

Take Care of Yourself and Check In with these Local Wellness Businesses

[Amethyst Beauty Lounge](#) currently offering online wellness classes and consultations for skin and wellness services. The annual June promotional sale is launching early through our online store including raffle baskets and large discounts on service bundles.

[Arcadian Counseling- James Killian, LPC](#) provides counseling for anxiety, anger and stress management for teens and adults. Virtual online counseling sessions are available.

[BigFaceLoveYoga/LongRiverTaijiquan](#): Offering professional virtual instruction in Yoga, Meditation, Qigong and T'ai-Chi for all ages and abilities through Zoom and YouTube.

[Brown Fitness & Wellness](#) is currently offering ongoing Virtual Training and Wellness Coaching to current and new clients.

[Employee Health Matters, LLC](#) Showing employers how much influence they can exert to lower their health care costs through inexpensive outcomes-based workplace wellness programs. Also promote credentialed holistic practitioners in our projects through partnerships.

Ingrid Harrison, [Affordable Personal Services](#), offers shopping/errands, pharmacy runs, cooking, pet care, non-medical elder care. I am also certified [End of Life Doula Consultant/Practitioner](#) offering check-ins, assisting with funeral/end of life options.

[Kidding Around Yoga with Sherri](#) is teaching daily Children and Adult Yoga classes online through Zoom; [YouTube videos](#) are available too.

Much Kneaded Wellness Therapies has started a [Realizing Reiki YouTube channel](#) for personal growth.

[Mallory Grimste, LCSW](#) serves teens struggling with depression, anxiety, and mental health issues. Online counseling sessions available.

[New Haven Naturopathic Center](#) (1 Bradley Rd, Suite 503) is available for telehealth visits. 203-941-0366.

[Table for One](#) Self-care and massage gifts now available: Yoga Balm healing ointment, Yoga Tune-up self-massage balls, and Floracopeia roll-on essentials oils blends. Call (203) 909-2430. Free delivery available in Woodbridge.

[The Tradition at Oak Lane](#) is open for golf! We are walking only (for now) and taking tee times/payment online. Contactless check in.

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Visit woodbridgect.org/business to see how you can support local businesses during the pandemic.