

# HEALTH AND WELLNESS LINKS

## Acupuncture

Ronald J. Ada, L.Ac. 463-4342  
21830 Vashon Hwy SW

Jessica Bolding, M.S., L.Ac. 463-9066  
[www.VashonPRAHM.com](http://www.VashonPRAHM.com)

Karen M. Hain, L.Ac., MAcOM, LMP  
251-0871 at Full Circle Wellness

Susan M. Kaetz, MPH, L.Ac. 567-5680

Ronly Blau, CAP, LMP  
Full Circle Wellness  
206-499-8488 Mon-Thurs  
[www.MeadowHeartAyurveda.com](http://www.MeadowHeartAyurveda.com)

Lori King, M.Ac., L.Ac. 550-0739  
House calls only

Dennis Levin, L. Ac. 567-5298 at London Health Clinic

Ann Leda Shapiro, L.Ac. 463-3967

Eli Andrew Stahl, L.Ac., LMP  
463-2945 - Full Circle Wellness

## Athletic/Fitness Centers

Vashon Athletic Club 463-5601  
[www.vashonathleticclub.shutterfly.com](http://www.vashonathleticclub.shutterfly.com)

Village Fitness Center 567-5438  
24-hour member access [villagefitness@gmail.com](mailto:villagefitness@gmail.com)

Vashon Park District 463-9602  
[www.vashonparkdistrict.org](http://www.vashonparkdistrict.org)

## Chiropractors

Thomas Basile 463-1850  
9929 Bank Road

Carlson Chiropractic 463-3677  
Next to Thrifway

Chinn Chiropractic Clinic 463-0963  
Parker Plaza

Dr. Michael Curtin 206-300-1931  
[doccurtin@gmail.com](mailto:doccurtin@gmail.com)

## Counselors

Stephanie Barbee, LICSW  
206-275-2250 Wed-Fri  
sgbarbee@centurytel.net  
Licensed clinical social worker practicing psychotherapy since 1995

Stephen Bogan, LMHC  
206-463-3050 - by appt  
imperfecthealer@netscape.com  
www.VashonWellness.com

Liz Brenneman, MA, LMHC, Certified Coach  
206-909-9635 Sun-Thurs  
memory@nwlinc.com  
blog.lizbrenneman.com

William D. Carr, D. Min., LMHC  
206-790-9877  
carrwilliamd@earthlink.net

Jeri Jo Carstairs, LMFT  
206-567-4667 - by appt  
jerijoc@centurytel.net  
working with individuals & families for 20 yrs

Phillip Cushman, Ph.D.  
206-463-1797  
individual & couples counseling. marriage & family therapist since 1978

Carol Ellis, MS, NBCC  
206-463-9370 by appt  
carolellis-burton@comcast.net  
parent coaching, counseling for children & families.

Caryl Antonia Greene, M.Ed, LMHC  
206-465-9172 Mon-Fri by appt  
www.antoniaagreen.com and www.VashonWellness.com

Remony Henry, MSW, LICSW  
Full Circle Wellness Center  
206-463-2945 x4 Mon-Fri by appt

Diane Hillaire, CC  
Full Circle Wellness Center  
206-463-2945 x4 Mon, Tues, Thurs  
www.vashonfullcircle.com

Dan Kaufman, Ph.D.  
206-384-5118  
drdankaufman@comcast.net  
www.spiraltohealth.com

Michele Kimble, M.Ed., LMHC  
206-567-0076  
17141 Vashon Hwy SW suite 107  
michelekimble@islandcaresolutions.com

Jeff Larson, Ph.D.  
206-463-5359 Mon-Thurs  
www.vashonlutheranchurch.org/counseling

JAn McBride, LMFT  
206-463-3442 Moon-Fri  
Marriage & family therapist

Deb Pierce McCabe, MA, RDT/BCT  
stage of Healing, Drama Therapy  
206-724-7212 by appt  
stagesofhealing@gmail.com

TIm McTighe, MS, LMFT  
206-919-1150 9-7pm M-Sat  
Courthouse Square suite 205

Jeffrey Morrison, MA, LMHC  
Certified Focusing Trainer  
206-935-7850 W&F  
jeffrey@morrisontherapy.com  
www.morrisontherapy.com

Marci Napoli MA, LMHCA  
206-407-4832  
mnapoli4@yahoo.com

Jenean Richards, MA, LMHC  
206-567-4677

Marianne Rose, MA, CDP, LMHCA  
206-463-5892  
marianneRR@aol.com  
www.vyfs.org/addictions  
psychotherapist & licensed chemical dependency professional.

Sonja Sackman, Ph.D  
206-799-9764  
Courthouse Square  
clinical psychologist & consultant

Adam L Stone, MA, LMHCA  
206-463-0771  
stone@ucla.edu

Barbara Di Prete Waterbury, MA, LMHCA  
206-455-1608  
barbaradiprete@hotmail.com

Beth White, LICSW  
206-463-5944

Meg White, MA, LMHC  
206-719-4487

Cynthia Zheutlin, MA, LMHCA  
206-463-2189  
[www.aclearreflection.com](http://www.aclearreflection.com)

Jeffrey Zheutlin, MA, LMHC  
206-463-2189

Jessa Zimmerman, MA  
206-919-9488  
[change@jessazimmerman.com](mailto:change@jessazimmerman.com)  
[www.jessazimmerman.com](http://www.jessazimmerman.com)  
specializing in issues of sexuality & intimacy. couples counseling & sex therapy.

