

ROCHESTER AREA VEG-FRIENDLY HEALTH PROFESSIONALS (as of November 2016)

Compiled by the Rochester Area Vegan Society (RAVS), rochesterveg.org

ROCHESTER AREA VEG-FRIENDLY HEALTH PROFESSIONALS

We have been asked many times for the names of health practitioners who are supportive of a vegan diet, regardless of whether they themselves are vegetarian or vegan. We have come up with the following list. Needless to say, just because someone is not on the list doesn't mean he/she is not veg-friendly, just that we don't know about them yet. If the listing is followed by RLM, it means the person is on the team of Rochester Lifestyle Medicine, a practice which uses plant-based diet and other lifestyle measures to reverse chronic disease, in a medically supervised setting; see listing for RLM at the end of the individual listings. If the listing is followed by PB*, it means the person has taken the Plant-Based Diet course, and we assume anyone who has taken this course is at least supportive of a vegan diet.*

WE CAN MAKE CORRECTIONS AND ADDITIONS TO THIS LIST. Please send us any that you have; and tell us about any relevant experiences that affect any of our listings.

PHYSICIANS, DO's, RN's, NP's, PA's, and DC's (chiropractors) (In alphabetical order): Please be aware that information can change, including information about whether or not a practitioner is accepting new patients. Not all of these people are primary care practitioners (PCP's) and you may not be able to seek them out; but we mention them. as you may have some input regarding which specialist you are referred to; or you may have some other reason to contact them.

Richard Acome, PA Family Medicine. Wolcott Medical Center, 6254 Lawville Rd., Wolcott, NY 14590; (315) 594-9444. PB*

Diane Ahlman, MD Internal Medicine. Artemis Health, 2561 Lac de Ville Blvd., Suite 202, Rochester, NY 14618. A RAVS member said Dr. Ahlman recommended a vegan diet to her.

P. Miller Ashman, MD Urology. 1680 Empire Blvd., Suite 100, Webster, NY 14580; (585) 442-4940; St. Joseph's Neighborhood Center, 417 South Ave., Rochester, NY 14620; (585) 325-5260.

Andrea Avidano, ANP Adult/Diabetes Care Nurse Practitioner. Affiliated with Highland Hospital, 1000 South Ave., Box 58, Rochester, NY 14620.

Angela Baker, RN Works at Nine Mile Point nuclear power plant in Oswego. Vegan body builder and mom.

Ted D. Barnett, MD Founder and Medical Director of Rochester Lifestyle Medicine; <https://rochesterlifestylemedicine.com>; see listing at end of individual listings. Diagnostic and Interventional Radiology. Borg & Ide Imaging (practices out of Unity Hospital and various private office locations throughout Rochester area). Dr. Barnett has been vegan for 25 years as of 2016. Teaches RAVS's Plant-Based Diet course. <drveggie@gmail.com> RLM*: PB*

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William Bayer, MD Jefferson Family Medicine, 924 Jefferson Ave., Rochester, NY 14611; (585) 463-3870. Bayer's wife took PB course!

Sharon Berkowitz, MD Internal Medicine/Pediatrics. East Ridge Family Medicine, 809 East Ridge Rd., Rochester, NY 14621; (585) 341-3610. PB*

Linda Breen, RN Cardiac Nurse. PB*

Jill Brooks, RN, DC Brooks Spinal Care Chiropractic, PLLC, 70 Office Park Way, Pittsford, NY 14534-1746; (585) 385-8790; www.brooksspinal.com. Located on ground level, Tobey Village Office Park, southwest corner of Clover St. and Jefferson Road. Dr. Brooks was a nurse with the VA for 7 years before obtaining her chiropractic degree; she has been a chiropractor in the Rochester area since 1996. PB*; RLM*

Anh Bui, MD Family Medicine. Unity Family Medicine, 500 Island Cottage Rd., Rochester, NY 14612, (585) 368-6000. Anh Bui <anhbui06@gmail.com> If gender matters to you in choosing a primary physician, Dr. Bui is a woman.

Erin Campbell, MD, MPH Program Director, UR Program for Nutrition in Medicine, <https://www.urmc.rochester.edu/nutrition-in-medicine.aspx>; See listing at end of individual listings.

Tom Campbell, MD Clinical Director UR Program for Nutrition in Medicine, <https://www.urmc.rochester.edu/nutrition-in-medicine.aspx>, and Medical Director of the T. Colin Campbell Center for Nutrition Studies. Son of T. Colin Campbell, Ph.D. and co-author with him of *The China Study*; author of *The China Study Solution* (previously released as *The Campbell Plan*). See listing at end of individual listings.

