



CHAMBER OF COMMERCE

2024 HEALTH + WELLNESS GUIDE

MOVE

KENT FITNESS MATTERS
Personal Training Studio
kentfitnessmatters.com
203.470.3973

Fitness and functional training, TRX and fitness for breast cancer survivors and seniors.



KENT YOGA & BODYWORKS
Yoga Studio

kentyogaandbodyworks.com
917.923.8886

Yoga for all levels in-studio and on Zoom.



STRONG CORE
TEAM TRAINING
Wellness Center

shannonstrong.com
860.248.0165

Personal training, fitness classes, Qigong, kinesiology taping & IASTM, massage therapy, nutritional guidance.



BEAUTIFY

ABSOLUTE BEAUTE
Hair & Makeup Artist

beaute-by-ivy.com
203.994.2975

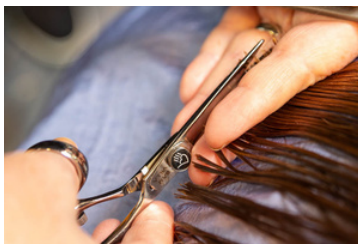
On-location luxury beauty, grooming and wellness.



DAVID GAVIN SALON
Hair Salon

davidgavin.com
860.927.4671

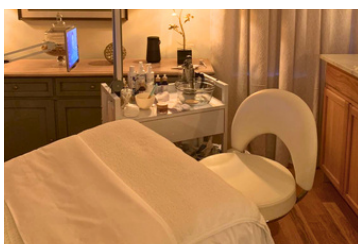
Hair design and color for men, women and children.



D. LORRAINE AESTHETICS
Esthetician

dlorraineaesthetics.com
860.592.0450

Holistic skin care and aesthetic services.



HENNA BY ELYSE
Henna Artist

hennabyelyse.com
813.389.0737

Unique henna artistry for all occasions.

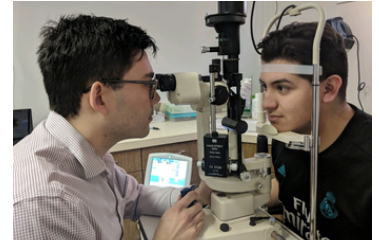


RESTORE

BLONDIN SHEA EYE CARE
Optometrist

blondinsheaeye.net
860.592.0501

Eye exams and full-service eye wear selection.



DOW INTEGRATIVE
INSTITUTE

Holistic Health Services
juliannedow.com

203.561.8125

Holistic health services for people and animals.

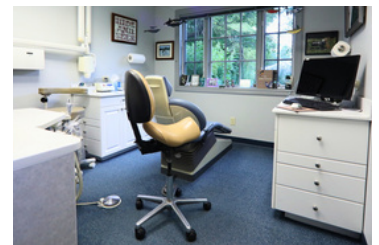


GEORGE & JILL HETSON,
DMD

Dentist

drgeorgehetson.com
860.927.3577

State of the art dental practice utilizing advanced dental technology.



HIGH WATCH
RECOVERY CENTER

Inpatient Rehab Facility
highwatchrecovery.org

860.927.3772

Medical treatment to offset drug and alcohol addiction, diagnosis and treatment of related psychiatric disorders.



KENT STATION PHARMACY
Pharmacy

kentstationpharmacy.com
860.927.3725

Prescription and over-the-counter medications, immunizations, personal care products, unique gifts.



MICHAEL G. MONSARRAT,
DMD

Dentist

yourkentdentist.com

860.927.3519

Dental practice providing all phases of family dentistry.



PROJECT SAGE

Nonprofit

project-sage.org

860.364.1080

Free and confidential domestic violence help agency for victims and survivors.



RNVAHEALTH

Nonprofit

rvnahealth.org

203.438.5555

Home and community healthcare services: rehabilitation therapy, immunizations, hospice care.

