



Talking Talons

YOUTH LEADERSHIP

New Mexico Health Resource Directory

This is a directory of organizations and programs that promote health in Albuquerque and East Mountains communities. Service areas include family health, counseling, health education, pharmacy, massage therapy, alternative and holistic treatment, weight loss, nutrition, and specialty health care.

Please help us keep these listings current by sending any new or updated information to marita@talkingtalons.net.

Albuquerque Area

A Zen Japanese Acupuncture and Herbs

4135 Montgomery Blvd NE Ste B,
Albuquerque 87109
(505)888-6888

Al Anon

9004 Menaul NE, Suite 12
Contact name: Mari-Beth, office
manager
(505)262-2177

www.nmal-anon.org

✚ Support group for friends and
family of Alcoholics

Alcoholics Anonymous

1921 Alvarado NE, Albuquerque
87110
(505)266-1900

✚ Support Group for recovering
alcoholics

Alternative Wellness Center

9809 Candelaria NE Ste 1B,
Albuquerque 87112
(505)294-9355

✚ Provides diabetic counseling,
herbal treatments, massage
and colon hydrotherapy,
nutritional care, kinesiology,
oxygen therapy, muscle
balancing, sauna, and more.

Alive and Well

8006 Menaul Blvd NE, Albuquerque
87110
(505)271-5483

✚ Acupuncture and Message
Therapy

Bernalillo County Environmental Health Office

111 Union Square St Se, Albuquerque 87102
(505) 314-0310

- ✚ Provides services related to private water supplies, air and food safety

Center for Family & Adolescent Research

2700 Yale SE Ste 200, Albuquerque 87106
(505)842-8932

- ✚ Drug abuse treatment center that provides free outpatient treatment for adolescents with substance abuse disorders

Department of Health South Valley Male Involvement Project

6900 Gonzalez Rd SW Suite F, Albuquerque 87121
Contact name: Carlos Flores
carlos.flores@state.nm.us

Dr. Michael Pendleton, Chiropractic Physician

Penn-Mont Plaza, 7520 Montgomery NE, Ste E-9, Albuquerque 87109
(505)888-6800
Email:
BIGDADDYP@MINDSPRINGS>COM

Esperanza Family Health Center

906 N Fifth St Estnc, Albuquerque 87016
Contact name: Angela Coburn
(505)384-2777
angi_coburn@pmsnet.org

Global Nutrition Services

11024 Montgomery NE Ste 155, Albuquerque 87111
(505)332-8070

- ✚ Provides nutritional consulting services to long-term care facilities, group home, child development centers, home health, senior centers, hospice agencies and more. Also provides private consultations, nutritional classes, menu development, food service operations, and cooking demonstrations

New Mexico Public Education Department

5600 Eagle Rock Ave NE, Albuquerque 87113
(505)222-4748

- ✚ Health and sex education programs

NMSU Bernalillo County ICAN Nutrition Program

1510 Menaul NW, Albuquerque, 87107
Contact name: Virginia Alexander & Donna Seitz
(505)243-1386
valexand@nmsu.edu
dmseitz123@hotmail.com

Good Samaritan Society Manzano del Sol Village

5201 Roma Ave NE, Albuquerque, 87108
Contact name: Spanda Bhavani
(505) 2560-6222
sbhavani@good-sam.com

Jade Acupuncture

11000 Spain Rd NE, Albuquerque 87111
(505)271-1886

Mecca Counseling

PO Box 93846, Albuquerque 87199
Contact name: Gayle Mecca
(505)238-1992
meccacounseling@q.com

**National Alliance on Mental
Illness (NAMI) New Mexico**

6001 Marble NE Ste 8, Albuquerque
87190
(505)260-0154

- ✚ Support group for persons with mental illness

**The Raymond G Murphy VA
Medical Center**

1501 San Pedro Dr SE, Albuquerque
87108
(505)265-1711

- ✚ Veteran Hospital

**Southwest Gyn Oncology
Associates**

201 Cedar Ste SE Suite 304,
Albuquerque 87106
(505)843-7813

- ✚ Provides treatment of cancer. Specializes in gynecological disease

Southwest Women's Health

883 Lead Ave SE Ste A, Albuquerque
87102
(505)843-7131

- ✚ Specifically for women's health

New Mexico Travel Health

717 Encino Place NE, Albuquerque
87102
Contact name: Francine Olmstead
(505)217-0628
francine.olmstead@nmtravelhealth.com

Positive Behavior Support

6400 Uptown Blvd. Suite 310 W,
Albuquerque
Contact name: Bernadette Sena-Carter
(505)855-9792

Yoga Now

215 Gold SW, Albuquerque 87102
Contact name: Meta Hirschl
(505)232-4717

- ✚ Yoga for everyone
- ✚ Please visit our website at yogawoohoo.com for more information.

