



FACT SHEET
Chambers Center for Well Being
435 South Street, Morristown, NJ 07960
973-971-6301
ChambersCenterForWellBeing.org

Who We Are.

The Chambers Center for Well Being is a new, remarkable 20,000 square-foot facility home to unique and effective programs to help you achieve your optimal health and to feel great.

The Center offers the benefits of integrative medicine – an approach to health dedicated to treating the whole person, recognizing that the mind, body and spirit have a direct impact on vitality and well-being. We combine the best of Western medicine along with the wisdom from complimentary treatments to help you achieve your optimal health.

Our Philosophy

Our mission is to provide a holistic approach to health and well-being with a therapeutic partnership between the patient and the practitioner.

We promote wellness – the state of being well or in good health. Our philosophy is that health is more than the absence of disease – it is a cohesive balance of body, mind and spirit. We believe:

- Wellness is holistic
- Combining conventional and complimentary therapies
- There are many paths to healing
- Wellness is a self-responsibility
- Prevention is the best intervention.

Atlantic Integrative Medical Associates

The Chambers Center for Well Being is home to Atlantic Integrative Medical Associates, integrative medicine specialists focused on disease prevention, natural medicine and lifestyle change. The Center includes physician practice space, with physician exam/consultation rooms. Specialists are experts in nutrition, botanical medicine, hormone replacement therapy, mind-body medicine and conventional care. Physicians and nurse practitioners focus on preserving and restoring health, utilizing the best of conventional Western medicine combined with other global healing traditions, such as traditional Chinese medicine. We also offer an integrative pediatrician, who combines traditional pediatrics with holistic practices including nutritional medicine.

Mimi Guarneri, MD, serves as senior integrative medical advisor to Atlantic Integrative Medical Associates and the Chambers Center for Well Being.

Treatment Options include:

- Acupuncture: A 2,000 year old traditional Chinese Medicine technique that uses very fine, solid disposable needles, inserted into specific points on the body to treat a range of conditions and helps restore the body’s energy and balance.
- Chinese Herbal Consultations: Focuses on restoring a balance of body, mind and spirit to maintain health through complex combinations of herbs, minerals and plant extracts.
- Clinical Skin Care Services: Provides expertise in medical and natural skin analysis, facial care techniques, treatment and protection for aging skin and skin regimen training.



- **Energy Therapies:** Treatment based on the use and modification of energy fields, including Jin Shin Jyutsu, Healing Touch and Reiki.
- **Exercise Physiology:** A regular program of exercise is fundamental to health. We have classes and programs to help achieve your fitness goals including the option to meet one-on-one or in a group setting to improve strength, flexibility, cardio and balance.
- **Holistic Heal Assessments:** Meet with a holistic nurse to review all aspects of your health and identify and treat stress.
- **Massage Therapy:** Massage provides health-related benefits that affect the musculoskeletal, circulatory, lymphatic and nervous systems.
- **Mind/Body Medicine:** Uses the power of thoughts and emotions to effectively change mood, behavior and consciousness. We offer hypnosis and mediation to help physical healing and health.
- **Nutrition Assessments and Counseling:** Learn about heart-healthy cooking and eating, discuss weight loss strategies and discover the benefits of food as medicine. Our nutritionist is available for individual sessions to guide you on achieving your optimum weight, eliminate food sensitivities such as gluten and to help you set realistic goals.
- **Wellness Coaching:** Certified coaches help clients obtain personal goals such as improving one's diet, enhancing a fitness regimen, improving time management skills or stress relief.

Specialty Programs include:

- **The Dr. Dean Ornish Program for Reversing Heart Disease:** this outpatient lifestyle program is scientifically proven to improve and even reverse heart disease. The program focuses on your diet and lifestyle.
- **Mindfulness-Based Stress Reduction (MBSR):** A nine-week workshop taught by certified trainers uses mindfulness to manage stress and treat different conditions such as heart disease, anxiety, chronic pain and high blood pressure. Using mindfulness to treat different conditions.
- **TRIM & FIT:** A 12-week therapeutic lifestyle program guides patients to achieve their optimal weight and health goals.
- **HeartMath Stress Reduction:** The innovative EmWave instrument helps to create an awareness and understanding of the mind/body connection through feedback on heart rate variability and how to minimize stress.
- **Surgery Preparedness:** Guided imagery teaches patients breathing exercises and self-help tolls to reduce stress for those who will undergo a surgical procedure.

Available Classes:

Classes offered in Cooking, Emotional Freedom Techniques, Jin Shin Jyutsu, Meditation, Nia, Pilates, Qi Gong, Strength Training, T'ai Chi, Yoga, Zumba, Singing Bowls, Restorative Yoga and Prenatal Yoga.

The Learning Center

The Learning Center at the Chambers Center for Well Being is committed to educating medical professionals as well as the community on the benefits of integrative medicine and how to proactively manage chronic health problems. We offer certification courses for those who are interested in being an integrative health professional.