 318-2225

Solla
Solla Pizzuto, NCTMB
Marina del Rey
(310) 319-1050

Santa Monica Neuromuscular Therapy

Dennis McCoart
Santa Monica
(310) 451-8937

Therapeutic Massage & Body Work

Miles Reid, NCTMB
Santa Monica
(310) 840-5594

Kathy Dolin, NCTMB

Studio City
(818) 784-6820

Julian Massage Therapy

Michael Julian, NCTMB
Woodland Hills
(818) 222-5057

Marin County

Jai Haissman, NCTMB
Mill Valley
(415) 828-8725

Mendocino County

The Body Works

Donna Call, NCTMB
Elk
(707) 877-3430

Dee Brater

Little River
(707) 937-1996

Monterey County

Diane Farrow-Lapin

Carmel
(831) 624-5214

Bruce Doneux, NCTMB

Carmel Valley
(831) 646-5499

Margaret Schulz, NCTMB

Carmel Valley
(831) 646-5499

Louisa J. Curley

Monterey
(831) 375-5147

Patricia Landheer, NCTMB

Pacific Grove
(831) 375-9244

Paul David Tuff, NCTMB

Pacific Grove
(831) 649-8873

Nevada County

Margie Plog, NCTMB

Grass Valley
(530) 274-2421

Sierra Spa

Patricia Rusert
Nevada City
(530) 265-0400

Orange County Specialized Bodywork & Massage Therapy

Karen Kerwitz, NCTMB
Huntington Beach
(714) 932-6247

“On Your Mark” Sports Therapy

Terry Fitzgerald
Laguna Hills & Tustin
(949) 707-9965

Therapeutic Dimensions

John Kohlenberger
Martine Kohlenberger
Lake Forrest
(949) 581-2290

**Massage Therapy Center at
Harmancee Salon**

Linda Barrett
Mission Viejo
(949) 768-5770

Warren J. Christiansen, NCTMB

Orange
(949) 574-0935

Le Meridian Stress & Pain Institute

Terry Johnson
Yorba Linda
(714) 692-1902

Riverside County

Innerworks Center

Wendy Hammarstrom, NCTMB
Murietta
(909) 677-5962

Total Health Massage

Joe Fox
Murrieta
(800) 557-6821, (909) 677-8822

Sacramento County

Health Enhancements

Gail Gilbert, RN
Gary Gilbert, RN, NCTMB
Fair Oaks
(916) 961-4569

San Bernardino County

Partners In Wellness Alternative

Medicine Clinic
Diane O'Hara, NCTMB
Lake Arrowhead
(909) 337-0072

San Diego County

Loredana P. Curnow, NCTMB

Fallbrook
(760) 728-1145

Nancy Russell

La Jolla
(858) 623-9746

The Chopra Center for

Well Being

La Jolla
(888) 424-6772

La Mesa Holistic Health Center

La Mesa
(619) 463-4006

**Body Engineering Nueromuscular
Health Spa**

Mounque Barazone, NCTMB
Marilyn Slutsky, NCTMB
Point Loma
(619) 221-0077

A Touch of Health

Sheri Pulver, NCTMB
Poway
(858) 618-5572

Body Therapy Associates

Carole Osborne-Sheets, NCTMB
Andrew Sheets
Rancho Bernardo
(858) 748-8827

Body Therapy Center

Ursula Dobelmann NCTMB
San Diego
(858) 273-35345

Golden Touch Therapy

Sandra Golden
San Diego
(619) 286-1421

Holistic Body Work Therapy

Catherine Housseau
San Diego
(619) 701-0228

Holistic Health Massage Therapy

Jini Carlson
San Diego
(858) 650-2443

Inner Resonance

Cassandra Wang
San Diego
(619) 871-3020

Office of Alan M. Blum DC

Vernon Henry NCTMB
San Diego
(619) 260-1139

Strictly Professional Massages

Daniel Lihach
San Diego
(619) 214-1275

**Your Nature Within Holistic Health
& Self-Healing Center**

Sandra Kuntz
San Diego
(619) 888-1248

San Francisco County

California Inner Fitness

Rod Cotton
San Francisco
