

Marinette/Menominee/Oconto 2017

Pain Management & Alternatives Directory



In early 2013, the Tri-City Area United Way held a series of community conversations with 29 different groups from the Marinette and Menominee County areas. From this event we determined the number one concern of our community was substance abuse. Heroin use was the most frequent form of abuse mentioned, but all forms of abuse were raised as a concern.

As a result of the level of concern, the Tri-City Area United Way formed a community collaborative task force to look at the problem and to determine innovative ways to start to attack the problem. This task force evolved into five subcommittees that looked at finding solutions for different demographics. The subcommittees were:

1. Ages 0 to 8
 - a. This group is looking at ways substance abuse impacts the very young, especially in the family unit.
2. Youth
 - a. This group, the Healthy Youth Coalition, has been in existence for many years and continues their efforts in working with youth on avoiding risky behaviors.
3. Business
 - a. The Business subcommittee is working to bring awareness of the level of the substance abuse problem and what to watch for within the work environment.
4. Transitional Living
 - a. This subcommittee is looking at transitional living and community services for those who are reentering society from being incarcerated and struggle with addiction and abuse.
5. Prescribers
 - a. This group focuses solely on assisting the medical community in finding alternatives to pain management and treating addiction.

The Task force and its sub-committees will continue their work through the Communities that Care community collaborative effort conducted through a partnership between the Healthy Youth Coalition and the Tri-City Area United Way.

This document was developed by the Prescribers Subcommittee of the Substance Abuse Task Force to help meet that need. Special thanks to Allyson Aderman from Bay Area Medical Center who supported the original research and Carol Newbury from Bellin Health Oconto Hospital for the 2017 updating of the directory.

This document focuses solely on non-chemical pain management and thus will not have any chemical pain management recommendations or referrals. There are many options listed in this guide and is intended as a reference guide and no recommendations have been made or implied. It is not considered complete so if any omissions or errors of providers are found, contact the United Way for inclusion or correction. This document will be maintained as up-to-date as possible in a reasonable time frame in e-format on the Tri-City Area United Way's web page. For the most up-to-date listing of providers, go to www.tricityareaunitedway.com.

H.O.P.E.
HOLD ON, PAIN ENDS



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



Website: www.tricityareaunitedway.com Facebook: www.facebook.com/tricityarea.unitedway

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	Fax Number OR Specialty Note
Barker Physical Therapy Clinic S.C.	2706 Cahill Rd., Suite E, Marinette, WI 54143	715-330-5547	Andrew Barker	abarker@barkerptclinic.com	www.barkerptclinic.com	715-330-5807
BayCare Clinic Pain & Rehab Medicine	4061 Old Peshtigo Rd. Marinette, WI 54143	866-965-4385	Danzhu Guo MD, FAAPMR Xinqian Chen, MD		www.baycare.net	920-288-8385
The Wellness Clinic	1281 Marinette Ave. Marinette, WI 54143	715-735-5500	Jason Koenings		www.wellnessclinic-inc.com	

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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	Fax number OR Specialty Notes
ADAPT Marinette County Mental Health Services	2500 Hall Ave. Marinette, WI 54143	715-732-7760	Robert Valentine, Community Services Manager	rvalentine@marinettecounty.com	www.marinettecounty.com	715-732-7711
	1201 Jackson St. Niagara, WI 54151	715-251-4555				715-251-1754
Aurora Bay Area Health Center	4061 Old Peshtigo Rd Marinette, WI 54143	715-732-8000	Nileshkumar Patel, MD		www.aurora.org	715-732-8015
Bellin Health Psychiatric Center	820 Arbutus Ave. Oconto, WI 54153	920-433-6073	Kim Keyser, MSW LCSW; Amy Schwarzenbart, DNP, APNP, PMHCNS- BC		www.bellin.org	920-835-5510
Bellin Health Psychiatric Center	107 E. Highland Dr. Oconto Falls, WI 54154	920-433-6073	David Bell, MS, LPC		www.bellin.org	920-846-8313
Changing Seasons Counseling	2012 10th St. Menominee, MI 49858	906-863-5646	Dr. Mike Gibson; John Lindt, MA			Trauma, Family, & Marriage counseling

Behavioral (continued)

