



MICHELLE K. BRANNON
Co-Owner & Fitness Director

- **CERTIFIED PERSONAL TRAINER:** American Council on Exercise, 6 years experience, Specializing in post-rehabilitation, Senior Fitness, Youth Fitness, General Fitness and weight loss. Online training available
- **CERTIFIED GROUP FITNESS INSTRUCTOR:** American Council on Exercise, 15 years experience, Specializing in crosstraining, cycling, functional training and athletic fitness



840 24TH AVENUE
SEASIDE, OR 97138
503-738-8304
www.sunsetfamilyfitness.com



TRACY ERLING, N.D.
Naturopathic Physician

TRACY ERLING, N.D.

- **EDUCATION:** Willamette University, Salem, OR, National College of Natural Medicine, Portland, OR
- **BOARD CERTIFICATION:** Oregon Board of Naturopathic Examiners
- **AREAS OF INTEREST:** Women's Health, bioidentical hormones, contraception, children's health, digestive health and food allergy testing

2935 MARINE DR.
STE. B, ASTORIA, OR
503-440-6927



KATHLEEN FLEWELLING, ND
Naturopathic Physician

- **EDUCATION:** National College of Natural Medicine
- **RESIDENCY:** NCM Westside Clinic
- **MEDICAL INTERESTS:** Female and thyroid hormones
- **OREGON HEALTH AUTHORITY:** Patient Centered Primary Care Home



1256 AVE D
SEASIDE, OR
503-738-5859
anaturalpath@yahoo.com



SETH GOLDSTEIN, DC
Chiropractic physician

- **EDUCATION:** University of Bridgeport Chiropractic College (DC, 2001) Fordham University (BA in Philosophy and Classics, 1984)
- **LICENSURE:** Oregon Board of Chiropractic Examiners
- **AREAS OF INTEREST:** Independent medical exams, soft tissue injuries, rehabilitation, nutrition, exercise, and lifestyle counseling



Dragonheart
Herbs & Natural Medicine, LLC
231 N. HEMLOCK, STE 106
CANNON BEACH, OR
503-436-0335



MARGARET HAMMITT-MCDONALD, PH.D., MSOM, ND, LAC
Naturopathic primary healthcare, acupuncture, family practice

- **EDUCATION:** National College of Natural Medicine, Portland, OR (ND, MSOM, 2007) Graduate School and University Center, City University of New York (PhD English Language and Literature, 1997)
- **LICENSURE:** Oregon Board of Naturopathic Medicine, Oregon Medical Board (acupuncture)



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CANNON BEACH, OR
503-436-0335



LYNNE HEDBLOOM LMT, LMP, CAMT

- **EDUCATION:** East West College of the Healing Arts 1997, Knox College B.A. 1983
- **CERTIFICATIONS:** Advanced Myofascial Techniques 2010, Oregon Massage License #6331 since 1997, WA License MA 00010659, National Certification 40931-00
- **SPECIALTIES:** Auto Claims Accepted
- **AREAS OF INTEREST:** Swedish and Deep Tissue Massage, Myofascial Release Techniques
- **OTHER:** I love to help people help themselves and I enjoy capturing nature with pictures and presence



620 S. HOLLADAY, SUITE #3
SEASIDE OR
503-738-3343 (EDGE)
www.MassageWatersEdge.com



VICKI MC AFEE, CH, CN
Clinical Herbalist, Certified Nutritionist

- **SCHOOLS OF CERTIFICATION:** Rocky Mountain Center of Botanical Studies American Health Science University
- **STUDIES AND PRACTICE:** Passionately involved with herbs & nutrition for 30 years, with the last 15 dedicated to private consultations
- **SPECIALTIES:** Herbal therapeutics, nutritional counseling, herb/drug interactions



A Gypsy's Whimsy
1139 COMMERCIAL ST.
ASTORIA, OR
503-338-4871



ASHELEY NAGLE, LMT
Therapeutic Massage

- **EDUCATION:** East West College of the Healing Arts
- **SPECIALTY:** Deep tissue, Swedish, Structural, and Trigger Point massage
- **LICENSURE:** OR License #21120



620 S. HOLLADAY, SUITE #3
SEASIDE OR
503-738-3343 (EDGE)
DIRECT: 503-440-8190
www.MassageWatersEdge.com



SUMMER OJA
Spa Director

- **AREAS OF INTEREST:** For over ten years it has been my privilege to work in the health and wellness field with professional estheticians, massage therapists and body workers. I know from personal experience that Spa treatments nurture pro-active health care for people of all ages. I am especially interested in the healing aspects of touch for chronic pain and aging issues.



SPA AT CANNERY
PIER HOTEL
#10 BASIN STREET
ASTORIA, OR 97103
503-338-4772
www.cannerypierhotel.com



TRUDIE PHILLIPS LMT

- **EDUCATION:** East/West College of Healing Arts, Portland, OR
- **CERTIFICATIONS:** Institute for Integrative Nutrition, NY, NY; Health Coach, World Christian Ministries-Minister; Clark College, Vancouver, WA - Culinary Arts; Portland Community College-Communications
- **SPECIALTY:** Massage Therapy
- **AREAS OF INTEREST:** Officiating weddings & commitment ceremonies, Alternative Healing and seeing amazing results
- **OTHER:** Aroma touch and Raindrop Therapies; 20 years experience

Massage Therapy



140 N. ROOSEVELT DR.
SEASIDE, OR
503-738-9919



ANGELA SIDLO
Licensed Reflexologist, Certified Holistic Aromatherapist, Reiki Master Teacher, Nutrition & Lifestyle Consultant, Certified Tai Chi Instructor

- **TRAINING:** Reflexology, Aromatherapy, Nutrition, Certified Tai Chi Instructor, Nutrition & Herbal Medicine
- **EDUCATION:** Seattle Reflexology & Massage Center, East-West School of Herbal & Aromatic Studies, Tree of Light Herbal Studies, Arthritis Foundation Tai Chi
- **AFFILIATIONS:** NAHA, ARCB, ORN

Waves of Change
Wellness Center
Creating Healthy Communities through Natural Practices
No.1 12th St., Ste 10, Astoria
503-338-9921
www.reflexology-works.com
www.aromatherapy-works.com



ARIA WALKER, L.A.C., DIPL. AC.
Acupuncture

- **ACUPUNCTURE SCHOOL:** Academy for Five Element Acupuncture; Pacific College of Oriental Medicine
- **BOARD-CERTIFIED:** NCCAOM (National Certification Commission for Acupuncture and Oriental Medicine)
- **SPECIALTIES:** Five Element Acupuncture, Chinese Herbs, MFT Nutritional Testing
- **AREAS OF INTEREST:** Internal medicine; pain & injury; anxiety, depression & stress



Acupuncture & Natural Medicine Clinic
1355 S HEMLOCK ST
CANNON BEACH, OR
503-436-2255
www.cannonbeachacupuncture.com