

Table of Contents

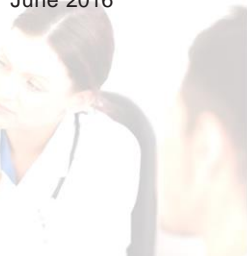
Marinette/Menominee/Oconto 2016

ADDICTION AND PAIN MANAGEMENT ALTERNATIVES DIRECTORY

Click on the area of interest to go to that page.

<u>Acupuncture/Needling</u>	1
<u>Behavioral</u>	2 - 3
<u>Biofeedback</u>	4
<u>Chiropractic</u>	5 - 6
<u>Fascial Cupping</u>	7
<u>Hypnotism</u>	8
<u>Massage Therapy</u>	9 - 10
<u>Physical Therapy/Occupational Therapy</u>	11 - 12
<u>Reiki</u>	13
<u>Support Groups</u>	14
<u>Transdermal Focused Medicine</u>	15
<u>Yoga/Meditation</u>	16

Marinette/Menominee/Oconto Addiction and Pain Management Alternatives Directory
June 2016



Tri-City Area United Way
Supporting Marinette/Oconto, WI
and Menominee, MI Counties

Acupuncture/Needling

The utilization of sterile single use needles directly inserted into myofascial (muscular) trigger points, along nerve pathways, or traditional acupuncture is placed along energy pathways (meridians). Research studies have shown that inserting needles into the tissue creates biochemical changes within the body, which helps to consistently reduce pain levels and improve body functioning. Some of these changes in the tissues include: increased circulation, elevated immune markers, muscle relaxation, decreased inflammation (swelling), endorphin releases, and neurological changes locally as well as at the central nervous system level per functional MRI testing.

Business	Address	Phone	Contact Person	Email Address	Website	Specialty Notes
Barker Physical Therapy Clinic S.C.	2706 Cahill Road, Suite E Marinette WI 54143	715-330-5547	Andrew Barker	abarker@barkerptclinic.com	www.barkerptclinic.com/home.html	
BayCare Clinic Pain & Rehab Medicine	4061 Old Peshtigo Road Marinette WI 54143	866-965-4385	Danzhu Guo MD, FAAPMR		https://www.baycare.net/medical-services/pain-rehab-medicine/acupuncture/	
Bayshore Chiropractic	1008 Pecor Street Oconto, WI 54153	920-864-7084	Dr. Nathan Jackson	*Online form on website	www.bayshorechiropractic.com	
Wellness Clinic	1281 Marinette Avenue Marinette WI 54143	715-735-5500		*Online form on website	www.wellnessclinic-inc.com	

[Click here to go back to table of contents](#)

Behavioral

Behavioral approaches to pain management have been found to be one of the most effective long term approaches to managing pain. It focuses on changing your life-style, cognitive thoughts about pain, behavioral response to pain, and many other techniques that help us to distract ourselves from the pain response. Cognitive Behavioral Therapy is the most common approach used by licensed mental health professionals. Most health insurance companies reimburse providers for this service. Behavioral approaches may take 6-12 sessions to learn techniques in learning to cope with pain and occasional follow up to reinforce these newly learned strategies. Behavioral Approaches are not a quick and easy fix and requires personal responsibility for the effectiveness of the outcomes.

