

## Service Organizations:

*Volunteering is good for the Mind, Body and Spirit*

**American Legion Post #468**  
(760) 765-0126  
P.O. Box 205, Julian 92036

**Anza-Borrego Foundation**  
(760) 767-0446  
P.O. Box 2001,  
587 Palm Canyon Drive,  
Ste 111  
Borrego Springs, CA 92004  
Email: [info@theabf.org](mailto:info@theabf.org)  
[www.theabf.org](http://www.theabf.org)

**Backcountry Communities Thriving (BCT)**  
2015 Main St. Ste. D, Julian  
P.O. Box 1705  
Julian, CA 92036  
[info@bc-ct.org](mailto:info@bc-ct.org)  
[bc-ct.org](http://bc-ct.org)

**C4 Foundation**  
P.O. Box 181679  
Coronado, CA 92178  
[c4foundation.org](http://c4foundation.org)

**California Wolf Center**  
[www.californiawolfcenter.org](http://www.californiawolfcenter.org)

**East County Performing Arts Association**  
[info@eastcountyarts.org](mailto:info@eastcountyarts.org)

**Friends Of The Julian Library**  
(760) 765-2899  
P.O. Box 815  
Julian, CA 92036  
[friendsofthejulianlibrary.org](http://friendsofthejulianlibrary.org)

**Ilan-Lael Foundation**  
[ilanlaelfoundation.org](http://ilanlaelfoundation.org)

**Judith A. Bassett Canid Education and Conservation Center**  
(760) 224-9392  
[www.jabcecc.org](http://www.jabcecc.org)

**Julian Arts Guild**  
(760) 765-0868  
P.O. Box 494, Julian  
[julianartsguild@aol.com](mailto:julianartsguild@aol.com)  
[www.julianartsguild.org](http://www.julianartsguild.org)

**Julian Cemetery Corporation**  
2948 A Street, Julian  
[Juliancemetery.org](http://Juliancemetery.org)

**Julian Community Heritage Foundation**  
[Juliantownsquare.com](http://Juliantownsquare.com)

**Julian Dark Sky Network**  
(619) 354-9258  
P.O. Box 184  
Julian, CA 92036  
[juliandarkskynet-work@gmail.com](mailto:juliandarkskynet-work@gmail.com)  
[juliandarkskynetnetwork.com](http://juliandarkskynetnetwork.com)

**Julian Fire Safe Council**  
P.O. Box 1705  
Julian, CA 92036  
[jfsc@bc-ct.org](mailto:jfsc@bc-ct.org)

**Julian Historical Society**  
(760) 765-0683  
2133 Fourth Street, Julian  
P.O. Box 513  
Julian, CA 92036  
[julianhistoricalsociety.org](http://julianhistoricalsociety.org)

**Julian Pathways, Inc.**  
(760) 765-2228  
1704 Cape Horn Ave., Julian  
P.O. Box 337  
Julian, CA 92036  
[admin@julianpathways.org](mailto:admin@julianpathways.org)  
[julianpathways.org](http://julianpathways.org)

**Julian Woman's Club**  
(760) 765-4702  
P.O. Box 393  
Julian, CA 92036  
[www.julianwomansclub.org](http://www.julianwomansclub.org)

**Laguna Mountain Volunteer Association (LVMA)**  
(619) 473-8547  
3348 Alpine Blvd.  
P.O. Box 1984  
Alpine, CA 91901  
[sabdi@lmva.org](mailto:sabdi@lmva.org)  
[lmva.net](http://lmva.net)

**Pioneer Museum**  
(760) 765-0227  
2811 Washington Street,  
P.O. Box 511  
Julian, CA 92036

**Save Our Heritage Organisation**  
[sohosandiego.org](http://sohosandiego.org)

**Volcan Mountain Foundation**  
(760) 765-2300  
[eric@volcanmt.org](mailto:eric@volcanmt.org)

# Julian's Mind Body, Spirit Offerings



## Historic Julian California

**Tel: 760-765-1857**

**[www.VisitJulian.com](http://www.VisitJulian.com)**

### **Alpine Physical Therapy and Wellness Center, Inc.**

Personal and attentive rehabilitation for orthopedic injuries, neurological deficits, balance issues, sports injuries, and post-surgical recovery. Most insurance accepted.