(415) 440-0944

**Diamond Massage & Wellness
Center**

Irene Diamond
San Francisco
(415) 921-1290

Ellen Mossman

San Francisco
(510) 527-7968

Hands on Health

Rogelio Nunez
San Francisco
(415) 395-9755

It's Nice To Be Kneaded

David Stahlberg, NCTMB
San Francisco
(415) 982-9098

Shayne O'Brien

San Francisco
(415) 922-0350

San Joaquin County

Marcia Kaul

Lodi
(209) 368-9324

San Luis Obispo County

Annie Laurie's Massage Therapy

San Luis Obispo
(805) 595-6221

Compassionate Touch

Dorene Garvin, NCTMB
San Luis Obispo
(805) 549-0602

Diamond Way Ayurveda

Robert Sachs
San Luis Obispo
(805) 543-9291

San Mateo County

Wellness Enterprises

Barbara Myrom
Menlo Park
(650) 321-2717

Infinite Healing Center

Jennifer Max
Moss Beach
(650) 728-9588

Carol Young, NCTMB, RN

Pacifica
(650) 992-8848

Santa Barbara County

Hands & Heartstrings

Kit Martin, NCTMB
Santa Barbara
(805) 687-4561

Mark Stringer, NCTMB

Santa Barbara
(805) 962-2808

Massage for Health

Mary Lee Martin, NCTMB
Santa Barbara
(805) 682-8022

Santa Clara County

Malek Chiropractic Wellness

Lisa Furia
Cupertino
(408) 972-5248, (408) 973-1717

Performance Wise

Christine Bey
Mt. View
(650) 969-3060

Neuromuscular Therapy

Udo Magel
San Jose
(408) 356-4577

The Healthy Touch

George Kontrovich
Santa Clara
(408) 248-0973

Santa Cruz County

The Cerio Institute

Donna Cerio
Soquel
(831) 475-5472

Shasta County

Therapeutic Massage

Julierae Weldon
Redding
(530) 241-1947

Solano County

Center For Chronic Pain

Management

Michael Plyer, NCTMB
Vacaville
(707) 447-7913

My Retreat

Karla von Muhfeld
Vacaville
(707) 446-0775, (707) 446-0772

Olivas' Professional Therapeutic

Bodyworks

Evelyn Olivas, NCTMB
Vacaville
(707) 447-2138

Sonoma County

Body Harmony

Jenny Blaker
Kelly Dillman
Russell Shimahara
Cotati
(707) 795-5900

Gay Jacobsen, NCTMB

Occidental
(707) 876-3174

Jim Stern, NCTMB

Petaluma
(707) 782-9120

Body West Center for Healing

Anthony Pizzoferrato
Santa Rosa
(707) 545-5497

Bodytuning

Douglas Canier
Santa Rosa
(707) 578-3569

Tehama County

Therapeutic Health Associates

Jeree Largent, NCTMB
Red Bluff
(530) 529-0113

Tuolumne County

Gail Warren

Sonora
(209) 532-0320

The Healing Center of the Sierra

Cindy Brewer
Sonora
(209) 533-9226

Ventura County

Integrity

Linnaea Bohn
Oakview
(805) 649-3018

Sam Zara, RN

Ojai
(805) 640-6539

Jerry B. Zutavern

Ventura
(805) 644-4094

Yolo County

Devi Eden, NCTMB

Davis
(530) 758-4314

James O'Callahan, NCTMB

Davis
(530) 758-8838

Yuba County

R & L Body Works

Raul Villanueva
Yuba City
(530) 671-7352

Yoga Practitioners

Alameda County

Alameda Yoga Station

Sandy Blaine
Betsy Weiss
Alameda
(510) 523-YOGA

Tri-City Physical Therapy & Yoga

Center

Kokila Patel, PT
Fremont
(510) 790-9480

Tri-City Physical Therapy & Yoga

Center

Kokila Patel, PT
Union City
(510) 441-8906

Los Angeles County

Yogtime-Beverly Hills

Mark Blanchard
Beverly Hills
(310) 553-4223

Fred Miller

Burbank
(818) 558-7408

Yoga Body & Spirit

Burbank
(818) 566-1166

Yoga Practicioners, cont.