Business	Address	Phone	Contact Person	Email Address	Website	Fax number OR Specialty Notes
Concerned Associates	3612 13th St. Menominee, MI 49858	906-864-2208 or Toll free 866-903-6000	Gil Garcia	ggarcia@concernedassociates.com	www.gilgarciatherapist.com	Employee Assistance Programs and EAP counseling
Labor of Love Family Counseling Center	125 South Ave. Crivitz, WI 54114	715-854-2992	Laurie Lawrenz, Center Director		www.laboroflovecenters.com	Alcohol & Drug Addiction Counseling, Mental Health
	619 Main St. Wausaukee, WI 54177	715-291-9328				
Libertas	1409 Cleveland Ave. Marinette, WI 54143	715-735-0095	Miranda Behnke		www.libertasgb.org	Intensive Outpatient; Individual counseling; Aftercare
Nicklaus Counseling	1557 Cleveland Ave. Marinette, WI	715-732-6868	Christine Nicklaus	Christine@Nicklauscc.com		
NorthPointe Behavioral Health	401 10th Ave. Menominee, MI 49858	906-863-7841	Maria Domitrovich		www.nbhs.org	906-863-2833
Prevea Oconto Health Center	620 Smith Ave. Oconto, WI 54153	920-272-1200	Christopher Williams, LCSW		www.prevea.com	920-272-1201

Behavioral (continued)

Business	Address	Phone	Contact Person	Email Address	Website	Fax number OR Specialty Notes
Prevea Oconto Falls Health Center – Medical Services Building	835 S. Main St. Oconto Falls, WI 54154	920-272-1200	Christopher Williams, LCSW		www.prevea.com	920-272-1201
Z Boost Performance, LLC	Harbors Building, Lower Level, 1110 10th Ave., Suite L4, Menominee, MI 49858	906-290-2444	Christine M. Pada, MA, LPC	counselor@christinepada.com	www.zboostperformancecounseling.com	844-270-0756

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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.

Business	Address	Phone	Contact Person	Email Address	Website	Fax number OR Specialty Notes
Bellin Health	3263 Eaton Rd. Bellevue, WI 54311	920-338-6870	Denise Willems	Denise.Willems@bellin.org	www.bellin.org	Breathing re-education for stress, anxiety, and pain management
	1800 Lawrence Dr. DePere, WI 54115					
	555 Red Bird Circle DePere, WI 54115					

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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	Fax number OR Specialty Notes
Back in Balance Chiropractic & Wellness	S. 221 Railroad St. Stephenson, MI 49887	906-753-4020	Lindsay M. Whaley, D.C.	Whaleyldc@yahoo.com	www.backnbalancechiro.com	906-753-4033
Bayshore Chiropractic	1134 Main St. Oconto, WI 54153	920-834-7034	Dr. Nathan Jackson, D.C	jbirrbyshorechiro@bayland.net	www.bayshorechiropractic.com	920-834-2844
Bayside Chiropractic, LLC	3117 Shore Dr. Marinette, WI 54143	715-732-5105	Connon L. Piencikowski, DC	connon@baysideoptionsite.com		715-732-5107
Coleman Chiropractic Center, LLC	205 N Park Ave. Coleman, WI 54112	920-897-4566	Dr. James Coleman B.Sc., D.C.	jcoleman@mcsnet.ca	www.colemanchiropractic.tripod.com	
Cook Chiropractic	10971 Clinic Rd. Suring, WI 54174	920-842-2083	Dr. Bruce D. Cook, D.C			920-842-4203
Duda Chiropractic	3110 Gilbert St. Marinette, WI 54143	715-732-4018	Dr. Charles Duda, D.C.			715-735-6864
Habeck Chiropractic Center	15481 Commercial Rd. Lakewood, WI 54138	715-276-3401	Dr. Adam Habeck, DC	dochabeck@gmail.com		

Chiropractic (continued)