Jennifer Carroll, MD Family Medicine. Westside Health Services, 322 Lake Ave., Rochester, NY 14608; (585) 254-6480. Jennifer Carroll <jcarroll6@gmail.com>

Deborah Casson, PMHNP Psychiatric Mental Health Nurse Practitioner at Canandaigua Lake Counseling Services, 42 North Main St., Canandaigua, NY 14424; (585) 919-0014; info@canandaigualakecounselingservices.com PB*

Leigh Anne Chandler, GNP (Geriatric Nurse Practitioner) Certified in hospice and palliative care. Works at Lifetime Care Hospice, 3111 Winton Rd. S., Rochester, NY 14623; (585) 214-1000. PB*

Kumar Chockalingam, MD Cardiology, including Interventional Cardiology. 1400 Portland Ave. #31, Rochester, NY 14621; (585) 342-7090 PB*

Michelle Cicilline, MD Family Medicine. Calkins Creek Family Medicine, 200 Red Creek Drive, Suite 100, Rochester, NY 14623. <michelle_cicilline@urmc.rochester.edu>

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<http://www.urmc.rochester.edu/primary-care/practices/rush-family-medicine.cfm> PB*

Shirley Cirillo, MD Neurology. Rochester Neurology, 1734 E. Ridge Rd., Rochester, NY 14622; (585) 467-8888. Shirley Cirillo <scirillomd@gmail.com>

Mary Coan, MD, Ph.D. Family Medicine. Integrative Family Care, 4 Coulter Rd., Clifton Springs, NY 14432.

Ellen Cornett, RN 1555 Long Pond Rd., Rochester, NY 14626; (585) 368-4622. PB*

Jane Dorsey, MSN, FNP, L.Ac Certified nurse practitioner and licensed acupunctrist. Unity Sleep Disorders Center, (585) 442-4141. Does initial consultations for patients at Rochester Lifestyle Medicine, (585) 484-1254. PB*; RLM* jane.dorsey@rochesterregional.org

Karin Dunnigan, MD Gastroenterology. Rochester General Gastroenterology, 1425 Portland Ave., Rochester, NY 14621; (585) 922-4136.

Mitchell Ehrenberg, MD Internal Medicine. Linden Medical Group, 30 Hagen Drive, Suite 300, Rochester, NY 14625. Mitchell Ehrenberg <mitchellehrenberg@gmail.com> PB*; RLM*

Daniel Erickson, DC Irondequoit Chiropractic Center, 2164 Hudson Ave. Lower, Rochester, NY 14617; (585) 467-7070.

Margot Fass, MD Psychiatry. 527 Linden St., Rochester, NY 14620; (585) 256-1105. From mlfassmd.com: “My vision is to help you become everything you are meant to be.”

James Fetten, MD Hematology/Oncology. Wilmot Cancer Institute; appointments (585) 475-8700. Dr. Fetten treats Lung cancer; Breast cancer; Colon cancer; Pancreatic cancer; Prostate cancer; Gastric cancer; Esophageal cancer; Head and neck cancers; Lymphoma; Melanoma; and Myeloma.

Julietta Fiscella, MD Pathology. Director of Pathology, Highland Hospital

Ellen Fleischnick, MD Pediatrics and Psychiatry. Unity Chemical Dependency, 1565 Long Pond Rd., Rochester, NY 14626; (585) 723-7723. PB*

Susan Friedman, MD, MPH Internal Medicine and Geriatrics. Associate Professor, University of Rochester School of Medicine and Dentistry. Highland Hospital; 1000 South Ave., Box 58, Rochester, NY 14620, (585) 341-6770. Dr. Friedman’s research interests are in health services and outcomes research, and include models of long-term care, falls and fractures in older adults, comorbidity, and healthy aging. “Shining Example” award from Highland Hospital in 2015, 2016. PB*; RLM*

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Jane Giambrone, RN Certified Diabetes Educator, Unity Hospital; Certified Professional Life Coach. Jane Giambrone <janegiam@rochester.rr.com> PB*

Robert Giambrone, MD, MBA Internal Medicine and Personal Development Coach. Rochester General Hospital Emergency Department, 1425 Portland Ave., Rochester, NY 14621. Robert Giambrone <robmg@rochester.rr.com> PB*

Kerry Graff, MD Family Medicine. Lake Country Family Medicine, 502 S. Main St., Canandaigua, NY 14424; (585) 394-1875. Kerry Graff <kerrygraff@rochester.rr.com> RLM*