Business	Address	Phone	Contact Person	Email Address	Website	Specialty Notes
ADAPT Marinette County Mental Health Services	2500 Hall Avenue, Marinette WI 54143	715-732-7760	Robert Valentine, Community Services Manager	rvalentine@marinettecounty.com	https://www.marinettecounty.com/departments/?department=fdfaa9196972&subdepartment=947453e926ca	
ADAPT Marinette County Mental Health Services	1201 Jackson Street, Niagara WI 54151	715-251-4555 After hours: 715-732-7760	Robert Valentine, Community Services Manager	rvalentine@marinettecounty.com	https://www.marinettecounty.com/departments/?department=fdfaa9196972&subdepartment=947453e926ca	
Aurora Bay Area Health Center	3130 Shore Drive, Marinette WI 54143	715-735-7421	Lawrence De Lay, MD		https://bamc.org	
Bellin Health Psychiatric Center	820 Arbutus Avenue, Oconto WI 54153	920-433-6073	Kim Keyser, MSW LCSW Amy Schwarzenbart, DNP, APNP, PMHCNS- BC		https://www.bellin.org/services_programs/mental-well-being	
Bellin Health Psychiatric Center	107 E. Highland Drive, Oconto Falls WI 54154	920-433-6073	David Bell, MS, LPC		https://www.bellin.org/services_programs/mental-well-being	
Changing Seasons Counseling	2012 10th Street, Menominee MI 49858	906-863-5646	John Lindt/ Mike Gibson			Substance Abuse Counseling
Choices Counseling	1557 Cleveland Avenue, Marinette WI 54143	715-732-6868	Felicia Finley			Substance Abuse Counseling
Concerned Associates	3612 13th Street, Menominee MI 49858	866-903-6000	Gil Garcia	ggarcia@concernedassociates.com	www.gilgarciatherapist.com	Cognitive Behavioral Therapy

Behavioral

Business	Address	Phone	Contact Person	Email Address	Website	Specialty Notes
James P Heider	361 Van Dyke Street, Oconto WI 54153	920-372-5118	James P Heider			Cognitive Behavioral Therapy
Libertas	1712 Dunlap Square, Suite 5, Marinette WI 54143	715-735-0095	Linda Wranik		www.libertascenter.org	Intensive Substance Abuse Outpatient Treatment
Labor of Love Family Counseling Center	125 South Avenue, Crivitz WI 54114	715-854-2992	Laurie Lawrenz, Center Director		www.laboroflovecenter.com/wordpress	Alcohol & Drug Addiction Counseling, Mental Health
Labor of Love Family Counseling Center	619 Main Street, Wausaukee WI 54177	715-291-9328	Laurie Lawrenz, Center Director		www.laboroflovecenter.com/wordpress	Alcohol & Drug Addiction Counseling, Mental Health
NorthPointe Behavioral Health	1110 10th Street, Menominee MI 49858	906-863-7841	Maria Domitrovich		www.nbhs.org	
Prevea Oconto Falls Health Center – Medical Services Building	853 S. Main Street, Oconto Falls WI 54154	920-272-1200	John Schatzman, LCSW Alexandria Binkowski, LPC, NCC		www.prevea.com/Medical-Services/Behavioral-Care/	
Prevea Oconto Health Center	620 Smith Avenue, Oconto WI 54153	920-272-1200	John Schatzman, LCSW			
Z Boost Performance, LLC	Harbors Building, Lower Level, 1110 10th Avenue, Suite L4, Menominee MI 49858	906-290-2444	Christine M. Pada, MA, LPC	counselor@christinepada.com	www.zboostperformancecounseling.com	

[Click here to go back to table of contents](#)

Biofeedback

Biofeedback can help a person increase awareness of – and even prevent – typical stress responses like muscle tension by providing immediate feedback from sensors helping participants learn to develop control over physical responses. It is especially beneficial, however, for patients who have more significant physical, mental, or emotional stressors, such as a traumatic injury, difficulty sleeping, challenges brought on by stroke, anxiety, depression, and many types of chronic pain, including low back pain, chronic headaches/migraines, fibromyalgia, and musculoskeletal pain. Chronic pain patients may experience a downward spiral as their body reacts to stress and pain in ways that exacerbate their condition. Biofeedback can stop this spiral by helping patients better recognize, understand, and control their physical, mental, and emotional responses to pain.

Not currently available locally.

[Click here to go back to table of contents](#)

Chiropractic

Chiropractic is a health care system that holds that the structure of the body, particularly the spine, affects the function of every part of the body. Chiropractors try to correct the body's alignment to relieve pain and improve function and to help the body heal itself.