Business	Address	Phone	Contact Person	Email Address	Website	Fax number OR Specialty Notes
Heller Chiropractic Clinic	517 Caldwell Ave. Oconto Falls, WI 54154	920-846-3778	Dr. Fred D. Heller, D.C.			920-846-3877
Ireland Family Chiropractic	2710 Cahill Rd. Marinette, WI 54143	715-504-2074	Dr. Kevin Ireland, D.C.	irelandchiro1@bcglobal.net	www.irelandfamilychiro.com	715-504-2076
M&M Chiropractic	725 10th Ave. Menominee, MI 49850	906-863-8410	Dr. Aaron Steuck, D.C.	Dr.steuck@yahoo.com	www.mandmchiro.com	906-863-1242
Osterberg Chiropractic	3030 US Hwy 141 Pound, WI 54161	920-897-3554	Dr. Brian Osterberg, DC			
Peshtigo Chiropractic Office	132 N. Emery Ave. Peshtigo, WI 54157	715-582-9252	Dr. Steve Schuelke, DC		www.peshtigochiro.com	715-582-0294
Peterson Chiropractic Health	344 McDonald St. Oconto, WI 54153	920-834-2888	Dr. Brianna Grott, DC		www.petersonfamilychiro.com	920-834-4011
Stalheim Chiropractic	604 County Rd T Marinette, WI 54143	715-735-9824	Dr. David Stalheim, DC		www.stalheimchiro.com	
Superior Chiropractic & Rehabilitation	1601 Roosevelt Rd. Niagara, WI 54151	715-251-1776	Melissa Vandermissen, DC, CCSP		www.superiorchiro.net	888-214-9699
The Center for Comprehensive	420 N Chestnut Ave. #B, Oconto Falls, WI 54154	920-848-2392	Dr. Josh Dietze, DC	drdietze@comprehensivechiro.com	www.comprehensivechiro.com	920-239-8135
VanWinkle Family Chiropractic	880 Frontage Rd. Peshtigo, WI 54157	715-582-4098	Carrie VanWinkle, D.C.	DrCarrie@VanWinklefamilychiro.com	www.VanWinkleFamilyChiro.com	715-582-4097

Chiropractic (continued)

Business	Address	Phone	Contact Person	Email Address	Website	Fax number OR Specialty Notes
Zelm Chiropractic	534 1st St. Menominee, MI 49858	906-424- 4098	Dr. Merlin R. Zelm, D.C.	Livinglife.reliv@gmail.com	www.zelmchiro.com	906-424-4111

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Fascia Cupping

Fascia 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	Fax number OR Specialty Notes
Barker Physical Therapy Clinic S.C.	2706 Cahill Rd, Suite E, Marinette, WI 54143	715-330-5547	Andrew Barker	abarker@barkerptclinic.com	www.barkerptclinic.com	715-330-5807
The Wellness Clinic	1281 Marinette Ave. Marinette, WI 54143	715-735-5500	Danielle Gerardin, Massage Therapist, PTA		www.advancedptsm.com	Myofascia cupping

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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	Fax number OR Specialty Notes
Aurora Bay Area Health Center	4061 Old Peshtigo Rd. Marinette, WI 54143	715-732-8000			www.aurora.org	
Duda Chiropractic	3110 Gilbert St. Marinette, WI 54143	715-732-4018	Dr. Charles Duda, DC			715-735-6864
Exhale Yoga & Massage	200 E Central Ave. Oconto Falls, WI 54154	920-639-1041	Ann Bell	Ann@exhaleyogaandmassage.com	www.exhaleyogaandmassage.com	
Intrigue Salon and Body Studio	519 1st St. Menominee, MI 49858	906-424-4238		info@intrigueme.org	www.intrigueme.org	
Natural Therapeutics Clinic	912 12th Ave. Menominee, MI 49858	715-587-9335	Linda Garcia, LMT	massagerone93@gmail.com		
NEW Rehabilitation Services	5765 KZ Lane Oconto Falls, WI 54154	920-846-3267 920-373-5002	Carla J. Hedtke, B.S., M.S., T.P.T., C.P.T.	tpmyotherapy@gmail.com	www.tpmyotherapy.com	Trigger Point Myotherapy

Massage Therapy (continued)

Business	Address	Phone	Contact Person	Email Address	Website	Fax number OR Specialty Notes
Peaceful Moments Massage	2012 10th St. Menominee, MI 49858	906-290-4942 906-290-4942	Rhonda Philibeck	wingsofchange21@hotmail.com	www.peacefulmomentsmassage.com	
Peterson Chiropractic Family Wellness	344 McDonald St. Oconto, WI 54153	920-834-2888	Dr. Brianna Grott, DC			920-834-4011
Soft Tissue Pain Clinic	2012 10th St. Menominee, MI 49858	906-792-0494		Softtissuepainclinic@live.com	www.softtissuepainclinic.com	Orthopedic Massage Therapist
Soulage Massage Therapy and Energetic Bodywork	109 Congress St. Oconto, WI 54153	920-604-1351	Jody Reynolds	SoulageMassage1133@gmail.com	www.soulagemassage1133.com	
Stalheim Chiropractic	604 County Rd T Marinette, WI 54143	715-735-9824	Julie Stalheim, CMT		www.stalheimchiro.com	
Unique Transitions	744 Dyer St. Crivitz, WI 54114	715-854-7766	Sara or Kasey		www.uniqsalonspa.com	
The Wellness Clinic	1281 Marinette Ave. Marinette, WI 54143	715-735-5500	Danielle Gerardin, Massage Therapist, PTA		www.wellnessclinic-inc.com	Swedish and deep tissue massage, Precision Neuromuscular Therapy and Cupping

