



The Rittenhouse Women's Wellness Center

Comprehensive Care Exclusively for Women

September 2014

Issue #45

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Membership Info

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Membership Discounts



Our membership program includes exclusive discounts with our growing list of partners. This month we added

FITNESS PARTNERS.



Pure Barre - *Best of Philly Boutique Fitness Studio*, is a total body workout that utilizes the ballet bar to perform small, isometric movements which burn fat, sculpt muscles and create long, lean physiques.

Receive 30 days of unlimited classes at Pure Barre with the New Client Special for a discounted rate for RWWC members of \$95; and 5% OFF select packages.

The Sporting Club - *Best of Philly Gym*, offers a comprehensive array of amenities for anyone who wants to stay fit and active! Whatever your favorite forms of exercise, you'll be able to enjoy it at the center. They employ a highly-trained staff of experts who can help you reach your fitness goals in a way that is personalized for your needs.



30 day trial for only \$59; and \$75 initiation fee (Value of \$195) after 30 day trial expires



Amrita Yoga & Wellness - *Best of Philly Yoga Studio*, offers an accessible, comprehensive class schedule of yoga, pilates, semi-private group reformer classes, massage therapy and more in Philadelphia's most tranquil practice space!

10 % OFF group and semi private class drop ins, group class cards and single month passes and massage sessions

Discipline-Dedication-Determination

3-D Fitness staff is made up of trainers who arrive at the gym ready to work hard so that you are pleased with your workout results. All trainers lead you through your personal training regimen until you reach your long term fitness goals.



20 % OFF any membership package; and \$50 OFF any training/membership bundle packages



Curves* has helped millions of women get healthier with their 30 minute fitness solution. In just 30 minutes, you work every major muscle group and burn up to 500 calories in one session.

FREE 14 day trial - If you decide to join after your trial, no initial sign up fee (valued @ \$100)!

*Narberth location only.

Fall Botox and Juvederm Parties



Injectable Event Details

October 6th: Philadelphia office 2pm-8pm

November 3rd: Main Line office 2pm-8pm



Dr. Benjamin Lam

DermaCenter Medical Spa at the Rittenhouse Women's Wellness Center would like to invite you to our Center for our popular, exclusive injectable parties! All procedures are performed by certified physicians including plastic surgeon, [Dr. Benjamin Lam](#).

Every guest will receive a personalized skincare consultation from one of our Physicians in the privacy of our Medical Spa.

With Botox treatments your skin will look smoother in a few days, giving you a younger, fresher look. These procedures take only a few minutes and are followed by no down time and minimal discomfort. [Dr. Joanna Kakaty-Monzo](#) brings us years of experience as an injector of both botox and fillers. We hope you can join us for this event! For more details and to RSVP, see below.



Dr. Joanna Kakaty-Monzo

BOTOX® Cosmetic Event Details:

Details: \$11 per unit*

Call now - Space is limited!

Call to RSVP

Juvederm Event Details:

Restore fullness to your cheekbones or lips, reduce the appearance of wrinkles, or smooth away smile lines, worry lines and fine lines with Juvéderm™ Injectable Filler. Filler injections help to restore your youthful appearance with minimal recovery time. We use only Juvederm with lidocaine to minimize your discomfort.

Each attendee will receive \$100 off each vial of Juvederm*!!

Call to RSVP

*Must sign up for Brilliant Distinctions program in order to receive discount.

Irritable Bowel Disease: Diagnosis and Treatment

By: Lauren O'Brien, M.D., Board Certified Physician,
at the Rittenhouse Women's Wellness Center



One of most frequent reasons that women come to see their primary care physician is to discuss abdominal pain and bloating. I don't think a day in the office goes by that I do not hear those words. Most frequently these patients have what is known as [Irritable Bowel Syndrome \(IBS\)](#). Not surprisingly, it is the most commonly diagnosed gastrointestinal condition, affecting 10-15% of the population. [Learn More](#)

How to Give Your Midday Sweets Craving a Healthier Tweak

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



Throughout my years of practicing as a registered dietitian, I have been presented with numerous healthy lifestyles and/or weight loss questions, one of the most common being "why do I crave chocolate after a meal and how can I control this habit".

3 Exercises to Tone Your Glutes

By: Ashley Greenblatt, Certified Personal Trainer
at the Rittenhouse Women's Wellness Center



The days of stick-figure physiques are a thing of the past. Strong is the new sexy and your backside is taking center stage. There are songs dedicated to it, Kardashian empires built upon it - no ifs, ands or butts about it, a shapely posterior is what women want and men desire. So, pick up your phones and deflated derrieres ladies and gents, because we are dialing in a bun burner booty call. If your caboose has taken a backseat in your workout routine, you can channel your inner Brazilian beach babe with this tushie-torching workout.

September Specials at DermaCenter!

DERMACENTER MEDICAL SPA | SEPTEMBER SPECIALS

September

40% off
Skin
Tightening

Velashape
5 for \$700

50% off
Anti-Aging
Duo
(Ipl and
E-matrix)

* Limit one per customer. Cannot be combined with any other DermaCenter offer or coupon.
Not valid on purchase of gift certificates. Not valid on prior purchases.
Flyer must be surrendered at time of purchase. No cash or credit back. Offer expires 6/30/14

915 MONTGOMERY AVENUE, 4TH FL. | NARBERTH, PA 19072 | (610) 617-7990
1632 PINE STREET | PHILADELPHIA, PA 19103 | (215) 735-7990 | WWW.DERMACENTER.COM

SAME DAY APPOINTMENTS | PARKING AVAILABLE

*All specials must be purchased as a package

Notice to Aetna Patients



We have been receiving a number of calls regarding our practice's participation with Aetna. We want to clarify any confusion.

Rittenhouse Internal Medicine is still part of Aetna's network. We assure you that all of the doctors currently practicing at Rittenhouse Internal Medicine accept Aetna insurance. It is only Dr. Saltzman who has left Aetna's network, not the entire practice.

As a standard procedure, Aetna is required to send out notifications informing patients of her departure from the network. If you have any further questions, please feel free to contact our office at 215-735-7992 or email us at info@rwwc.com

Patient Reminder: Friday Hours Update



As summer comes to a close, the Friday hours at the Rittenhouse Women's Wellness Center **will be adjusted back to 8:00am-6:00pm** instead of our summer schedule of 8:00am-3:00pm.

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.



Enhanced Features on the Patient Portal



The Rittenhouse Women's Wellness Center invites you to please access our secure online patient portal network in order to schedule appointments.

This means seamless access through the patient portal for scheduling sick appointments as well as annual and preventative exams-the portal can also be used to request refills, referrals, and send messages directly to your physician and the RWWC staff.