While the mainstay of chiropractic is spinal manipulation, chiropractic care now includes a wide variety of other treatments, including manual or manipulative therapies, postural and exercise education, ergonomic training (how to walk, sit, and stand to limit back strain), nutritional consultation, and even ultrasound and laser therapies. In addition, chiropractors today often work in conjunction with primary care doctors, pain experts, and surgeons to treat patients with pain. (Harvard Health Publications Website)

Business	Address	Phone	Contact Person	Email Address	Website	Specialty Notes
M&M Chiropractic	725 10th Avenue, Menominee MI 49858	906-863-8410	Dr. Aaron Steuck, D.C.	dr.steuck@yahoo.com	www.mandmchiro.com	
Allied Health Chiropractic	880 Frontage Road, Peshtigo WI 54157	715-582-4098	Carrie VanWinkle, D.C.		www.alliedhealthchiro.com	
Back in Balance Chiropractic & Wellness	S 221 Railroad Street, Stephenson, MI 49887	906-753-4020	Lindsay M. Whaley, D.C.		www.backnbalancechiro.com	
Bayshore Chiropractic	1008 Pecor Street, Oconto WI 54153	920-834-7084	Dr. Nathan Jackson		www.bayshorechiropractic.com	
Bayside Chiropractic LLC	3117 Shore Drive, Marinette WI 54143	715-732-5105	Connon L. Piencikowski, DC		www.aurorahealthcare.org/locations/clinic/bayside-chiropractic-llc	
Coleman Chiropractic Center, LLC	205 N Park Avenue, Coleman WI 54112	920-897-4566	Dr. James Coleman B.Sc., D.C.			
Cook Chiropractic	10971 Clinic Road, Suring WI 54174	920-842-2083	Dr. Bruce D. Cook, D.C			
Duda Chiropractic	3110 Gilbert Street, Marinette WI 54143	715-732-4018	Dr. Charles Duda			
Heller Chiropractic Clinic	517 Caldwell Avenue, Oconto Falls WI 54154	920-846-3778	Fred D. Heller			
Ireland Family Chiropractic	2710 Cahill Road, Marinette WI 54143	715-504-2074	Dr. Kevin Ireland, D.C.	irelandchiro1@sbcglobal.net	www.irelandfamilychiro.com	
Laurila Chiropractic Clinic	833 1st Street A, Menominee MI 49858	906-864-4410	Martin Laurila			

Chiropractic

Business	Address	Phone	Contact Person	Email Address	Website	Specialty Notes
Habeck Chiropractic Wellness Center	15481 Commercial Road., Lakewood WI 54138	715-276-3401	Dr. Adam Habeck	dochabeck@gmail.com		
Northern Chiropractic & Wellness	709 Dyer Street, Crivitz, WI 54114	715-854-5025	Dr. Kelln Grott	northernchirowellness@gmail.com		
Osterberg Chiropractic	3030 US Hwy 141, Pound WI 54161	920-897-3554	Dr. Brian Osterberg, DC			
Peshtigo Chiropractic Office	132 N Emery Avenue, Peshtigo WI 54157	715-582-9552	Dr. Steve Schuelke		www.peshtigochiro.com	
Peterson Chiropractic Health	344 McDonald Street, Oconto WI 54153	920-834-2888	Dr. Loyal Peterson		www.petersonfamilychiro.com	
Stalheim Chiropractic	604 County Road T, Marinette WI 54143	715-735-9824	Dr. David Stalheim		www.stalheimchiro.com	
Superior Chiropractic & Rehabilitation	1601 Roosevelt Road, Niagara WI 54151	715-251-1776	Melissa Vandermissen, DC			
The Center for Comprehensive Chiropractic Care	420 N Chestnut Avenue #B, Oconto Falls WI 54154	920-848-2392	Josh Dietze	*Online form on website	www.comprehensivechiro.com	
Zelm Chiropractic	534 1st Street, Menominee MI 49858	906-424-4098	Merlin R. Zelm, D.C.		www.zelmchiro.com	

[Click here to go back to table of contents](#)

Fascial Cupping

Fascial cupping is a technique where plastic or glass cups are placed along tissues that are dysfunctional or painful. A vacuum type device is utilized to draw superficial muscle layers up into the cup, which stimulates the circulation of blood, increases lymphatic drainage, improve oxygenation, breaks adhesions/scar tissue, and increase tissue ROM through stretching skin, fascia, tendon, and muscle. Research has reported that cupping can influence tissues up to 4 inches below the area where cupping occurs.