Gaylenn Greenwood, MD Family Medicine. Honeoye Valley Family Practice, 23 Ontario St., Suite A, Honeoye Falls, NY 14472; (585) 624-2121. RLM*

Jacki Hagelberg, FNP (Nurse Practitioner). Does initial consultations for patients at Rochester Lifestyle Medicine, (585) 484-1254. Has the eCornell Plant-Based Nutrition Certificate. <jacki.hagelberg@gmail.com> PB*; RLM*

Rosalind Hayes, MD Obstetrics and Gynecology, subspecializing in Reproductive Endocrinology and Infertility, including Assisted Reproductive Technologies. Rochester Fertility Care, 1561 Long Pond Rd., Suite 410, Rochester, NY 14625; (585) 453-7760. RLM*

Diana Herrmann, MD Family Medicine. East Ridge Family Medicine, 999 East Ridge Rd. m Suite 800, Rochester, NY 14621; (585) 341-3610. PB*

Henry Hess, MD, Ph.D. (in Chemistry). Obstetrics and Gynecology, specializing in Gynecology and Menopause Management. 2255 Clinton Ave. South, Rochester, NY 14618, (585) 271-7800. Author of book on menopause: <http://www.amazon.com/The-Perfect-Menopause-Steps-Best/dp/1604029358>

Susan Hodes, RN Oncology Nurse. Rochester General Hospital Lipson Cancer Center; (585) 922-4853. PB*

Diane Holland, RN, MS Wound and Ostomy Care Nurse, Highland Hospital. PB*

Kathleen Hoven, RN, BSN Cardiac Support and Rehabilitation PB*

Eric Ingerowski, MD Practices with Panorama Pediatrics Group, 220 Linden Oaks. His practice may be closed to new patients.

Karen Irvine, RN Highland Hospital. PB*

Lesley James, MD Integrative Medicine. <http://www.lesleyjamesmd.com> Lesley James, MD <lesley@lesleyjamesmd.com>

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Julie Joyal, RN PB*

Joshua Keeler, DC Greater Rochester Chiropractic since 2013; (585) 442-3220. PB*

Hwaok Kim, MD Internal Medicine. 2735 Buffalo Rd., Suite 1, Rochester, NY 14624; (585) 436-1620. If gender matters to you in choosing a primary physician, Dr. Kim is a woman.

Dan King, MD Completing fellowship as of spring 2015 in Geriatric Primary Care; Geriatrics and Medicine Associates of Highland Hospital

Brigit Klement, RN, MS, GNP-BC Geriatric Nurse Practitioner, United Health Group. PB*

Ruth Kouides, MD Internal Medicine. 1561 Long Pond Rd., Suite #206, Rochester, NY 14626; (585) 368-4800. PB*

Michael Krasner, MD Internal Medicine. Olsan Medical Group, 2400 Clinton Ave. S., Building H, Suite 230, Rochester, NY 14618. As of 10/13, not accepting new patients.

Andrea Kudel, DO Family Medicine. Leroy Medical Associates, 127 W. Main St., Leroy, NY 14482; (585) 768-2620. PB*

Regina LoMaglio CPNP-PC, MS (Nurse Practitioner) Pediatrics. Rochester General Pediatrics (Rochester General Medical Group), a hospital-based outpatient primary care office; (585) 922-3981. PB*

Scott MacRae, MD Ophthalmology; LASIK and Advanced Vision Correction. 210 Crittenden Blvd., Rochester, NY 14620; (585) 273-3937.

Russell Maggio, MD Internal Medicine. 560 White Spruce Blvd., Rochester, NY 14623; (585) 271-5250.

Michael McMullen, MD Family Medicine. 505 Beahan Rd., Rochester, NY 14624.
A couple of people have told us that Dr. McMullen recommended a vegan diet to them.

Colleen McTammany, PA Orthopedics. Strong Memorial Hospital; (585) 758-0584. PB*;
RLM*

Kimberly Meacham, NP 601 Elmwood Ave., (585) 276-4966.

Julia Mitchell, NP Dept. of Psychiatry, Genesee Mental Health Center, 224 Alexander St., Rochester, NY 14607; (585) 922-7791. PB*

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Gayle Mosher, MD Pediatrics. Wayland Pediatrics, 200 N. Main St., Wayland, NY 14572; (585) 728-2044.

