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Issue #28

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Acupuncture & Osteopathic Manipulation Now Available

Dr. Catherine Liebman is a specialist in Neuromusculoskeletal Medicine and Osteopathic Manipulation. She treats mostly musculoskeletal and pain problems such as low back pain, neck pain, headaches, pelvic pain, shoulder, knee and other joint pains as well as conditions such as fibromyalgia. Rittenhouse Women's Wellness Center will be temporarily adding these services to see if it interests our patients during Dr. Liebman's rotation at both the Philadelphia and Main Line locations. To learn more about Dr. Liebman, please visit www.rwwc.com.



Dr. Liebman is available Mondays and Tuesdays in Philadelphia and Friday mornings at the Main Line from 8:00am-12:00pm.

Spring Clean Your Diet!

By: [Christina Ushler, RD](#)
[Registered Dietitian at the Rittenhouse Women's Wellness Center](#)

Spring is officially here and it is a good time to reflect on your health goals and progress made for the year so far. It is time to look forward to warmed weather and longer days. It is also a good time to clean up your life, both physically and mentally.



Spring cleaning is not just for your home anymore - it's just as important for us to clean up other parts of our lives, especially our diets! To learn more about cleaning your diet, please visit our Nutrition Blog at www.rwwc.com

Adding Yoga to Your Workout

By: Andrea McCloskey, Personal Trainer
at the Rittenhouse Women's Wellness Center

You do not have to be able to stand on your head, achieve deep meditation, or chant for hours to reap the benefits of yoga.

In today's stress filled world, everyone could benefit from mind clearing, muscle stretching and body strengthening Yoga. Research shows Yoga can help to maintain or control many medical anxieties including arthritis, asthma, back pain, high blood pressure, diabetes, heart disease, carpal tunnel syndrome, chronic fatigue, depression & anxiety disorders, epilepsy, chronic headaches, multiple sclerosis, stress, as well as many other conditions and diseases.



To learn more about incorporating yoga into your workout and de-stressing your day you may visit the homepage of our Fitness Blog at www.rwwc.com.

Spring Into Savings at DermaCenter this April!

- **50% off Laser Hair Removal Package**

Laser hair removal is an alternative to other methods, such as waxing, electrolysis and shaving. Clients can benefit from laser hair removal treatments on virtually any part of the body including the bikini line, chest, chin, back, legs, underarm and upper lip. To Learn more about DermaCenter procedures, please visit www.dermacenter.com.

- **50% off IPL Package**

IPL's or photofacials can reverse sun exposure, aging, acne, rosacea, freckles and age spots, all of which cause uneven complexion.

- **5 Microdermabrasions or Chemical Peels for \$400**

Microdermabrasions can help rejuvenate facial skin and reduce the appearance of acne and facial flaws, making your face look years younger. With the use of a small wand that sprays tiny crystals across the face, the microdermabrasion process mixes gentle abrasion with suction to remove the dead outer layer of the face's skin.

Chemical Peels can improve rough, dry skin, as well as uneven pigmentation. They can also improve the texture of sun-damaged skin and help control acne.



Exclusive Offer for Rittenhouse Women's Wellness Center Patients

Try Curves for FREE for TWO WEEKS

If you join, there is NO Registration Fee



At the Rittenhouse Women's Wellness Center, our patients and their health & well-being are very important to us.

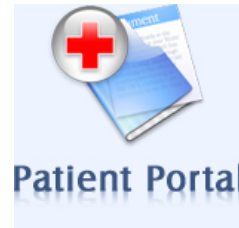
In order to show our appreciation to our patients, we have teamed up with Curves* Narberth which offers our patients a FREE 14 day trial. If you decide to join Curves after your initial

14 day trial period, your initial membership fee is WAIVED!

*Narberth Location only.

Request Your Portal Information Today!

Our patient portal recently changed so that you now will be able to view your labs, print your radiology prescriptions, reference your visit summary, schedule routine appointments, request prescription refills, request referrals and more.



To request your new patient portal login and password, please email info@rwwc.com.

About Us

The Rittenhouse Women's Wellness Center provides Primary Care including routine gynecology, medical & aesthetic skin care, nutrition, fitness, and emotional well-being exclusively for women. Our goal is to provide our patients with an integrated approach to health and well-being.