True Self Counseling

1717 Louisiana Blvd. NE Suite 102
Albuquerque 87110
Contact name: Suzanne Russell
Thornberry
(505) 378-3703
SThornberry@yahoo.com
Adult, Adolescent & Family Therapist

UNM Physician Assistant Program

MSC 09 5040, 1 UNM, Albuquerque
87131
Contact name: Deborah McMillian
(505)254-9922x128
dmcmillian@ywca-nm.org

Yoga Simple and Sacred

Contact name: Gloria Drayer
(505)275-6638
For Directions, please visit our
website at yogasimpleandsacred.com
✚ Kripalu style yoga

East Mountains Area

Active Solutions-Therapy Services

1 Linnie Court, Edgewood
(505)286-7838

- ✚ Physical, Hand & Occupational Therapy
- ✚ Most Insurances Plans Accepted

Body Mind Spirit

12165 N Hwy 14, Ste B-7, Cedar Crest
87008

Contact name: Stephen Lajoie
(505)281-8446

- ✚ Acupuncture-Massage-Chinese Herbology

Body & Brain Holistic Yoga

12198 Hwy 14 N, Cedar Crest 87008

Contact name: Jo Garner
(505) 286-3535, cell (505)818-8545
jogarner@wildblue.net

Cedar Crest Vision

12220 N Hwy 14, Suite 3/PO Box 1640
Cedar Crest 87008

Dr. Bob Quick & Dr. Steve Berry
(505)286-0300, cell (505)980-2225
rquickrod@hotmail.com

East Mountain Acupuncture

12131 N. Highway 14, Cedar Crest
87008

Contact name: Jaclyn M Oddi-Doctor
of Oriental Medicine
(505)269-2599
Email: dongshanclinic@earthlink.net

East Mountain Physical Therapy

3 Locations:

Cedar Crest-1217 B-3 N Hwy 14

Contact name: Linn Mollica

(505)286-3678

linnempt@lobo.net

Edgewood-8 George Ct, Suite D
Ct, Suite D

(505)281-8463

Moriarty-2005-A Rt. 66 W.

2005-A Rt. 66 W.

(505)832-4011

Edgewood Pediatric Clinic

2 Unice Court, Edgewood 87015

Contact name: Jennifer Raper
(505)281-4620

End of the Rainbow Therapeutic Massage

45 Derek James Dr., Edgewood,
87015

Contact name: Sonya A. Cooper, LMT
5354

(505)217-5168

- ✚ By appointment only
- ✚ Certified Medical Massage Practitioner

First Choice Community Healthcare

#8 Medical Center Rd, Edgewood
87015

(505)281-3406

- ✚ Sliding scale

Hogares Inc

1208 Route 66, Moriarty 87035
Contact name: Ramona Floyd-
Program Director
(505)832-9322
Fax (505)832-9326
rfloyd@hogaresinc.com

James Retzer, DDS

2 Birch Rd off of Hwy 14, Cedar Crest
87008
(505)281-2622
General Dentistry for the East
Mountain Area

Lifetime Fitness

1208 Poplar W. Moriarty
(505)832-5113
Contact name: Arnie Leidy
arnieleidy@usa.net
Cardio and Strength Training,
Extended Hours, Daily Rate-
Personal Training Available,
Sports Nutrition Supplements

Majik Fingers Happy Toes

12124 N Hwy 14, Cedar Crest (above
Cedar Crest Tire)
Contact name: Kristina Calhoun, LMT
4584
(505)286-0600, or (505)440-6516
Personalized custom body
work

May Pharmacy

12129 State Hwy 14 N, Cedar Crest
(505)281-6488
All major insurance plans
accepted

McLeod Medical Center

3 Locations:
Moriarty: (505)832-4434
Edgewood: (505)286-2396
Cedar Crest: (505)281-2460
Family practice, Gyn
Women's Care, D.O.T.
Physicians, Well Child Care, X-
Rays, Manipulative Therapy,
Botox Injections,
Immunizations

Mountainair Meds & More

111 W Broadway Mountainair 87036
(505)847-0242
Prescriptions, Nutritional
Supplements, Herbs, Gifts,
Sundries

Mountain Massage

Contact name: Wendy Walter
(505)350-8333

Neuro-Muscular Therapy

Edgewood
Contact name: Resa Schrefler Lic. #
1671
(505)239-7684
Swedish-Thai Massage-
Heated Stone Massage

Seibert Chiropractic

12418 State Hwy 14 N Cedar Crest
Contact name: Darel Seibert
(505)286-2861

Village Apothecary

12220 State Hwy, 14 N Cdr Crst
(505)286-5794
Contact name: Diana Roach-Certified
Herbal Specialist
denmarkdiana@hotmail.com
East Mtn. Health food store,
and customized
individualized help