Jennifer Muniak, MD Internal Medicine and Geriatrics. Dr. Muniak sees hospitalized patients at Highland Hospital and Rehab and Long-Term Care patients at Highlands at Brighton. jennifer_muniak@urmc.rochester.edu PB*

James A. Murray, DO, FCCP, FAASM Pulmonary Specialist/Critical Care/Sleep Medicine. Unity Hospital; Unity Pulmonary, 1561 Long Pond Rd., Rochester, NY 14626; (585) 723-7575. Offices in Brighton, Greece, and Brockport. PB*

Cheryl Newman, MD Family Medicine. 2550 Baird Rd., Penfield, NY 14526; (585) 395-1111; cherylnewmanmd.com.

Irina Novozhenets, RPAC (Physician's Assistant). 101 Canal Landing Blvd. Suite 8, Rochester, NY 14626; (585) 239-7300. Irina Novozhenets <iraberg89@gmail.com> PB*; RLM*

Michael Obrecht, DO Family Practice. Calkins Creek Family Medicine, Red Creek Office Park, 200 Red Creek Drive, Suite 100, Rochester, NY 14623; (585) 334-0130 PB*

Michael Ockrin, FNP Highland Family Medicine Cennter, 777 Clinton Ave. S., Suite 700, Rochester, NY 14620; (585) 279-4800. PB*

Maggie Odhner, NP Does initial consultations for patients at Rochester Lifestyle Medicine, (585) 484-1254. Margaret_Odhner@urmc.rochester.edu PB*; RLM*

Miyeon Oh, MD Hospice and Palliative Care Specialist. Lifetime Care Hospice, 3111 Winton Rd. S., Rochester NY 14623; (585) 214-1000. PB*; RLM*

Karen O'Shea, RN ANP-C Internal Medicine. Pulsifer Medical Associates, 2400 Clinton Ave., S., Suite H210, Rochester, NY 14618; (585) 341-7299. PB*

Jean Oswald RN, CA, CPC Hospice Nurse at Shepherd Home in Penfield. Health & Wellness Consultant at Compassionate Consulting, 1424 Jackson Road, Penfield, NY 14526; www.compassionateconsulting.com (585) 872-6242; (585) 703-0189. jean@compassionateconsulting.com "We're all in this together." PB*

Doreen Peters, NP Acute Care Nurse. 601 Elmwood Ave, Suite 675, Rochester, NY 14642, (585) 275-4517. Doreen Peters <doreen_peters@urmc.rochester.edu> PB*

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George Plain, MD Internal Medicine. 300 White Spruce Blvd., Rochester, NY 14623. A young woman we know, who suffered from chronic intestinal disorders, was told by Dr. Plain to try a vegan diet. As of 10/13, not accepting new patients.

Naomi Pless, MD Family Medicine. 83 Cattaraugus Drive, Rochester, NY 14623, (585) 334-6684. Naomi Pless <naomipless@rochester.rr.com>

Saul Presberg, MD Ophthalmology. 1425 Portland Ave., Rochester, NY 14621; (585) 9224794. PB*

Betty Rabinowitz, MD Internal Medicine. 2400 Clinton Ave. S., Rochester, NY 14618. As of 10/13, not accepting new patients. Betty Rabinowitz <Betty_Rabinowitz@URMC.Rochester.edu>

Lisa Reno, NP Dept. of Medicine/Endocrinology, 224 Alexander St. #200, Rochester, NY 14607; (585) 922-8400. Rochester General Hospital-affiliated. PB*

Nathan Ritter, MD Cardiology. Affiliated with both Strong and Unity hospitals. Receptive to vegan/plant-based approach.

Brett Robbins, MD Internal Medicine and Pediatrics. Culver Medical Group, 913 Culver Rd., Rochester, NY 14609; (585) 654-5432. Dr. Robbins cares for patients of all ages in a primary care setting. He has special interests in medical education, adolescent medicine, and the transition of youth with chronic illness to adulthood.

Thomas Roberts, MD Internal Medicine. Northridge Medical Group; 1338 East Ridge Rd., #101, Rochester, NY 14621; (585) 336-9370. PB*

Rochester Colon & Rectal Surgeons Eight physicians; locations in Brighton/Rochester, Irondequoit, Greece, Canandaigua, Geneseo. (585) 222-6566.

