

Contact information for cover story

Searching for a healthier lifestyle? Applegate businesses can help

by **Diana Coogle**
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Massage

Jacksonville:

- Angelica Day Spa and Boutique, angelicaspa.com
- May Massage Arts, hmaylmt.simplybook.me

Williams: Blissful Being Wellness, blissfulbeingwellness.com

Yoga

Applegate: Teri Becker, tauker7@yahoo.com

Jacksonville: JoyFull Yoga, joyfull-yoga.com

Williams:

- Blissful Being Wellness (see “Massage”)
- Community yoga at the Williams Grange, community.yoga.collective@gmail.com
- Cassidy Geppert, sacredlotucyoga@hushmail.com
- Clair Highfield, yogawithclair@gmail.com

Meditation

Williams: Barrett Gifford, 406-250-4398

Nutrition and general wellness

Jacksonville:

- Angelica Day Spa (see “Massage”)
- JoyFull Yoga (see “Yoga”)

Williams: Hawthorn Institute, hawthorn-institute.com

Fitness

Jacksonville:

- Pilates Studio of Jacksonville, 541-890-7703
- Snap Fitness, 541-702-0700

Williams: Wellspring Aikido, 707-508-5052

Counseling and life coaching

Applegate:

- Groundspring Associate, 541-245-9228
- SoulWorks, aboutsoulworks.com
- Spirit of Resh Foundation, reshfoundation.org

Jacksonville:

- Authentic Path Life Coaching (Nancy Mansfield), authenticpathlifecoaching.com
- Katherine Ingram, life transition coach and mentor, katherineingram.com
- Turning Point Parenting, turningpointparenting.com
- Veritas Counseling, veritascounseling.com

Note: Although we have attempted to include all Applegate Valley services of this kind, we are aware that this may not be a comprehensive list.