Claremont Yoga & Bodywork

Naomi Bendent
Claremont
(909) 621-2525

Linda Miller
Culver City
(310) 836-3465

Eylse G. Briggs
NCTMB, RYT
Glendale
(818) 241-1781

Yoga at the Village
Glendale
(818) 265-9833

Gotta Dance Studio
Wendy Banks
Granada Hills
(818) 363-6106

Planet Yoga Inc.
Hermosa Beach
(310) 376-5354

Granada Pavilion
Wendy Banks
Granada Hills
(818) 468-8606

Tranquility Massage & Yoga Center
Maureen McDonald
Long Beach
(562) 437-5900 Ext. 2645

Beverly Hills Iyengar Yoga Studio
Eric Small
Los Angeles
(310) 275-6850

Center For Yoga
Los Angeles
(323) 464-1276

Linda Lack, MA
Two-Snakes Studios
Los Angeles
(310) 273-4797

Samanta International
Larry Payne, PhD
Los Angeles
(310) 306-8845

In Yoga
Ginger LaRoche
Marina del Rey
(310) 306-9644

The Yoga Center
Diane Gilbert
Redondo Beach
(310) 375-6722

Inner Harmony
Frances Zabica, RYT
San Pedro
(310) 521-8804

Leslie Bogart
Santa Monica
(310) 399-8803

Patricia Winter
Santa Monica
(310) 455-3640

Santa Monica Yoga
Misty Carey
Santa Monica
(310) 396-4040

Yoga Garden
Ida Unger
Santa Monica
(310) 450-0133

Yoga Works
Santa Monica
(310) 393-5150

Yogatime-Studio City
Mark Blanchard
Studio City
(818) 76-YOGA-7

City Yoga
Anthony Benenati
Susan Elkind
West Hollywood
(323) 654-2125

Napa County
Napa Valley Wellness Services
Cynthia Kimball, RYT
Angwin
(707) 967-5817

Orange County
Bikram's Yoga College of India
Kim Schreiber Morrison
Costa Mesa
(949) 574-9642

Sandra Farr
Irvine & Newport
(949) 786-0736

Placer County
Canyon Spirit Yoga Center
Susan Hayes RYT
Auburn
(530) 878-7065

Mountain Top Yoga
Susan Hayes RYT
Meadow Vista
(530) 878-7065

Riverside County
Innerworks Center
Wendy Hammarstrom, NCTMB
Wildomar
(909) 677-5962

San Diego County
Del Mar Workout
Steven Paredes DC
Del Mar
(858) 794-9454

Master Yoga Academy
Rama Berch
La Jolla
(800) LUV-YOGA,
(858) 454-6978

BKS Iyengar Yoga Center of La Mesa
La Mesa
(619) 469-9642

Camelrock Yoga Center
Leslie Foxworth
Valley Center
(760) 749-2998

San Francisco County
BKS Iyengar Yoga School
Evlaleah Howard
San Francisco
(415) 626-8441

Hands on Health
Rogelio Nunez
San Francisco
(415) 395-9755

New Dawn Yoga Therapy
Dawn Summers
San Francisco
(415) 681-4628

Yoga 9 to 5
Gabrielle Dahms RYT
San Francisco
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Santa Clara County
Palo Alto Kundalini Yoga & Meditation Circle
Linda Alderman
Palo Alto
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Sonoma County
BodyWorks
Jean Grant-Sutton
Petaluma
(707) 762-5434

Ventura County
Westlake Yoga Studio
Paulette Dwyer
Westlake Village
(805) 496-5780 Ext. 2

Registered Dietitians

Alameda County
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Berkeley
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Margaret T. Cook, RD
Oakland
(510) 658-7006

Mary P. Sullivan, CDE, MS, RD
Oakland
(510) 482-5217
Pamela Aziz, RD
Oakland
(510) 839-5827

Contra Costa County
Patty Campbell, RD, CNSD
Concord
(925) 642-0636
NutritionSource
Elaine Groen, RD
Walnut Creek
(925) 930-0567

Los Angeles County
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Alhambra
(626) 300-8769
Tanya Widiss, RD, MFT
Arcadia
(626) 447-0247

Patricia P. Wittenberg, RD
Beverly Hills
(310) 271-8246
Westside MNT Specialists
Valerie Gawin, MSPH, RD
Brentwood & Malibu
(310) 456-5671

On The Weigh
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Burbank
(818) 843-6628
NutritionMasters
Jennifer Chisolm, RD
Century City
(310) 497-5116