Kathleen Roeland, RN, CEN Cardiac Support and Rehabilitation

Wendy Rosen, MD Psychiatry. 2273 Clinton Ave. South, Rochester, NY 14618; (585) 473-8180. Wendy Rosen <wrosen@rochester.rr.com>

Paul Rosenfeld, MD Psychiatry, specializing in children. 2273 Clinton Ave. South, Rochester, NY 14618; (585) 292-1910. Paul Rosenfeld <paulrosenfeld@gmail.com> PB*

Barbara Schrage, RN, MS, FNP-BC Geriatric Nurse and Highland Hospital NICHE Coordinator (Nurses Improving Care for Healthsystem Elders) PB*

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Doria Scortichini, MD Internal Medicine/Cardiology. Heart Care of the Finger Lakes, 1150 NY-5, Geneva, NY 14456; (315) 789-5758. PB*

Gwy-Suk Seo, MD Radiology. University of Rochester Medical Ctr/Strong PB*

Martin Siegrist, PA Huther Doyle, Drug and Alcohol Addiction Treatment Center, 360 East Ave., Rochester, NY 14604; (585) 325-5100. PB*

Kristin Smith, DNP, FNP-C, CLC (Nurse Practitioner). Works through Trillium Health. Visit: <http://trilliumhealthny.org> RLM*

Stacy Salerno, MD In training, U. of Rochester School of Medicine and Dentistry.

Sandra Sarnoski-Roberts, MD Internal Medicine and Emergency Medicine. 601 Elmwood Ave., Rochester, NY 14642; (585) 275-9555. PB*

Marcy Soprano, MD 1425 Portland Ave., Rochester, NY 14621; (585) 922-4136.

Laura Stannard, NP, MS University of Rochester Department of Family Medicine. Laura Stannard <Laura_Stannard@URMC.Rochester.edu>

Julia Stein, MD Pediatrics. Bay Creek Pediatric Group, 2000 Empire Blvd., Suite 150, Webster, NY 14580.

Patricia Stewart, NP, MS in Advanced Practice Nursing and in Organization Management Works at RGH in Anesthesia and Occupational Health. 1415 Portland Ave., Rochester, NY 14621; (585) 922-9308. PB*

Carol Stork, RN Specializes in Hematology/Oncology Works per diem at Rochester General; (585) 922-4020. PB*

Scott Stratton-Smith, MD Family Medicine. Unity Family Medicine, 3173 Chili Ave., Suite 400; 3379 Chili Ave., Suite 100, Rochester, NY 14624; (585) 889-0750. PB*

Jo Ann Streb, NP Psychiatry/Mental Health. 774 West Main St., Rochester, NY 14611; (585) 279-5609. PB*

Francisco Tausk, MD Professor of Dermatology and Psychiatry, University of Rochester, School of Medicine. University Dermatology Associates, 400 Red Creek Drive, Suite 200, Rochester NY 14623; (585) 275-7546. Head of nation's only center for Integrated Dermatology. Francisco Tausk <francisco_tausk@urmc.rochester.edu> PB*

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John (Chad) Teeters, MD Cardiology; Chief of Cardiology at Highland Hospital. Dr. Teeters lost 60 pounds after going on a vegan diet while he was taking the Plant-Based Diet course at Highland Hospital. You can read his testimonial at rochesterlifestylemedicine.com/testimonials/ Highland Hospital is at 1000 South Ave., Rochester NY 14620; (585) 341-6780. PB*

Jo Ann Timkey, RN Works at General Motors facility at 1000 Lexington Ave. PB*

Cheryl Tisler, MD Integrative Psychiatry. 672 Pittsford-Victor Rd., Pittsford, NY 14534 (Bushnell's Basin). Seeing people age 16 and up for psychiatric evaluations, treatment with psychotherapy, medication, nutrition and alternative treatments and recommendations, or a combination. Private practice. Phone (585) 394-6656. Website CherylTislerMD.com PB*

Brittany Vakiener, PA Internal Medicine. 425 Portland Ave., Rochester, NY 14621; (585) 922-4000. PB*

Laticia Valle, MD Endocrinology and Diabetes. 1000 South Ave., Rochester, NY 14620; (585) 341-6775. PB*

Kathleen Wania, MD Pediatrics. English Road Pediatrics and Adolescent Medicine, 1800 English Rd. #10, Rochester, NY 14616; (585) 225-2525. PB*

Gail Weiser, PA, LCSW (Physician Assistant, Clinical Social Worker and Family Therapist) Pediatric practice of Joseph Kilimnick, MD, 39 N Goodman St., Rochester, NY 14607; (585) 271-2937. Psychiatry with Margot Fass, MD (Integrative, Functional Medicine with focus on nutrition, lifestyle, and stress management; and Psychotherapy). Holistic Health Consulting (585) 739-2276. <gsweiser@gmail.com> RLM*

Eric Wilcox, MD Family Medicine. Pittsford Family Medicine, 115 Sullys Trail #4, Pittsford, NY 14534. Highly recommended by one of our RAVS members.