## **Dentists**

Dental Van  
call Heather Robinson at 310-5238  
for children's services call Hilary Emmer at 463-7277  
The van, which is part of Medical Teams International, frequently provides free dental services to Vashon's low-income. call for more info.

Leif Rasmussen, DDS -Vashon Dental  
206-463-3685 - 19715 Vashon Hwy SW

William W. Rosendahl, DDS  
Courthouse Square Dental Clinic  
206-463-9115 - 19001 Vashon Hwy SW

Vashon Island Dental  
Michael Maki & Clifford Eckman  
206-463-9282 - 17425 Vashon Hwy SW

Ann Mayeda  
206-463-5899 - Vashon East Shopping Center

Daryl Yorek, DDS MS PS  
206-463-3313 - Vashon Plaza

## **Domestic Violence Services**

The DoVE Project  
206-715-0258

The DoVE project is a new Vashon organization that provides support for survivors of domestic violence. It hosts a weekly support group and offers legal and systems advocacy, helping people find the services that they need. DoVE is sponsored by Vashon Youth & Family Services.

[View Site](#)

## Eye Care -Opticians

20/20 Eyecare centers & Eyeland Optical  
17609 Vashon Hwy SW  
206-463-2020

## Massage Therapy

Dianna Ammon, LMP  
206-271-4701

Tori Beck, LMP 463-4283

Tami Brockway Joyce, LMP  
206-898-1874

Jill Bulow, LMP  
206-949-5004

James Cottrell, MA LMP  
206-854-5799 james@vashonathomemassage.com

Lauri Hare, OTR/L  
463-3019

Susan E. Hormann, LMP  
463-6491

Lynelle Sjoberg, LMP, CPT  
463-1857

Madrone Sky, LMT  
206-353-2649  
Osha SKy, LMT  
206-412-4649

Caroline Sias -Vashon Women's Health Center  
463-2777

Lyn Solander, LMP  
206-463-5801  
www.vashonmassage.com

Irene Alexander Tokar, LMP  
206-455-5426 irindia76@hotmail.com  
www.irenealexander.com  
Full Circle Wellness Center 463-2945

Integrative Healing Arts 463-2787

Beth Lolley 463-1842

Suzanne Greenberg, LMP  
Massage by the Sea 206-226-3779  
8624 Soper Rd -Vashon

Massageworks 463-1978  
-Casey Sullivan LMP, Christina Pappas, LMP

Relaxation Station 463-2510  
17804 Vashon Hwy SW

Sound Massage 463-5739  
- Michael Horswill LMP

### **Naturopathic & Holistic**

Full Circle Wellness Center 463-2945  
18017 Vashon Hwy SW

London Health Clinic 408-7400  
17425 Vashon Hwy SW (just N of Village Green)

Vashon Natural Medicine 463-4778  
18913 Vashon Hwy SW

Personal Best Hypnosis: Diana Labrum, CHT  
360-876-5880 DLabrum@wavecable.com  
www.PersonalBestHypnosis.com

Katharina Hirsch 463-6151  
12411 SW 248th St

Stas Kudla ND, L.Ac.  
206-937-2066 Dr.staskudla@seasons-4-health.com  
www.seasons-4-health.com

Maxwell Family Medicine  
Micole Maxwell, ND  
463-1480 www.nicolemaxwell.com

### **Nutrition**

Kathy Abascal - 206-463-9211  
info@toquietinflammation.com  
www.TQIDiet.com

Mara H. Andrus RD, CD  
206-819-5100 by appt

WIC -supplemental food program for women, infants & children up to 5  
every 3rd wednesday of the month  
206-296-4822 (day of clinic 291-7336)

## **Occupational Therapy**

Laurie Hare, OTR/L  
Pediatric Occupational Therapy  
206-463-3019 harelc2@yahoo.com

## **Physical Therapy**

Alliant Physical Therapy & Integral Medicine  
Tim Sobie, MS, PT and Associates  
206-463-2787  
www.alliantcare.com

Cathy deSmet, PT  
206-442-2088

Andra DeVoght, PT, MPH  
Vashon Women's Health Center  
206-463-2777 x2

Vashon Physical Therapy  
206-463-3441  
vipt@vashonpt.comcastbiz.net

## **Physicians**

Vashon Heath Center - Highline Medical Group  
206-463-3671 - Sunrise Ridge -10030 SW 210th St  
Open Mon-Sat

Vashon Plaza Medical Clinic - Charles Weispfenning, MD  
206-463-3696 - 17639 100th Ave SW

Vashon Family Practice  
206-463-2800 - 17917 Vashon Hwy SW

Chad Magnuson Family Practice  
206-463-5401 - 17429 Vashon Highway SW  
www.drmagnuson.com

Vashon Women's Health Center  
206-463-2777 - Vashon Hwy betwee Giraffe and Luna Bella's  
www.vashonwomenshealth.org

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