

HOLISTIC THERAPY



Penn Medicine HealthWorks invites you to integrate holistic therapies into your wellness routine, to support your health and help you achieve a more balanced state of being. Holistic therapies such as massage and acupuncture are designed to treat the whole person—body, mind and spirit—while addressing specific symptoms associated with various medical conditions. These treatments have been proven to reduce pain and stress, which can increase vitality and overall functionality.

For years, we have included holistic therapies in our healing programs for patients undergoing treatment for cancer or recovering from surgery or childbirth. Holistic therapies are also known to directly impact everyday wellness, which is why we are making it easier and more convenient for anyone—including Eliance Health Solutions members—to access these services directly.

The following therapies are payable out-of-pocket, with no physician referrals needed:

- **Massage**—uses touch ranging from gentle to deep pressure, to ease muscle tension, relax the body and mind, and improve circulation
- **Acupuncture**—is an ancient form of Chinese medicine that uses very thin, single-use, sterile needles to stimulate specific points on the body to balance energy flow, reduce pain and improve health



To schedule an appointment or to inquire about purchasing a gift card, please call **717.544.3555**.



ADDITIONAL HOLISTIC PROGRAMS

LG Health also offers mind-body movement classes, mindfulness-based workshops, and other holistic wellness programs. Contact Michelle Newman at Michelle.Newman@penmedicine.upenn.edu to learn more.

HOLISTIC THERAPY RATES

Massage

- \$52 First time visit for all patients
- \$52 LGH employee and family discount
- \$80 Self-pay (non-LGH employees)

Acupuncture

- \$70 LGH employee and family discount
- \$90 Self-pay (non-LGH employees)

LG Health Select and Consumer Health Insurance plans, W/C, and Auto Insurance accepted. Some plans require a PCP referral.

LOCATIONS

Ann B. Barshinger Cancer Institute

Cancer Institute Boutique

2102 Harrisburg Pike, Lancaster, PA

Patients with cancer are given priority scheduling at this location.

Kissel Hill

51 Peters Rd, Suite 204, Lititz, PA

Penn Medicine HealthWorks - Queen Street

100 N Queen St, Suite 200, Lancaster, PA

Penn Medicine HealthWorks - Willow Street

222 Willow Valley Lakes Dr., Suite 400, Willow Street, PA

Rock Medical

201 Rock Lititz Blvd, Pod 2, Suite 14, Lititz, PA

Suburban Pavilion

2108 Harrisburg Pike, Suite 300, Lancaster, PA

2108 Harrisburg Pike, Suite 315, Lancaster, PA

The Mill Building *(employees only)*

26 N. Cedar Street, Lititz, PA

Walter L. Aument Family Health Center

317 Chestnut St, Quarryville, PA

Women & Babies Hospital

690 Good Drive, Lancaster, PA

Women's Specialty Center

690 Medical Office Building, 2nd Floor, Lancaster, PA