Mary Claire Wise, MD Family Medicine. A Place for Healing, 4138 W. Henrietta Rd., Rochester, NY 14623 PB*

Julie Yoon, MD Internal Medicine with additional specialty in Geriatrics. 300 White Spruce Blvd., Suite 100, Rochester, NY 14623. Practices out of Strong and Highland Hospitals. Julie Yoon <julieyoon@gmail.com> PB*; RLM*

DENTISTS

Ann Borgstrom, DDS 191 Parrish St., Canandaigua, NY 14424; (585) 394-0710. PB*

Frederick Clasquin, DMD 56 Market St., Brockport, NY 14420; (585) 637-4430. PB*

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Cheryl Kelley, DMD Pediatric Dentist. Diplomat Pediatric Dentistry, 370 White Spruce Blvd., Rochester, NY 14472; (585) 424-5005. “ I have been vegan for approximately 2 years, vegetarian for over 30. My 4 children have been vegetarians since birth. My pediatric practice of dentistry is preventatively based and holistic. We have a team based approach and include the whole family.”

Arlene Messer, DDS Contemporary Dentistry, 2052 Clinton Ave. S., Rochester, NY 14618; (585) 244-3337.

Josue Padilla, DDS Progressive Implantology & Periodontics; (585) 385-4867.

Harry Rosen, DDS East Avenue Dentistry, 1641 East Ave., Rochester, NY 14610; (585) 482-5504. PB*

Carl Santo, DDS General Dentistry. 57 W. Main St., Webster, NY 14580; (585) 872-1270. PB*

Craig Santo, DDS General Dentistry. 57 W. Main St., Webster, NY 14580; (585) 872-1270. PB*

Leonard Van Wyk, DDS 3032 St. Paul Blvd., Rochester, NY 14617; (585) 266-2321. PB*

Lisa Marie Yerke, DDS Periodontics.

Thomas Zahavi, DDS. Periodontal Health Specialists, 1815 Clinton Ave. S., #510, Rochester, NY 14618; (585) 473-7600.

VEG-FRIENDLY DIETITIANS

Jean Bauch, RD 687 Lee Rd., Suite 160, Rochester, NY 14606; (585) 254-4152.

Julie L. Black, RD Works at Highland Hospital. PB*

Sue Czap, RD, CSO, CDN. Dietitian and Board Certified Specialist in Oncology. Pluta Cancer Center, 125 Red Creek Drive, Rochester, NY 14623.

Joan Entwistle, RD, MS Ed., CDN Renal care. Joan Entwistle <jentwis1@rochester.rr.com>

Sue Keleher, RD Dietitian, Lake Plains Renal Dialysis, 11020 W. Center St., Medina, NY 14103. Susan Keleher <tzujan5@yahoo.com> PB*; RLM*

Emily Cope Kyle, MS, RDN emilykylenutrition.com: “Join the School of Health & Happiness and learn how to break free from the diet trap.”

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Joanna Lipp, RD Works with cancer inpatients at Strong Memorial Hospital, specializing in hematology/oncology and bone marrow transplants. <joanna_lipp@urmc.rochester.edu>

Lynn Raffeto Moll, RD Lead Dietitian Nutrition Specialist at Anthony L. Jordan Health Center; (585) 423-5878; lmoll@jordanhealth.org PB*

Linda Rowsick, RD, CD-N Has eCornell certificate in Plant Based Nutrition (from the T. Colin Campbell Center for Nutrition Studies) and works with vegetarian and vegan clients. linda.rowsick@thompsonhealth.org; (585) 396-6285; (cell) (585) 397-8237; appointments at (585) 396-6910. RLM*

Joan Schwabe, RD PB*

Patricia Stewart, RD, PhD (in physiology) Faculty member in the Department of Pediatrics at the University of Rochester Medical Center. Among other responsibilities, Dr. Stewart is the Nutrition Coordinator for the Leadership Education in Adolescent Health Training program in the Department of Pediatrics and is the Nutrition Theme Director for the medical school curriculum. (585) 275-3918; patricia_stewart@urmc.rochester.edu

Joy Valvano, RD, CDN, CDE Clinical Diabetes Educator, Unity Diabetes & Endocrinology Services, 2655 Ridgeway Ave, Suite 220, Rochester, NY 14626; (585) 368-4560 Joy Valvano <joyvalvano@gmail.com> PB*

Cassie Wright, RD, CDN, CDE Clinical Diabetes Educator, Unity Diabetes & Endocrinology Services, 2655 Ridgeway Ave, Suite 220, Rochester, NY 14626; (585) 368-4560.

