

October 2011

Issue #10

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Dear Amanda ,

October is Spa Month!!



DermaCenter medical spa located at The Rittenhouse Women's Wellness Center is extending Philadelphia's Spa Week and offering special promotions to our clients throughout the entire month of October! See below for our amazing deals.

\$50 for services that are usually \$95-\$150!

[\\$50 Microdermabrasion](#) Treatment - full face

[\\$50 Chemical Peel](#) Treatment - full face

[\\$50 Signature Facial](#) Treatment - full face

[\\$50 Microplaning](#) Treatment - full face

\$50 Full Body Massage

Limited appointments so email or call today!

Email us at appointment@dermacenter.com or call (215) 735-7990 to schedule your appointment. Please mention this promotion when you call or email.

New additions to the Rittenhouse Women's Wellness Center

The Rittenhouse Women's Wellness Center would like to introduce three new team members. Maria Yudina, Ava Adames and Jill Galman, bring us years of experience and expertise in their own areas of work.



Maria Yudina is our new Medical Assistant working with Dr. Bachurina at Rittenhouse Internal Medicine. Maria received her degree in medicine at Danylo Halytsky National Medical University in Lviv, Ukraine, and is working for us while she studies for her foreign licensing test so she can apply to a US residency program. Maria brings our practice tremendous experience and has also worked in a reflexology office as a nurse and doctor's assistant. She is fluent in English, Russian and Ukrainian.

Ava Adames is an Exercise Physiologist, personal trainer, wellness coach, and certified equipment and mat Pilates Instructor at the Rittenhouse Women's Wellness Center. Ava obtained her Master's degree for Exercise Science at the California University of Pennsylvania. Her certifications are with Pole Star Pilates, Power Pilates, AAAI/ISMA, The American Heart Association and the American Council of Exercise (ACE).



Jill Galman has been a massage therapist for many years and came to us from Adolf Biecker salon and spa at the Rittenhouse. She is a graduate of the Florida School of Massage in Gainesville Florida, where she completed her basic and sports certification. Through the years, Jill has created her own unique style, that is a balance of technique and intuition. Whether your purpose for massage is to relax, gain flexibility, or manage muscle tension and pain, Jill will listen to what your needs are and create an experience that will leave you feeling completely satisfied.

Can Convenience Foods Be Considered Nutritious?



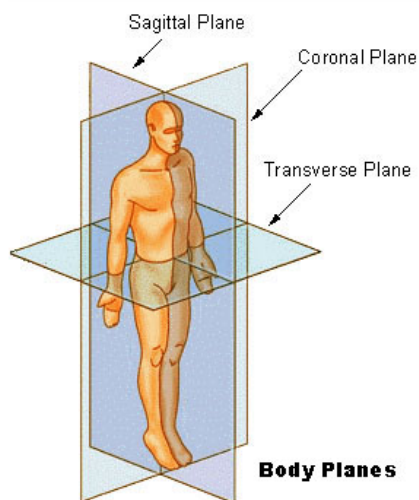
By: [Jacqueline Wojciechowski, RD](#)

We like everything in life to be quick and easy--immediate gratification. The same is true of our meals; we need foods/meals that are quick to pack those early morning lunch bags and throw together those busy work-week dinners. So is it possible to have a wallet-friendly, convenient, nutritionally balanced meal for the whole family? Food companies are constantly coming out with quick food options that are registered dietitian approved.

Please visit rwwc.com to read if convenience food can be nutritious.

Functional Exercise: A Total Body Approach

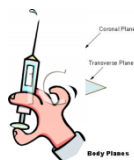
By: [Shannon Feck, Personal Trainer](#)



Aristotle once said, "The whole is more than the sum of its parts." Applied to fitness, exercise should focus on enhancing one's total health, not simply aesthetics. To achieve total health, you must first understand that the human body exists and moves through three dimensions. Instead of dividing the body into individual elements by focusing on exercising specific muscle groups, you should add a Multi-Planar approach and incorporate Functional Movements into your routine. By taking this approach one can better improve strength, joint integrity, coordination, and thus, total health.

To read more about A Total Body Approach, visit our blog at rwwc.com.

Flu Vaccines Now Available



We now have the 2011-2012 influenza vaccine available. Please call the office to schedule your immunization. Rebecca or Maria, our Medical Assistants, will be giving immunizations six days a week.

**Patient Portal now available for:
secure emails, referral and
Rx refill requests.**



Please email info@rwwc.com to request your patient portal user name and password.

About Us

The Rittenhouse Women's Wellness Center provides Internal Medicine, Nutrition, Fitness, Emotional Well-Being and Medical & Aesthetic Skin Care Services for women. Our goal is to provide our patients with an integrated approach to health and well-being.