Matt Kraemer, PT  
2216 Main Street  
Julian, CA 92036  
760-765-0806  
julianfitnesscenter@gmail.com

### **Julian Branch Library**

The Julian Library offers a variety of activities and resources for mind, body and spirit. Musical presentations, yoga, fitness classes, art classes, and speakers are just a few things the library has to offer.

1850 Highway 78  
Julian, CA 92036  
(760) 765-0370

### **Julian Wellness Center**

ReGenerate - ReEnvision - ReEngage  
Offering massage, acupuncture, facials, energy work and integrative wellness solutions. We are located in Santa Ysabel, right next to the Nature Center, with plenty of parking.

21979 CA-79  
(760) 896-4049  
julianwellnesscenter.com

### **Moonshine Magic**

Your place for: Crystals, rocks and minerals, herbal blessed candles, and handcrafted essential oil blends, beaded jewelry, and more.

\*Exclusive San Diego County location for Coventry Creations Candles and Rosarium Blends Essential Oils  
2608 B Street  
619-846-0163  
moonshinemagicjulian@gmail.com

### **Mountain Healing Acupuncture**

I've been a dedicated practitioner of holistic medicine since 2008. I love empowering patients to understand their bodies and discover the power of healing arts. As part of my practice and philosophy, I strive to both educate and heal my patients, empowering them to live better and healthier lives.

Lara Koljonen  
2015 Main St. Suite B  
619-980-0745  
mountainhealing.com

### **Native Touch Acupuncture & Healing Arts**

Regina Montalvo  
760-445-3035  
nativetouch1@gmail.com

### **Nicole Pisciotto, Yoga Teacher & Reiki Healer**

619.233.6198  
nicolepisciotto.com  
Dedicated to assisting others not only on the journey of healing but also life management offering many tools for balanced living. One of the most important things I love is that yoga is for everyone. My approach is a gentle deep healing practice that allows you as the participant to relax and create your perfect experience in the moment to serve your needs. Services include....  
Individual Yoga Session • Group Yoga Class • Reiki Healing • Crystal Healing • Shanti Foot Bliss

### **Rooted Living Wellness**

As a trained and certified wellness coach, counselor and yoga instructor, I offer several therapeutic modalities for your transformation: individualized coaching sessions, group and private sound healing sessions, private and group meditation & yoga sessions.

Liz Myers  
rootedliving@gmail.com  
rootedlivingwellness.com

### **Sheri Hammes Massage Therapy**

Re-discover your sense of well-being with personalized therapies that nurture both body and mind. Enjoy an experience that will allow you to achieve calm, relaxation and peace inside and out. Offering you everything from the best relaxation massage to the treatment and rehabilitation of injuries. Schedule today for your 30, 60, or 90 minutes. She also offers consultation services for habits of health!

(951) 581-2231  
2015 Main St., Suite F  
sherihammes.com

### **Spiritual Heart Doctor**

Introduction to Heartmath.  
You'll learn two "HeartMath" breathing techniques that build coherence which is having harmony with your heart, mind, emotions & body.

The Heartmath introduction is led by Heartmath Facilitator, Jennifer who is trained in Heartmath Interventions. Stress and Anxiety: One of the primary focuses of HeartMath is helping individuals reduce stress & anxiety through techniques that promote emotional regulation & resilience. Later, you can relax and listen to a 45 minute Sound Healing Meditation.

619-333-8557  
spiritualheartdoctor.com

### **The Julian Fitness Center**

Featuring: Cardio equipment, which includes treadmills, bikes, (upright and recumbent) and ellipticals. Top of the line free motion fitness equipment, free weights, incline benches and smith rack  
Staff on site full time  
\$10 for a day pass  
2216 Main Street  
760-765-1576

### **ZUMBA with Gaynor Behan**

gaynorbehan@hotmail.com  
619-540-7212