Business	Address	Phone	Contact Person	Email Address	Website	Specialty Notes
Barker Physical Therapy Clinic S.C.	2706 Cahill Road, Suite E, Marinette WI 54143	715-330-5547	Andrew Barker	abarker@barkerptclinic.com	www.barkerptclinic.com/home.html	
The Wellness Clinic	1281 Marinette Avenue, Marinette WI 54143	715-735-5500	Mindy Cole, Massage Therapist	*Online form on website	www.wellnessclinic-inc.com	

[Click here to go back to table of contents](#)

Hypnotism

During hypnosis, the conscious part of the brain is temporarily tuned out as the person focuses on relaxation and lets go of distracting thoughts. The American Society of Clinical Hypnotists likens hypnosis to using a magnifying glass to focus the rays of the sun and make them more powerful. When our minds are concentrated and focused, we are able to use them more powerfully. When hypnotized, a person may experience physiologic changes, such as a slowing of the pulse and respiration, and an increase in alpha brain waves. The person may also become more open to specific suggestions and goals, such as reducing pain. In the post-suggestion phase, the therapist reinforces continued use of the new behavior.

Not currently available locally.

[Click here to go back to table of contents](#)

Massage Therapy

“Massage is being increasingly used by people suffering from pain, mostly to manage chronic back and neck problems. Massage can reduce stress and relieve tension by enhancing blood flow. This treatment also can reduce the presence of substances that may generate and sustain pain. Available data suggest that massage therapy, like chiropractic manipulations, holds considerable promise for managing back pain.”

(www.m.webmd.com/pain-management/guide/pain-management-alternative-therapy)

Deep tissue massage therapy gets into the “trigger points” of tight muscles and releases them. It acts as a “mechanical cleanser”, hastening the elimination of waste and toxic debris, such as lactic acid within the muscles, which causes pain. It reduces inflammation and swelling of joints and tissues and thus alleviates pain.

Relaxation massage soothes the body, mind and spirit and helps bring the body into awareness and balance, alleviating stress and strain.

Business	Address	Phone	Contact Person	Email Address	Website	Specialty Notes
A Path to Healing	N2805 Lietzow Road, Marinette WI 54153	715-923-6088	Cheryl Boos			
Aurora Bay Area Health Center	3130 Shore Drive, Marinette WI 54143	715-735-7421			www.aurorahealthcare.org/services/integrative-medicine/massage-therapy	
Aurora Bay Area Health Center	4061 Old Peshtigo Road, Marinette WI 54143	715-732-8000			www.aurorahealthcare.org/services/integrative-medicine/massage-therapy	
Corrective Bodyworks	880 Frontage Road, Peshtigo WI 54157	715-889-4430			correctivebodyworks.com	Myoskeletal Alignment Therapy
Duda Chiropractic	3110 Gilbert Street, Marinette WI 54143	715-732-4018	Dr. Charles Duda			
Exhale Yoga & Massage	200 E Central Avenue, Oconto Falls WI 54154	920-639-1041		Ann@exhaleyogaandmassage.com	www.exhaleyogaandmassage.com	
Intrigue Salon and Body Studio	519 1st Street, Menominee MI 49858	906-424-4238		intriguesalon519@gmail.com	intrigueme.org/services/	
Natural Therapeutics Clinic	912 12th Avenue, Menominee MI 49858	715-587-9335	Linda Garcia, LMT	massagerone93@gmail.com	www.naturaltherapeuticsclinic.com	
NEW Rehabilitation Services	5765 KZ Lane, Oconto Falls WI 54154	920-846-3267	Carla J. Hedtke, B.S., M.S., T.P.T., C.P.T.		www.tpmyootherapy.com	TriggerPoint Myotherapy
Northern Chiropractic & Wellness	709 Dyer Street, Crivitz, WI 54114	715-854-5025	Dr. Kelln Grott	northernchirowellness@gmail.com		
Peaceful Moments Massage	423 10th Avenue, Menominee MI 49858	906-290-4942		wingsofchange21@hotmail.com	www.peacefulmomentsmassage.com	
Peterson Chiropractic Family Wellness	344 McDonald Street, Oconto WI 54153	920-834-2888	Dr. Loyal Peterson	*Online form on website	www.petersonfamilychiro.com	