OTHER HEALTH PROFESSIONALS

Caroline Atti, LMHC (Licensed Mental Health Counselor) 95 Allens Creek Rd., Building 2, Suite 13, Rochester, NY 14618; (585) 451-9607.

Joseph P. Carlino, LCSW-R More than 30 years of experience in counseling. PB*

Rosemary T. Foos, LCSW-R Counseling & Psychotherapy private practice.
1120 Crosspointe Lane Suite 4B, Webster, NY 14580 (585) 727-4463
www.fooscounseling.com RLM*

Ruth B. Goldberg, PhD Clinical Psychology. 95 Allens Creek Rd., Building 2, Suite 212, Rochester 14618. (585) 271-3050, Ext. 2. PB*; RLM*

Peg Haust-Arliss, LCSW-R, CHHP is a certified cognitive therapist, life coach and vegan lifestyle coach. In addition to her psychotherapy practice, she is an AADP certified holistic

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health coach and completed programs at the Institute for Integrated Nutrition and the Vegetarian Institute's Vegan Mastery Course. Visit PegHaust.com, contact peg@PegHaust.com, or call (315) 398-1989. RLM*

Leena Isac, LMSW Psychotherapist. 1577 South Ave., Rochester, NY 14620; (585) 270-1491. RLM*

Gayle Manfre, LMFT (Licensed Marriage and Family Therapist) 255 Commodore Parkway, Rochester, NY 14625; (585) 267-7593; 203-1501.

Ana Moser, LCSW Clinical social work/therapist; 70 Linden Oaks, Rochester, NY 14625; (585) 329-6569.

Samuel H. Nelson, PhD is a Guild Certified Feldenkrais Practitioner who has been practicing in Rochester since his graduation in 1987. The co-author of "Singing with Your Whole Self: the Feldenkrais Method and Voice," he offers both Awareness Through Movement classes and Functional Integration one on one work. He can be reached via email at samnel@aol.com or by phone at (585) 271-5296. For more information visit samhnelson.com.

Marsha Raines, LMSW, C-ASWCM. Marsha Raines & Associates, Elder Care Consulting and Care Management, 95 Allens Creek, Bldg. 1, Suite 106, Rochester, NY 14618; (585) 271-0400. <http://www.raineseldercare.com> PB*; RLM*

Letty Leslie Salas-Estrada Biophysics, Structural and Computational Biology Program at University of Rochester School of Medicine and Dentistry. Doing work on lipids and fatty acids in human nutrition. leslie.saes@gmail.com PB*

Sue Starapoli, MA Therapy and Counseling. (585) 586-4007 <http://suestar.com/healing-our-hearts/> Sue Starapoli <suestar1@rochester.rr.com> PB*

Estalyn Walcoff, MA Mental health consultant who emphasizes lifestyle and alternative approaches such as meditation. Does couples counseling. 121 Southwood Lane, Rochester, NY 14618; (585) 442-3440.

Robert Wasson, LAC (Licensed Associate Counselor), Empire Acupuncture, 1651 Empire Blvd., Webster, NY 14580; (585) 671-9390. PB*

William Watson, PhD Psychology. 300 Crittenden Blvd., Rochester, NY 14642; (585) 275-6733. Associate Professor, Department of Psychiatry, Family/Marriage, University of Rochester Medical Center. PB*

Xiaozhong Wen, PhD Assistant Professor of Pediatrics, University of Buffalo School of Medicine and Biomedical Sciences. Specialty Public Health and Preventive. Currently working

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on epidemiological analyses and interventions related to obesity; studying vegetarian diet in pregnancy to prevent gestational diabetes and offspring obesity. (716) 829-6811; xiaozhon@buffalo.edu PB*

VEGAN COACHES:

Sandy Van Allen Baker Trained lifestyle coach as well as teacher (she is a certified Physicians Committee for Responsible Medicine Food for Life instructor), Sandy Van Allen Baker grew up working in her family's organic garden, and later the retail/wholesale produce business, Sandy Van Allen's Fruit Stand. She authored the cookbooklet "Fancy Fruits and Varied Vegetables." Sandy presents tours of Rochester's ethnic markets, gourmet specialty markets, and Healthy You: Food, Herbs and Ancient Practices. She also teaches seasonal plant-based cooking and nutrition classes, and food art workshops. Her specialty is gourmet cooking, using sustainable, organic, locally-grown produce as much as possible. She's considering teaching small-group vegan cooking classes in her home, which would be participatory and would include dinner. Sandy can be reached at (585) 338-2247, or Sandy@Bluefrog.com PB*