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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	Fax number OR Specialty Notes
Advanced Pain Management - Oconto Falls Clinic	853 S. Main St. Oconto Falls, WI 54154	888-901-7246			www.apmhealth.com	
Augustana Rehabilitation Center	831 Pine Beach Rd. Marinette, WI 54143	715-732-0155			www.northlandlutheran.org	Assisted Living Facility
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	715-330-5807
Bay Area Mobility Center & Rehabilitation Services	3117 Shore Dr., Suite 1010, Marinette, WI 54143	715-732-5111			www.bamc.org	
	519 US Hwy 141 Crivitz, WI 54114	715-854-3823				
	S926 US Hwy 41 Stephenson, MI 49887	906-753-4893				
BayCare Clinic Pain & Rehab Medicine	4061 Old Peshtigo Rd. Marinette, WI 54143	866-965-4385 Toll free			www.baycare.net	920-288-8385

Physical Therapy/Occupational Therapy (continued)

Business	Address	Phone	Contact Person	Email Address	Website	Fax number OR Specialty Notes
Bellin Health	2820 Roosevelt Rd. Marinette, WI 54143	715-732-8610	Jenny Fayta	Jennifer.Fayta@bellin.org	www.bellin.org	
Bellin Health	820 Arbutus Ave. Oconto, WI 54153	920-835-1100	Carrie Rupert	Carrie.Rupert@bellin.org	www.bellin.org	
Dickinson-Rehabilitation Services – Wausaukee	536 Kenny Dr. Wausaukee, WI 54177	715-856-6983	Janet Dunlap, DPT		www.rehab.dchs.org	
NewCare Convalescent Center	903 Main Ave. Crivitz, WI 54114	715-854-2717	Anna Pelner, Rehab Director		www.newcarecrivitz.com	715-854-2554 Skilled Nursing Facility
Northland Lutheran Home Health Services Inc.	925 Pine Beach Rd. Marinette, WI 54143	715-732-5670	Jennifer Shaw		www.northlandlutheran.org	
St. Vincent & St. Mary's Home Health	900 S. Webster Ave. Green Bay, WI 54301	920-448-7000			www.stvincenthospital.org	PT/OT/Speech, Skilled Nursing, CNA
The Wellness Clinic	1281 Marinette Ave. Marinette, WI 54143	715-735-5500	Jason Koenings/ Kris Tebo		www.wellnessclinic-inc.com	
Tri City Physical Therapy	602 Wells St. Marinette, WI 54143	715-735-9388	Kim Barrette, MS, PT		www.tricityptandsportsmed.com	

Physical Therapy/Occupational Therapy (continued)

Business	Address	Phone	Contact Person	Email Address	Website	Fax number OR Specialty Notes
Woodland Village Home Health	425 Manor Dr. Suring, WI 54174	920-842-4132	Julia Heckl		www.woodlandvillagenews.com	
	410 N. US 141 Crivitz, WI 54114	715-854-8080				
Woodland Village Home Health and Rehabilitation	101 First St. Oconto, WI 54153	920-834-4575	Mary Dufek		www.woodlandvillagenews.com	
	330 Robin Hood Lane Gillett, WI 54124	920-855-2136	Sandi Schneider			
	430 Manor Dr. Suring, WI 54174	920-842-2191	Sandi Schneider			

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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	Fax number OR Specialty Notes
Barefoot Warrior Yoga		651-308-9367	Beck Forsland	hello@beckforsland.com	www.beckforsland.com	Reiki and Yoga via Skype
Details Salon & Day Spa	2122 Hall Ave. Marinette, WI 54143	715-735-5078	Chris Gerarden	clentz88@yahoo.com		
Nicole Twork	1200 Northland Terrace Estates, Marinette, WI 54143	906-290-4709	Nicole Twork	www.nicoleannmarie.com Go to contact page and send a message.	www.nicoleannmarie.com	Reflexology, Raindrop therapy, 3rd Degree Reiki Practitioner
Soulage Massage Energetic Bodyworks	1133 Main St. Oconto, WI 54153	920-604-1351	Jody Reynolds	soulagemassage1133@gmail.com	www.soulagemassage1133.com	
Stalheim Chiropractic	604 County Rd T. Marinette, WI 54143	715-735-9824	Dr. David Stalheim		www.stalheimchiro.com	
Wanadoo Workshop, Inc.	1712 Dunlap Ave. Marinette, WI 54143	906-424-0499	Linda Stoffle	lms@wanadooworkshop.com	www.wanadooworkshop.com	