Massage Therapy

Business	Address	Phone	Contact Person	Email Address	Website	Specialty Notes
Relax Day Spa	952 1st Street, Menominee MI 49858	906-864-0100	Melody Snodgress			
Soft Tissue Pain Clinic	2012 10th Street, Menominee MI 49858	906-792-0494				Orthopedic Massage Therapist
Soulage Massage Therapy and Energetic Bodywork	1133 Main Street, Oconto WI 54153	920-604-1351	Jody Reynolds	SoulageMassage1133@gmail.com	www.soulage1133.com	
Stalheim Chiropractic	604 County Road T, Marinette WI 54143	715-735-9824	Julie Stalheim, CMT		www.stalheimchiro.com	
Unique Transitions: Salon, Spa, and Yoga	744 Dyer Street, Crivitz WI 54114	715-854-7766		*Online form on website	www.uniqsalonspa.com	
Victory Physical Therapy	3908 Hall Avenue. Suite A, Marinette WI 54143	715-732-4127	Sandra Patzke, LMT, PTA		www.victorytherapy.com	
Wellness Clinic	1281 Marinette Avenue, Marinette WI 54143	715-735-5500	Mindy Cole, Massage Therapist	*Online form on website	www.wellnessclinic-inc.com	Swedish and Deep tissue massage, Precision Neuromuscular Therapy and Cupping

[Click here to go back to table of contents](#)

Physical Therapy/Occupational Therapy

Physical Therapy or Physiotherapy is the treatment & rehabilitation of disease, physical dysfunctions or injury along with the preservation, enhancement, and restoration of functional movement. Physical therapist traditionally have utilized physical modalities, massage, therapeutic exercise, assistive devices, bracing, and patient education. However, many Physical Therapists are specializing in dry needling acupuncture, spinal manipulation, vestibular rehabilitation, visceral manipulation, cranial sacral therapy, and neuromuscular reeducation to restore or facilitate normal function in patients with various pain syndromes. Because Physical Therapist can work in a variety of settings from pediatrics to geriatrics and have varying degrees/specialties it is important to research the options in your community.

Business	Address	Phone	Contact Person	Email Address	Website	Specialty Notes
Barker Physical Therapy Clinic S.C	2706 Cahill Road Suite E, Marinette WI 54143	715-330-5547	Andrew Barker	abarker@barkerptclinic.com	www.barkerptclinic.com/home.html	
Bay Area Mobility Center	3117 Shore Drive, Marinette WI 54143	715-732-5111			www.bamc.org/services/rehabilitation/	
Bay Area Rehabilitation Services	218 US Hwy 141, Crivitz WI 54114	715-854-3823			www.bamc.org/services/rehabilitation/	
BayCare Clinic Pain & Rehab Medicine	4061 Old Peshtigo Road, Marinette WI 54143	866-965-4380			www.baycare.net/medical-services/pain-rehab-medicine/	
Bellin Health	820 Arbutus Avenue, Oconto WI 54153	920-835-1100			www.bellin.org/services_programs/therapy-services	
Bellin Health	3200 Shore Drive, Marinette WI 54143	715-732-8610			www.bellin.org/services_programs/therapy-services	
Bellin Health Family Medical Center	820 Arbutus Avenue, Oconto WI 54153	920-835-1100			www.bellin.org/services_programs/therapy-services	
Dickinson-Rehabilitation Services - Wausaukee	536 Kenny Drive, Wausaukee WI 54177	715-856-6983	Janet Dunlap, DPT		www.dchs.org/rehabilitation-services.html	
NewCare Convalescent Center	903 Main Avenue, Crivitz WI 54114	715-854-2717		officeasst-newcare@centurytel.net	www.newcarecrivitz.com/convalescent-center	Skilled Nursing Facility
Northland Lutheran HHS Inc. – Augustana Rehabilitation Center	925 Pine Beach Road, Marinette WI 54143	715-732-5670	Sara Tickler	info@northlandlutheran.org	www.northlandlutheran.org/augustana-rehab-center	Skilled Nursing Facility
Oconto Physical Therapy, LLC	516 Brazeau Avenue, Oconto WI 54153	920-835-1551	Gilbert Haight, PT			
Pound Physical Therapy Clinic	3010 US Hwy 141, Pound WI 54161	920-897-4799	Peter Sytsma, PT			

