

Massage Therapy/Body Work

- Ananda Healing Collective**
4528 N Oakland Ave414.791.0303
- Caribbean Touch Massage Therapy**
3510 N Oakland Ave #206414.350.7741
- Chiropractic Company**
3510 N Oakland Ave414.962.0700
- Crux Chiropractic**
2211 E Capitol Dr414.877.0866
- Embodied Therapeutics**
4465 N Oakland Ave #310414.208.0644
- Integrative Massage & Body Therapy**
3970 N Oakland Ave, #502414.278.0440
- Le Cocon Day Spa**
3811 N Oakland Ave414.628.2094
- Optimal Performance-Therapeutic Massage**
3510 N Oakland Ave414.517.7433
- Sakura Spa**
1409 E Capitol Dr, #206530.548.5555
- Sandy's Soothing Hands Massage**
3510 N Oakland Ave, #206414.467.4766
- Shorewood Family Chiropractic**
4433 N Oakland Ave, Suite A414.962.5483
- Spa Solace**
4405 N Oakland Ave4.14.303.6376
- Yi Spa**
4601 N Oakland Ave, Suite 221414.982.8727

Medical

- Ascension Healthcare Clinic**
4027 N Oakland Ave.....414.962.7477
- Lakeside Natural Medicine**
4433 N Oakland Ave, Suite B414.939.8748
- LifeSteps Health & Wellness Clinic**
4601 N Oakland Ave414.906.1998
- Metropolitan Medical Center**
4495 N Oakland Ave414.967.3550

Nutrition

- Achieve Personal Fitness**
3961 N Stowell Ave414.416.5873
- Ananda Healing Collective**
4528 N Oakland Ave414.791.0303
- Curves**
4473 N Oakland Ave414.332.8783
- LifeSteps Health & Wellness Clinic**
4601 N Oakland Ave414.906.1998
- Shorewood Family Chiropractic**
4433 N Oakland Ave, Suite A414.962.5483

Physical Therapy

- Alliant Physical Therapy Group**
3840 N Oakland Ave414.962.8480
- Orthopaedic Hospital of Wisconsin - PT Clinic**
3970 N Oakland Ave, #102414.963.6330
- Structural Elements Orthopedic Wellness Clinic**
4529 N Oakland Ave..... 414.539.4206

Vision

- VisionWorks**
4000 N Oakland Ave414.961.7700
- Wisconsin Vision**
4163 N Oakland Ave.....414.455.8131

**Over 1/3 of our businesses
are dedicated to personal
well-being, making
Shorewood the prime
health & wellness destination in
southeastern Wisconsin!**

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services in Shorewood, visit:*

shorewoodwi.com



health, wellness & fitness guide



Acupuncture

- Ananda Healing Collective**
4528 N Oakland Ave414.791.0303
- Dr. Zhou's Acupuncture, Pain Management & Natural Wellness Clinic**
4601 N Oakland Ave414.962.5249
- Eastern Wisdom Healing Center**
3600 N Oakland Ave, Suite A.....414.961.6001
- Lifestyle Acupuncture**
1431 E Capitol Dr414.628.7653
- Structural Elements Orthopedic Wellness Clinic**
4529 N Oakland Ave414.539.4206

Body Treatments

- Forever Young**
4433 N Oakland Ave414.312.5665
- Golden Rey Energy Center**
4210 N Oakland Ave414.395.1692
- Ladea MediSpa & Laser Clinic**
4601 N Oakland Ave..... 414.906.1998

Coaching/ Healing

- Ananda Healing Collective**
4528 N Oakland Ave414.791.0303
- Lotus Healing**
Location varies.....920.421.4325
- Sourcepoint Counseling**
4447 N Oakland Ave, LL414.902.0290
- Wholly Mindful**
Location varies.....whollymindfull.com

Chiropractic

- Chiropractic Company**
3510 N Oakland Ave414.962.0700
- Crux Chiropractic**
2211 E Capitol Dr414.877.0866
- Shorewood Family Chiropractic**
4433 N Oakland Ave, Suite A414.962.5483

Counseling

- Behrens Psychotherapy**
2321 E Capitol Dr262.689.0688
- Cynthia Carlson, ACSW**
3970 N Oakland Ave, # 704414.963.9187
- Family Healing & Wellness Center**
3907 N Oakland Ave, #402414.367.8793
- Flourish Counseling**
2321 E Capitol Dr, #500414.377.0504
- Haven Behavioral Health**
1409 E Capitol Dr, #202414.751.8946
- Kathleen Neville, LCSW, MSW**
3970 N Oakland Ave, #502773.295.2942
- Lauri Gebhard, Psychologist, PhD**
4465 N Oakland Ave, #310.....414.807.8934
- Lotus Healing**
Location varies.....920.421.4325
- Maedke Counseling**
2321 E Capitol Dr, #200414.429.9391
- Many Roads Clinic**
2510 E Capitol Dr414.975.8106
- Michelle Waide, LCSW**
4421 N Oakland Ave, #201414.276.5432
- Nancy Hornby, MSW, CSW, CICSW**
3970 N Oakland Ave, #502414.332.9096
- New Leaf Therapies**
4465 N Oakland Ave, #400414.332.2227
- Patricia Briceno, LCSW**
3970 N Oakland Ave, #502414.962.9909
- Rentz Counseling**
2321 E Capitol Dr, #200414.630.3337
- Sourcepoint Counseling**
4447 N Oakland Ave, LL414.902.0290
- Susan Wasserman, MSW**
3970 N Oakland Ave, #502414.961.0649
- The Practice**
4465 N Oakland Ave, #310414.563.7229

Dental

- Acacia Dental Care**
3970 N Oakland Ave, #602414.212.8291
- Daniel Moos, DDS**
4447 N Oakland Ave.....414.964.2223
- Healthy Start Dentistry**
3970 N Oakland Ave, #603414.332.1232

Dental - Cont.

- Kamyar Saeian , DDS**
3970 N Oakland Ave, #501414.967.0993
- Kircher Family Dentistry**
1400 E Capitol Dr414.961.2427
- Klara Fleysch, DDS**
1714 E Capitol Dr414.963.0950
- Lake Bluff Dental**
1720 E Lake Bluff Blvd414.962.1800
- Shorewood Dental**
2321 E Capitol Dr, #700.....414.332.7700
- Shorewood Family Dentistry**
3970 N Oakland Ave #702414.332.8150
- Ziolkowski Dental**
3970 N Oakland Ave, #403414.962.0389

Fitness & Yoga

- Achieve Personal Fitness**
3961 N Stowell Ave414.416.5873
- Anytime Fitness**
4009 N Oakland Ave414.332.1111
- Amelia Coffaro Adaptive Yoga**
Location varies.....ameliacoffaroyoga.com
- B K Yun Blackbelt Academy**
4477 N Oakland Ave414.962.2911
- Curves**
4473 N Oakland Ave414.332.8783
- Embodied Therapeutics**
4465 N Oakland Ave, #310414.208.0644
- Milwaukee Yoga Center**
3514 N Oakland Ave414.332.3551
- Movement MKE**
1922 E Capitol Dr414.350.8661
- Orangetheory Fitness**
4155 N Oakland Ave414.930.4545
- PowerCycle**
4521 N Oakland Ave414.563.7696
- Sacred Sound Yoga**
3805 N Oakland Ave414.403.2053
- Shorewood Community Fitness Center**
1701 E Capitol Dr414.961.3100