



The Rittenhouse Women's Wellness Center

Comprehensive Care Exclusively for Women

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Issue #39

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Spring Into Total Wellness

RITTENHOUSE WOMEN'S TOTAL WELLNESS PACKAGE

The Rittenhouse Women's Total Wellness Package assesses your wellness by looking at your health from a 360 degree perspective.



Each member from our team of wellness experts addresses your unique health issues and goals for well-being in a **single half-day visit**.



During your assessment, you will meet individually with one of our board certified physicians, as well as with our registered dietitian, fitness specialist, psychologist, osteopathic manipulation/acupuncture physician and certified aesthetician.

RITTENHOUSE
WOMEN'S WELLNESS CENTER

adult primary care | nutrition | skin care
emotional well-being | fitness

Total Wellness Team



Our Board Certified Physicians provide compassionate, comprehensive medical care with your best interests in mind. The board certified physician will meet with you to

discuss your health concerns and goals. You will be asked to get blood work done before the appointment and it will be reviewed during your scheduled half day visit.



Before your visit, you will be required to fill out a three day food diary and a nutrition history form. These will provide our Registered Dietitians (pictured, left) with the necessary tools to review your nutritional strengths as well as deficiencies.



When meeting with our Osteopathic Physician, she will discuss your musculoskeletal issues (if any). Dr. Liebman typically treats mostly musculoskeletal and pain problems such as lower back pain, neck pain, headaches, pelvic pain, shoulder, knee and other joint pains, as well as conditions such as fibromyalgia.



An evaluation of your current exercise habits, fitness level and goals will be assessed by one of our Personal Trainers. Our trainers will take the time to review your strength, flexibility and endurance during this assessment. You will be asked to bring a change of workout clothes for your visit.



Our Licensed Psychologists will meet with you and review your emotional well-being. Meeting with one of the Psychologists could help to better manage stress and find balance in your daily lives.



Our Licensed Aestheticians will meet with you in order to review your skin care concerns. Our aestheticians are passionate about treating their patients as a whole, and enjoys helping them to look and feel their best.

OB/GYN Services Now Available!



Dr. Joanna Kakaty-Monzo, D.O., is a board certified Obstetrician and Gynecologist with nearly 20 years of experience. She joins us from the Women's Health Care Group of Pennsylvania, Main Line Health's Division of Jefferson Health System at Lankenau Hospital as well as her own private practice located in King of Prussia, PA. Dr. Kakaty-Monzo is currently accepting new patients at both Philadelphia and Main Line locations.

Some services that Dr. Kakaty-Monzo will be performing are:

- Adolescent Care (ages 14+)
 - Pelvic Pain
 - Menopause Management
 - Contraception (including placement and removal of IUD's)
 - Minimally Invasive Office Procedures
 - Fibroids
 - Abnormal pap smears: colposcopy
- ...and more!

Rittenhouse Women's Wellness Center will be temporarily adding these services to see if it interests our patients as Dr. Kakaty-Monzo grows within the Rittenhouse Women's Wellness Centers family, with rotations at both the Philadelphia and Main Line locations.

Her office hours are:

Main Line:

Tuesdays 2:00pm-8:00pm

Wednesdays 9:30am-5:30pm

Philadelphia:

Saturdays 10:00am-3:00pm

To learn more about Dr. Kakaty- Monzo, Please visit Internal Medicine at www.rwwc.com.

Welcome to the Wellness Team!

The Rittenhouse Women's Wellness Center is pleased to announce a new Personal Trainer and Yoga Instructor to our Wellness Team!

Ashley Greenblatt: Personal Trainer



Ashley Greenblatt is a certified personal trainer at Rittenhouse Women's Wellness Centers. As a Wellness Coach, Ms. Greenblatt's primary goal is to help her clients' create a healthy mind and body connection. Ashley has extensive experience in training women 35 years and older. As a certified personal trainer, Ms.Greenblatt hopes to collaborate and train very closely with her clients, constructing frameworks that allow

women to live a better life, and be their best selves! To learn more about Ashley, please visit Nutrition at www.rwwc.com.

Jillian Bussey: Yoga Instructor

Jillian Bussey is a Registered Yoga Instructor at Rittenhouse Women's Wellness Centers. She is experienced in many forms of Yoga including: all Levels of Vinyasa, Yin Yoga, Pre-Natal Yoga, and Stationary/Alignment Yoga. As a yoga instructor at Rittenhouse Women's Wellness Centers, Jillian hopes to bring the same joy and comfort she experiences through yoga to her clients.

To learn more about Jillian, please visit Nutrition at www.rwwc.com.



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.



Follow Rittenhouse Women's Wellness Center and DermaCenter

All of our social media accounts provide information about our physicians, facility, healthy recipe ideas and more!!

Follow RWWC on  or 

Follow DermaCenter Medical Spa on  or 

Follow DermaCenter's Channel on 

Like RWWC on 

Like DermaCenter on 

About Us

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

