

## Health & Wellness Coach (Cont.)

### HEALTH AND WELLNESS MENTOR

Conflict Resolution - Motivational interviewing  
Dance-Yoga- Stewardship-  
Civic Participation - Team-building  
Andrea Fernandez  
575-937-2725 • ziamentor@gmail.com

- Andrea Fernandez ..... 575-937-2725  
Crystal Evertte ..... 575-937-5652  
Leslie Blackmon ..... 575-973-1663  
The Faithful Fern ..... 575-808-8566

## Homeopathic

- Living Energies ..... 575-258-5855  
Rosemary's Herb Shop ..... 575-257-0333  
Ruidoso Natural Remedies ..... 575-257-1406  
Zialife ..... 575-937-3984

## Life Coach

- Debbie Nix ..... 575-937-0212

## Massage

*Adobe Day Spa*  
*Massage & Chiropractic Service*  
(575) 630-0515 • adobedayspa.com  
616 Carrizo Canyon Rd., Ruidoso, NM 88345  
• Couples massage special \$145  
• Facials, sauna, detox, body wraps,  
tanning and more!

- Adobe Day Spa ..... 575-630-0515  
Blue Lotus Healing Arts  
Center & Day Spa ..... 575-257-4325  
Rebecca Forester ..... 575-315-0870  
Healing Intentions, Lisa Aguilar ..... 575-973-5005

**MOUNTAIN**  
MESSAGE & HEALING ARTS  
www.nmmessage.com  
Patti Gray MT #4299 575-937-2304  
Located inside MCM Elegante Lodge & Resort  
107 Sierra Blanca Dr. Ruidoso, NM 88345

- Mountain Massage & Healing Arts,  
Patti Gray ..... 575-937-2304  
Birgit Sawinski ..... 575-937-6822  
Village Wellness ..... 575-258-2258  
Glen Wagner ..... 575-937-8720  
Debra Wilcox ..... 575-937-4123

## Massage Equipment

- Pavelka's ..... 575-630-1234  
Truman's ..... 575-730-0125

## Medical Spa

- Fusion Medical Spa ..... 575-257-4772  
Sierra Blanca Laser ..... 575-425-0792

## Meditation

- Bhavani Brown ..... 603-475-2985  
RareBird Workshop ..... 505-610-2207  
Village Wellness ..... 575-258-2258

## Nutrition/Counseling

- Alpha and Omega Chiropractic ..... 575-258-5999

BALANCED NUTRITION  
— — — — —  
*For a lifetime of health and happiness*  
Certified Nutritional Coach  
**Roxanne Rodriguez**  
575-973-1077  
balancednutrition111@gmail.com  
Weight Loss, Disease Prevention, General Health

- Balanced Nutrition,  
Roxanne Rodriguez ..... 575-973-1077

## Pain Management

- Topline Therapy ..... 575-808-8721  
U Fit, Danielle Rice, Manual Therapy .. 401-744-6457

## Reiki

- Earth Angel Reiki Works ..... 575-686-0413  
The Faithful Fern ..... 575-808-8566

## Spiritual Counseling

- Andrea Fernandez ..... 575-937-2725  
Barbara Mader ..... 575-336-7777  
Maria Showalter ..... 575-434-4889

## Spas

- Adobe Day Spa & Chiropractics ..... 575-630-0515  
Floatation Station ..... 575-315-0870  
Homegrown@sweetmagnolia  
Day Spa and Salon ..... 575-257-8982

## Tai Chi

- Tai Chi for Health ..... 575-626-7150  
Village Wellness ..... 575-258-2258

## Yoga

- Andrea Fernandez ..... 575-937-2725  
Ashley Zuri ..... 575-937-4915  
Blue Lotus ..... 575-257-4325  
Buddha Yoga ..... 575-802-3013  
Marilyn Miller ..... 575-808-2402  
The Faithful Fern Co. .... 575-808-8566  
Niki Haynes ..... 575-973-0552

## LABS

- TriCore Reference Laboratories ..... 575-630-5225  
(Outpatient draw site)

## LGBTQ SERVICES

- Capitan Therapy & Behavioral Health . 505-273-0982  
Optum Endocrinology ..... 505-262-7455  
In order to be seen, client needs: 1. Referral from a  
physician, 2. Letter from a psychiatrist for a psychological  
evaluation  
Mental Health Stop ... 575-223-8184/575-219-7542  
Transgender Resource  
Center of New Mexico ..... 505-200-9086  
TGRCNM supports transgender, gender-conforming,  
gender-variant people in New Mexico with support  
groups, organizational educational trainings, drop-in  
services, medical provider list, legal support, medical  
clinics, needs exchange and events.  
Trans Lifeline ..... 877-565-8860

Christina Vento, PSYD ABMP MACP .. 505-248-7618  
lgtbagincenter.org, itgetsbetter.org lgtbqrc.unm.edu

## LEGAL RESOURCES

- Certified Mediator ..... 575-937-2725  
New Mexico Legal Aide ..... 575-541-4800  
Pegasus Legal Services for Children... 505-244-1101  
Public Defenders of Lincoln County .. 575-257-3233  
NMCOURTS.gov  
Modest Means ..... 505-797-6013, 888-857-9935

## Probation & Parole

- Adult Probation ..... 575-973-2408

## MESCALERO APACHE TRIBE

- Administration ..... 575-464-4494  
Child Support ..... 575-464-2577  
East Mountain Resource Center,  
DV Services ..... (575)464-0079  
Education Department ..... 575-464-4500  
Elderly Center ..... 575-464-1614  
Fire & Rescue ..... 575-464-3473  
Gaming Commission ..... 575-464-7101  
Headstart - Carrizo ..... 575-464-3492  
Headstart - Mescalero ..... 575-464-9183  
Health Education/Diabeties ..... 575-464-6383  
Health Education/Fitness Center .... 575-464-4368  
Library ..... 575-464-5010  
MATI ..... 575-464-4039  
Mescalero Boys & Girls Club ..... 575-464-9212  
Mescalero Care Center ..... 575-464-4802  
Mescalero Hospital ..... 575-464-4441  
Mescalero Prevention Program ..... 575-464-4516  
Mescalero WIC Office, Families First .. 575-464-0932  
Parks & Recreation ..... 575-464-2988  
PT Benefits Coordinator ..... 575-464-9232  
Public Defenders Office ..... 575-464-0414  
Responsible Gaming Program ..... 575-464-7106

## PHYSICIANS/HOSPITALS/CLINICS/PHYSICAL THERAPY/MEDICAL EQUIPMENT/PHARMACY

## Cancer

- Cancer Resource Center ..... 575-443-7485

## Cardiology

- New Mexico Heart Institute ..... 1-800-715-6644  
Presbyterian Medical Group  
Dr. Harold Sunderman ..... 575-630-8350

## Chiropractic

- Adobe Day Spa & Chiropractic ..... 575-630-0515  
Alpha and Omega Chiropractic ..... 575-258-5999  
Dr. Dominique Taylor ..... 575-315-2256  
Dr. Vickie Peebles ..... 575-630-0499  
White Mountain Chiropractic &  
Neurology ..... 575-257-7970