Physical Therapy/Occupational Therapy

Business	Address	Phone	Contact Person	Email Address	Website	Specialty Notes
Stephenson Rehabilitation Services	S926 US Hwy 41, Stephenson MI 49887	906-753-4893			www.bamc.org/services/rehabilitation/	
The Wellness Clinic	1281 Marinette Avenue., Marinette WI 54143	715-735-5500	Jason Koenings/ Kris Tebo		www.wellnessclinic-inc.com/	
Tri City Physical Therapy	602 Wells Street, Marinette WI 54143	715-735-9388	Kim Barrette			
Victory Physical Therapy	3908 Hall Avenue Suite A, Marinette WI 54143	715-732-4127	Brian Peterson, DPT		www.victorytherapy.com	
Woodland Home Health	425 Manor Drive, Suring WI 54174	920-842-4132	Julia Heckl		www.woodlandvillagenews.com	Skilled Nursing Facility

[Click here to go back to table of contents](#)

Reiki

Reiki (pronounced “ray-key”) is a Japanese energy healing technique for stress reduction and relaxation that also promotes healing. It’s is recognized by the National Institute of Health and is included in their directory of Complementary and Alternative Medicines (CAM). Reiki coaching treatments are non-invasive and appropriate for people of all ages and degrees of wellness/illness. “Therapeutic touch and reiki healing are thought to help activate the self-healing processes of an individual and therefore reduce pain. Although these so called “energy-based” techniques do not require actual physical contact, they do involve close physical proximity between practitioner and patient.” (<http://www.m.webmd.com/pain-management/guide/pain-management-alternative-therapy>)

Business	Address	Phone	Contact Person	Email Address	Website	Specialty Notes
A Path to Healing	N2805 Lietzow Road, Marinette WI 54143	715-923-6088				
Carol Orwig FNP-C	2720 Cahill Road, Marinette WI 54143	715-732-0330	Carol Orwig FNP-C			
Details Salon & Day Spa	2122 Hall Avenue, Marinette WI 54143	715-735-5078	Chris Gerarden			
Head Quarters Salon & Spa	1018 16th Avenue, Menominee MI 49858	906-863-7831			www.headquarterssalon.ca/spa	
Health and Alternative Wellness	1200 Northland Terrace Lane, Marinette WI 54143	906-290-4709	Nicole Twork	wkreflex@hotmail.com	www.nicolemarie.com	Works on all individuals
Peaceful Moments Massage	423 10th Avenue, Menominee MI 49858	715-923-4262		wingsofchange21@hotmail.com	www.peacefulmomentsmassage.com	
Soulage Massage Energetic Bodyworks	1133 Main Street, Oconto WI 54153	920-604-1351	Jody Reynolds	soulagemassage1133@gmail.com	www.soulage1133.com	
Stalheim Chiropractic	604 County Road T, Marinette WI 54143	715-735-9824	Dr. David Stalheim		www.stalheimchiro.com	
Wanadoo Workshop, Inc.	1712 Dunlap Avenue. Marinette, WI 54143	906-424-0499	Linda Stoffle	lms@wanadooworkshop.com	www.wanadooworkshop.com	
Wellinspire Yoga	2013 23rd Avenue, Menominee MI 49858	651-308-9367	Beck Forsland	beck@barefootwarriorsisterhood.com	www.wellinspire.com	

[Click here to go back to table of contents](#)

Support Groups

Support Groups are made up of lay people who share similar experiences. It is suggested that this shared knowledge that health professionals do not possess is key to creating the assistance that people benefit from to manage their condition. This shared common experience reduces feelings of isolation, hopelessness, and increases hope for the future. Many medical centers may offer support groups for specific challenges such as pain management. Similar groups for substance use disorders are listed below.

