

Health Directory

This medical directory is a collaboration between Pittsburgh AIDS Task Force, PERSAD Center, YWCA, PFLAG Pittsburgh, UPMC, Pitt Medical School, and several local and regional medical providers. While PFLAG Pittsburgh cannot guarantee a positive experience at any particular medical provider, all of the providers on the list are confirmed to be welcoming and affirming. This list is regularly updated. If you have any questions, or know of a medical provider who should be added to the list, please contact us at info@pflagpgh.org.

*Disclaimer: The information contained herein has been compiled for use as a resource for the LGBTQ community and its allies. This document is not to be used for any form of solicitation and should not be reproduced without the prior written permission of PFLAG, Pittsburgh. Any other use of this material is prohibited.

Physical Fitness and Therapies

Nancy Foley, PT, DPT, OCS

Allegheny Chesapeake Physical Therapy
Edgewood Towne Centre,
1789 S. Braddock Ave.
Pittsburgh, PA
15218
412-244-7750
www.alleghenychesapeake.com/locations/edgewood-towne-centre

Tom Bajorek

5404 Penn Avenue
Pittsburgh, PA 15206-3424
412-952-5770
TomBajorekCMT@yahoo.com
www.tombajorekcmt.com/
Holistic Swedish/deep-tissue massage with Reiki energy work. Ethical and professional in a safe, nurturing environment. Massage studio with off-street parking in Friendship/Garfield area. By appointment only.

Marsha Smith

Body Harmony Massage Therapy
1139 Jackson Street
Wilkinsburg, PA 15221
412-871-5388
marcia@pittsburgh-massage.com
www.pittsburgh-massage.com
Specializes in neuromuscular therapy for pain relief and stress reduction. Also Swedish, Reiki, Geriatric, Pregnancy and Chair massage.

Jeffrey Grinnel

Bodyworks of Shadyside
235 Shady Avenue, Sublevel
Pittsburgh, PA 15206
412-404-2038
412447-1659
bodyworkspgh@gmail.com
bodyworkspgh.com

Cathleen Fink

Creative Fitness
5406 Penn Avenue
Pittsburgh, PA 15206
412-361-6000
cathy@creativefitnesspgh.com
www.creativefitnesspgh.com

Julie Ann Caryl, D.C. and Pamela D. Huston, D.C.

2020 Ardmore Boulevard, Suite 202
Pittsburgh, PA 15221-4637
412-273-3600
412-273-3600

Utilizes diagnostic muscle testing, acupressure, meridian therapy, herbal & nutritional supplementation and traditional chiropractic techniques to correct health problems. Certified in N.A.E.T. and Applied Kinesiology.

Julie Ann Caryl, D.C. and Pamela D. Huston, D.C.

2020 Ardmore Boulevard, Suite 202
Pittsburgh, PA 15221-4637
412-273-3600

David Lesondak, BCSI

Shadyside Place, Suite 310
580 S. Aiken Avenue
Pittsburgh, PA 15232
412-708-2751
lesondakda@upmc.edu

Specializing in lasting relief from chronic pain via Structural Integration, a systematic method of applied myofascial release with active movement participation over a series of 4 - 12 treatments.

David Lesondak, BCSI

501 A, Blackburn Avenue
Sewickley, PA 15143
412-708-2751
lesondakda@upmc.edu

Specializing in lasting relief from chronic pain via Structural Integration, a systematic method of applied myofascial release with active movement participation over a series of 4 - 12 treatments.

Spinal Wellness and Rehab Clinic

Nancy Guzy-Venick

660 Lincoln Avenue
Suite 103
Pittsburgh, PA 15202
412-766-1650