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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	Fax number OR Specialty Notes
Narcotics Anonymous - Marinette (First Trinity Lutheran Church)	920 Wells St. Marinette, WI 54143 (Hall is behind the church)				www.wisconsinna.org www.na.org	Second Chance: Friday 7pm
Narcotics Anonymous – Marinette (Pioneer Presbyterian Church)	1947 Riverside Ave, Marinette, WI 54143				www.wisconsinna.org www.na.org	Be the Change Monday 6pm
Narcotics Anonymous – Marinette (St. James Lutheran Church)	1402 Main St. Marinette, WI 54143				www.wisconsinna.org www.na.org	Cherish Life Wednesday 10am
Narcotics Anonymous - Marinette (St. Paul's Episcopal Church)	917 Church St. Marinette, WI 54143				www.wisconsinna.org www.na.org	Stepping Stones: Sunday 6pm
Narcotics Anonymous - Menominee (First Presbyterian Church)	923 5th St. Menominee, MI 49858				www.wisconsinna.org www.na.org	Recovery Rocks: Thursday 7pm

Support Groups (continued)

Business	Address	Phone	Contact Person	Email Address	Website	Fax number OR Specialty Notes
Narcotics Anonymous – Peshtigo (United Methodist Church)	501 French St. Peshtigo, WI 54157				www.wisconsinna.org www.na.org	Gifts of Recovery: Tuesday 6pm

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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	Fax number OR Specialty Notes
Aurora Pharmacy	4061 Old Peshtigo Rd. Marinette, WI 54143	715-732-8040				
Crivitz Pharmacy	710 Main Ave. Crivitz, WI 54114	715-854-7425	Ezra Gruszynski, Pharm D./Owner		www.crivitzpharmacy.com	
CVS Pharmacy	1015 13th St. Menominee, MI 49858	906-863-2697				
Kmart Pharmacy	1101 7th Ave. Menominee, MI 49858	906-863-4471				Open till 9 PM
Oconto Pharmacy	1008 Main St. Oconto, WI 54153	920-834-4455				
Shopko Hometown Pharmacy	126 Charles St. Oconto, WI 54153	920-834-5251				
Shopko Pharmacy	2741 Roosevelt Rd. Marinette, WI 54143	715-735-0325				
Walgreens – Marinette	2301 Hall Ave. Marinette, WI 54143	715-732-4102			www.walgreens.com	
Walmart Pharmacy	2700 Roosevelt Rd. Marinette, WI 54143	715-735-5593				

Transdermal Focused Medicine (continued)

Business	Address	Phone	Contact Person	Email Address	Website	Fax number OR Specialty Notes
Valucare Center Health Mart Pharmacy – Marinette	1378 Main St. Marinette, WI 54143	715-732-0717	Steve Wilke R. Ph., Owner		www.valucarecenter.com	Open till 6 PM

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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	Fax number OR Specialty Notes
Barefoot Warrior Yoga		651-308-9367	Beck Forsland	hello@beckforsland.com	www.beckforsland.com	Reiki and Yoga
Bayshore Chiropractic	1134 Main St. Oconto, WI 54153	920-834-7034	Dr. Nathan Jackson, D.C	jbirr@bayshorechiro.com	www.bayshorechiro.com	920-834-2844
Bond Community Center	1201 Park Ave. Oconto, WI 54153	920-834-5585	Connie Parkovich		www.bellinfitness.com	Fitness Center
Crivitz Community Center	901 Henriette Ave. Crivitz, WI 54114	715-854-3109	Kristin Weglaz, Director	cycdirector@centurytel.net	www.Crivitzyouth.com	Wellness Gym
	902 Henriette Ave. Crivitz, WI 54114			teencenter@centurytel.net		Team Center
Exhale Yoga & Massage LLC	200 E. Central Ave. Oconto Falls, WI 54154	920-639-1041	Ann Bell	ann@exhaleyogaandmassage.com	www.exhaleyogaandmassage.com	
Greater Marinette-Menominee YMCA	1600 West Dr. Menominee, MI 49858	906-863-9983	Terry Falkenberg (Director)		www.mmymca.org	Fitness & Wellness Center

Yoga/Meditation (continued)

Business	Address	Phone	Contact Person	Email Address	Website	Fax number OR Specialty Notes
Unique Transitions	744 Dyer St. Crivitz, WI 54114	715-854-7766	Sara or Kasey		www.uniqsalonspa.com	

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