Business	Address	Phone	Contact Person	Email Address	Website	Specialty Notes
Narcotics Anonymous - Marinette (St. Paul's Episcopal Church)	917 Church Street, Marinette WI 54143				www.wisconsinna.org www.na.org	Stepping Stones: Sunday 6pm
Narcotics Anonymous - Marinette (First Trinity Lutheran Church)	920 Wells Street, Marinette WI 54143				www.wisconsinna.org www.na.org	Cherish Life: Wednesday 10am Second Chance: Friday 7pm
Narcotics Anonymous - Menominee (First Presbyterian Church)	923 5th Street, Menominee MI 49858				www.wisconsinna.org www.na.org	Recovery Rocks: Thursday 7pm
Narcotics Anonymous - Peshtigo (Good Shepard Lutheran Church)	331 Pine Street, Peshtigo WI 54157				www.wisconsinna.org www.na.org	Gifts of Recovery: Tuesday 6pm

[Click here to go back to table of contents](#)

Transdermal Focused Medicine

Topical and transdermal pain creams and gels can be formulated to provide high local concentrations at the site of application (e.g., NSAIDs for joint pain), for trigger point application (e.g., combinations of medications for neuropathic pain), or in a base that will allow systemic absorption. By combining various agents which utilize different mechanisms to alter the sensation of pain, physicians have found that smaller concentrations of each medication can be used. Side effects and possible abuse associated with oral administration can often be avoided when medications are used topically. When medications are administered transdermally, they are not absorbed through the gastrointestinal system and do not undergo first-pass hepatic metabolism.

Business	Address	Phone Number	Contact Person	Email Address	Website	Specialty Notes
Crivitz Pharmacy	710 Main Avenue, Crivitz WI 54114	715-854-7425	Ezra Gruszynski, Pharm D./Owner		www.crivitzpharmacy.com/index.html	
Walgreens - Marinette	2301 Hall Avenue, Marinette WI 54143	715-732-4102			www.walgreens.com/locator/walgreens-2301+hall+ave-marinette-wi-54143/id=7634	
Valucare Center Health Mart Pharmacy - Marinette	1378 Main Street Marinette WI 54143	715-732-0717	Steve Wilke R. Ph., Owner		www.valucarecenter.com	

[Click here to go back to table of contents](#)

Yoga/Meditation

Relaxation techniques can help alleviate discomfort related to chronic pain. (Webmd).

“Yoga is a mind and body practice in complementary medicine with origins in ancient Indian philosophy. The various styles of yoga that people use for health purposes typically combine physical postures, breathing techniques, and meditation or relaxation. There are numerous schools of yoga. Hatha yoga, the most commonly practiced in the United States and Europe, emphasizes postures (asanas) and breathing exercises (pranayama).” (www.partnersagainstpain.com/hcp/pain-management-resources/alternative-treatments/)

“Meditation is a mind-body technique that teaches a person to focus attention and relate to the flow of emotions and thoughts in the mind. Meditation is sometimes used to increase calmness and physical relaxation, improve physiological balance, cope with an illness, or enhance overall well-being.” (www.partnersagainstpain.com/hcp/pain-management-resources/alternative-treatments/)

Business	Address	Phone Number	Contact Person	Email Address	Website	Specialty Notes
Bayshore Chiropractic	1008 Pecor Street, Oconto WI 54153	920-834-7084	Dr. Nathan Jackson		www.bayshorechiropractic.com	
Bond Community Center	1201 Park Avenue, Oconto WI 54153	920-834-5585			www.bellinfitness.com/locations/oconto/	Aquatic therapy
Crivit Youth Center	901 Henriette Avenue, Crivit WI 54114	715-854-3109	Amy Reineking (Director)		www.crvityouth.com/#!community-center/c1fue	Wellness Gym
Exhale Yoga & Massage LLC	125 Caldwell Avenue, Oconto Falls WI 54154	920-848-4247		ann@exhaleyogaandmassage.com	exhaleyogaandmassage.com/yoga-class/	
Unique Transitions: Salon, Spa, and Yoga	744 Dyer Street, Crivit WI 54114	715-854-7766			www.uniqsalonspa.com/yoga.html	
Wellinspire Yoga	2013 23rd Avenue, Menominee MI 49858	651-308-9367	Beck Forsland	beck@barefootwarriorsisterhood.com	www.sheisawarrior.com/yoga/	

[Click here to go back to table of contents](#)