



# The Rittenhouse Women's Wellness Center

*Comprehensive Care Exclusively for Women*

September 2013

Issue #33

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## RWWC Expanding to Oaks, PA



The Rittenhouse Women's Wellness Center's Management Team is happy to announce that our third center is planned to open June of 2014 in Oaks, PA on route 422. The building will be located next to Temple at Oaks which has many specialist practices that we will be able to conveniently refer our patients to, including: Temple Lung Center, Temple Orthopaedics & Sports Medicine, Temple Heart & Vascular Center, Temple Nephrology, as well as a reproductive practice and imaging center that is in the building.

## Osteopathic Manipulation & Acupuncture Now Seeing Patients at Both Centers

The Rittenhouse Women's Wellness Center is excited to announce Dr. Catherine Liebman is joining our team of physicians.

**Dr. Liebman** is a specialist in Neuromusculoskeletal Medicine, Osteopathic Manipulation and Acupuncture. Her treatment assists with the relief of back and neck pain, migraine headaches, sport related injuries, chronic fatigue, digestive problems and fibromyalgia.

She is available at both Philadelphia and Main Line locations. Tuesday and Thursday mornings, she will work in our Philadelphia office from 8:00am-1:00pm and afternoons on the Main Line from 3:00pm-8:00pm



To learn more about Dr. Liebman, you may visit our website at [www.rwwc.com](http://www.rwwc.com). To request an appointment with Dr. Liebman, you may e-mail [info@rwwc.com](mailto:info@rwwc.com), or phone Rittenhouse Women's Wellness Center at (215) 735-7992 for our Philadelphia location or (610)668-7992, ext. '0' for the Main Line Narberth location..

Open House Event: Main Line Office  
September 18th with Saks 5th Avenue  
Friends & Family New to RWWC Welcome!  
Space Limited RSVP Now!

## AN Open House EVENT

at the Rittenhouse Women's Wellness Center Main Line

with *Saks  
Fifth  
Avenue*

Wednesday, September 18, 2013

5:30PM – 7:30PM

RSVP by September 12

Our practice is devoted exclusively to the health of women. Our female board certified physicians provide primary care, routine gynecology, medical and aesthetic skin care, and wellness for women. Our team includes registered dietitians, psychologist, fitness specialist, and certified aestheticians.

### Meet Our Team of Wellness Specialist:

#### BOARD CERTIFIED INTERNISTS

Leslie Saltzman, D.O.  
Medical Director  
Linda Bullock, D.O.  
Jean Haab, M.D.  
Stephanie McKnight, M.D.  
Catherine Liebman, D.O.



Robert Saltzman,  
CEO and Co-Founder  
Rittenhouse Women's Wellness Center



Leslie Saltzman, D.O.  
Medical Director and Co-Founder  
Rittenhouse Women's Wellness Center

For more information or to RSVP for this event, please call  
610-668-7992 ext. 211 or email [event@rwwc.com](mailto:event@rwwc.com)

This event will be held at our convenient Main Line location:  
915 Montgomery Ave, 4th Floor, Narberth, PA 19072

### The Evening's Agenda:

#### 5:30PM–6:30PM

Hors D'oeuvres & Wine Tasting  
Tour the Rittenhouse Women's Wellness Center  
Meet our Team of Physicians, Wellness Specialists and  
MDI Women's Imaging

#### 6:30PM–7:30PM

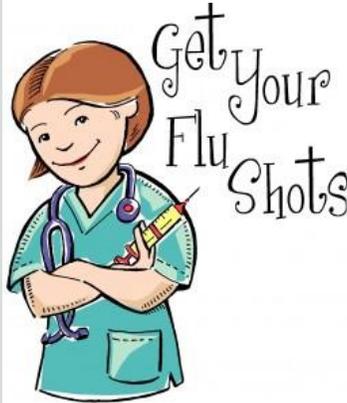
A 'Medical Home' Designed for Women  
by Robert Saltzman, CEO  
Introduction and Skin Care Demonstration,  
by Leslie Saltzman, D.O. Medical Director  
and Co-Founder  
Presentation on MDI Women's Imaging at  
Narberth by Radiologist William H. Hartz,  
M.D., Co-Founder and Managing Partner TSI  
Partners (MDI) Main Line Diagnostic Imaging,  
and Medical Director MDI Narberth  
Fall Season's cosmetic "Tips & Trends"  
presented by Laura Mercier Make-up Artists from  
Saks Fifth Avenue  
Raffle and Giveaways  
Closing Comments, Q&A