Carol Catching, MS, RD
Los Angeles
(310) 208-7777

Jill Place, MA, RD
Los Angeles
(323) 225-9850

Myrtis Tracy RD
Los Angeles
(213) 989-7162

Diana Shore, PhD, RD
Northridge
(818) 886-1100

Klava Cousin, LAc, RD
Santa Monica
(310) 451-9822

Michelle McParland, MS, RD
Santa Monica
(310) 828-4907

Susannah Lacagnina, MPH, RD, CDE
Santa Monica & Clairmont
(310) 581-9660

Gilli Harel, MS, RD
Sherman Oaks
(818) 204-6888

Carol Catching, MS, RD
Tarzana
(818) 996-0929

Karen Miller, MA, RD
Torrance
(310) 373-5568

Shirley Nelson, MPH, RD
Torrance
(310) 325-7419

Joan Levinthal, RD
Woodland Hills
(818) 222-8746

Marin County
Indian Valley Medical Office
Elizabeth Leong, RD
Novato
(415) 898-4088

Joanne Taylor, MSPH, RD
San Rafael
(415) 461-7878

Mendocino County
Mary E. Farkas, MA, MS, RD
Ukiah
(707) 462-7239

Monterey County
Kathleen Collier, RD
Monterey
(650) 704-3885

Mary Sue Abernethy, RD
Salinas
(831) 809-0999

Orange County
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Dana Point
(949) 496-5081

NutritionMasters
Jenifer Chisolm, MS, RD
Irvine
(714) 838-8601

Nutrition Education and Counseling
Annette Globits, RD
Los Alamitos
(714) 962-9917

Geeta Sikand, CDE, MA, RD
Mission Viejo
(949) 830-0124

Riverside County

Kathlene M. Ercoli, RD
Palm Springs
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Sacramento County**Incentive Fitness**

Michele Gilles, MPA, RD
Dawn James, RD
Carmichael
(916) 481-5004

Carla Anson-Gottardi, RD

Fair Oaks
(916) 966-8639

Nutrition for You

Judy Fields, RD
Fair Oaks
(916) 965-4012, (707) 455-0630

Capital Athletic Club

Laura Elliott-Sisterson, RD
Sacramento
(916) 456-4180,

San Bernardino County**Loma Linda University**

Barbara Dickinson, MS, RD
Loma Linda
(909) 558-8520

MEG Fitness

Margie Geiser, RD
Running Springs
(909) 867-4776

Good Life Nutrition Program

Usha Desai, RD
Upland
(909) 982-2719

Stacey Luciano,

MPH, RD, CHES
Yucaipa
(909) 797-1545

San Diego County**Scripps Mercy Clinic**

Mila De Los Reyes, CDE, RD
San Diego
(619) 260-7089

San Francisco County**Judith Levine, MS, RD**

San Francisco
(415) 273-5606

Lauren Suero, MA, RD

San Francisco
(415) 255-9987

San Luis Obispo County**Maureen A. Eyerman-Aslam, CDE, MS, RD**

San Luis Obispo
(805) 547-1935

San Mateo County**Food For Thought Nutrition****Consulting**

Toni Bloom, CDE, MS, RD
Burlingame
(650) 692-5595

Pacific Athletic Club-**Sports Resort**

Toni Bloom, CDE, MS, RD
Redwood City
(650) 593-4900 ext. 311

Suzanne Tennis, DrHSc, RD

San Carlos
(650) 637-0480

Santa Barbara County**SBAKC**

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Santa Barbara
(805) 687-8763

Connie M. Logan, CDE, RD

Santa Maria
(805) 937-7393

Santa Clara County**Bay Area Nutrition**

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Campbell
(408) 370-7731

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Cupertino
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Courtside Club-**A Sports Resort**

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Los Gatos
(408) 395-7111 ext. 313

Kathleen Sweeney, RD

Mountain View
(650) 988-8466

Ruth A. Spirakis, MS, RD, CNSD

San Jose
(408) 358-0286

Decathlon Club

Toni Bloom, CDE, MS, RD
Santa Clara
(408) 738-2582 ext. 222

INDO American**Community Service Center**

Geetha Desai, RD
Santa Clara
(408) 984-2251

Nutrition Solutions

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(408) 873-0564

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