Mary Barletta Yoga Instructor RLM*

Melaney Bernhardt is an AADP certified Integrative Nutrition Health Coach, and is also certified in T. Colin Campbell's Plant Based Nutrition course through eCornell. She is currently working on her NET certification through Dr. Joel Furhman. Ms. Bernhardt has taught smoothie making, juicing and general healthy eating through the Brighton Continuing Ed department. Contact her via e-mail melaney@frontiernet.net or call (585) 683-3680. RLM*

Phyllis Fleischman Health Coach and Cooking Instructor; has the eCornell Plant-Based Nutrition Certificate and Rouxbe Plant-Based Professional Cooking certificate. p_fleischman@hotmail.com; (585) 298-6012 RLM*

Rosemary Foos, LCSW-R completed the eCornell Certification in Plant-Based Nutrition as well as the Rouxbe Culinary School's 3 month course in Plant-Based Cooking. In addition, she worked as a vegan coach with The Ghosts In Our Machine (documentary film) from 2011-2014. As a counselor by profession, Rosemary style is supportive, encouraging and motivational to those interested in exploring a vegan way of life. Contact Rosemary Foos at (585) 727-4463 or email RosemaryFoos@gmail.com RLM*

Regina Geames Health Coach. RLM*

Sandy Hicks Yoga Instructor. Grounded By Yoga; classes at 1 Wellness Way, Bloomfield, NY 14469 and also in Canandaigua. Teacher training available. <http://www.groundedbyyoga.com>

Darcie Johnson Health Coach, Meditation Instructor. RLM*

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Jean Longchamps PMA Certified Pilates Teacher; pilatesbyjean@gmail.com; (585) 236-4227.

Alexis N. MacDonald is a Vegan Lifestyle Coach and Educator certified by the Main Street Vegan Academy in NYC. She also is the baker at the vegan Red Fern Restaurant at 283 Oxford Street! Alexis MacDonald <alexismacdonald@gmail.com> PB*

Adrienne Markus, MS, CHHP is an AADP Certified Holistic Health Coach, Nutrition Consultant, and Juice Plus distributor. She sees clients either in her office in Brighton or at the Rochester JCC, where she is a staff Health Coach and Nutrition Consultant. In addition to one-on-one coaching, Ms. Markus helps people learn how to simplify their approach to shopping and cooking with her unique program, The Kitchen Cleanse, which involves such services as grocery store tours, farmers market tours, and pantry makeovers. She can be reached at (585) 943-4136; visit her site www.adriennemarkus.com PB*

Michelle (Bubbie) Staron Cooking Instructor. RLM*

Tara Sullivan Yoga Instructor. <Tara@tara-sullivan.com>

Sue Taylor is a Certified Integrative Nutrition Health Coach, registered with the AADP and IAHC (International Association of Health Coaches). In addition, Sue has the eCornell Plant-Based Nutrition Certificate; and has taken the Rouxbe/Forks Over Knives Plant-Based Cooking Course and the Blueprint for a Healthy Life: Foundational Pillars for Toxic-Free Living through Lara Adler, Environmental Toxins Expert. Contact information: email: staylor51@rochester.rr.com; phone: (585) 472-3065; website: suetaylor.co PB*; RLM*

“A Plant-Based Diet: Eating for Happiness and Health”: Class offered by Ted D. Barnett, MD; includes food samples and recipes. Eligible for continuing education credit for physicians and other health professionals. For info on upcoming classes, go to roclifemed.com; to access handouts and videos from the course, <https://rochesterlifestylemedicine.com/resources/nutrition-course/>

CHIP Program offered by **Rochester Lifestyle Medicine:** Intensive lifestyle program using plant-based nutrition to prevent and reverse chronic disease, in a medically supervised setting. Visit <https://rochesterlifestylemedicine.com> or call (585) 484-1254.

UR Nutrition in Medicine Program Offered by Thomas Campbell, MD and Erin Campbell, MD, MPH. Lifestyle Intensive program includes individual assessment, medical monitoring, instructional program, catered meals and cooking classes. Also offers an immersion program, and educational outreach to the general public in the “Lunch with Docs” series. (585) 794-8746; <http://www.urnutritioninmedicine.com>

Also: you may want to consult the Rochester Wellness Guide: <http://rochesterwellnessguide.com>