[www.RWWC.com](http://www.RWWC.com)

**For more information or to RSVP for the event, click here  
or call 610-668-7992 ext. 211.**

## Flu Shots Now Available!



Flu Season is right around the corner, so make sure to get your flu shot as soon as you can! If you have an appointment scheduled with one of our physicians, you can ask for a flu shot at that time, if not, you can feel free to call and make an appointment with our medical assistants! To make it a little easier, we will be having a flu shot day at each of our locations, with a dedicated MA just for that purpose:

**Philadelphia office:** Saturday, September 28th, 2013 (10am-3pm)

**Main Line office:** Wednesday, September 25th, 2013 (8am-6pm)

Don't let the flu get you down this season; Request an appointment or call our Philadelphia

office at 215-670-5843 or our Main Line office at 610-664-5843. and make an appointment today!

## Guidelines to Purchasing Granola

By: Theresa Shank, RD  
Registered Dietitian at the Rittenhouse Women's Wellness Center



There has been a long standing debate about whether or not granola merits its reputation as the "healthy person's cereal". Before adding granola as a healthy choice into your daily routine, apply our dietitian's guidelines to purchasing granola.

**1. Check the sugar:** Granola can be loaded with sugar. Evaporated cane juice, molasses, brown rice syrup, oat syrup solids, are all sources of sugar. I advise you to aim for less than 8 grams of sugar per serving.

**2. Watch the calories:** These typically amount to several hundred calories per serving size. Healthier granolas have less than 200 calories per ¼ cup serving, 270 calories per 1/3 cup serving, or 400 calories per ½ cup serving.

To continue reading on, please visit the wellness blog at [www.rwwc.com](http://www.rwwc.com). If you would like to schedule an appointment with a Rittenhouse women's Wellness Center registered dietitian, you may phone our office at (215) 735-7992, ext. '0', or e-mail us at [info@rwwc.com](mailto:info@rwwc.com).

*\*Nutrition appointments may be covered by your insurance company.*

## Following Through on Fitness Goals

By: *Kathryn Pontius, Personal Trainer*  
at the Rittenhouse Women's Wellness Center



Many adults have weight loss and fitness goals. So, why is it that 80% of American adults don't get the recommended amount of exercise weekly? The answer lies in priorities and motivation. It is easy to make excuses or let other things get in the way of a fitness plan. In order to achieve your goals it is

important to make it a priority in your life and stay motivated and excited about your fitness journey. Here are a few tips to help you stick with your plan and realize your goals. To Read more about sticking to your fitness goals this fall, please visit the wellness blog at [www.rwwc.com](http://www.rwwc.com). If you would like to schedule a fitness session with Kathryn Pontius, you may phone our office at (215) 735-7992, ext. '0', or e-mail us at [info@rwwc.com](mailto:info@rwwc.com)

## Fall Specials at DermaCenter



- **50 % off Skin Tightening Package:**

Smooth and tighten skin to reduce wrinkles, scars and loose skin.

- **40 % off Laser Hair Removal Package:**

**Laser hair removal** is an alternative to other hair removal methods, such as waxing, electrolysis and shaving. Clients can benefit from treatments on virtually any part of the body including the bikini line, chest, chin, back, legs, underarm and upper lip.

- **5 for \$350 Chemical Peel Package:**

The benefits of **chemical peels** help to peel away aged skin to create a more youthful appearance. Reduces blemishes, wrinkles and age spots.

To request an appointment or schedule a complimentary consultation, Please phone the DermaCenter at (215) 735-7990, or you may e-mail us at [info@rwwc.com](mailto:info@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](mailto: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 

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, and emotional well-being exclusively for women. Our goal is to provide our patients with an integrated approach to health and well-being.

