

Maricopa HEALTH GUIDE

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SUN LIFE FAMILY HEALTH CENTER
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DIRECTORY

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SURVIVOR FORMING COVID SUPPORT GROUP



Grace Gomez and her family have suffered tremendous loss due to COVID-19.

Grace Gomez has had four generations of her family infected with COVID-19. She knows first-hand how valuable a support group could be, so she is starting one to help Maricopans cope with, recover from and prevent the disease.

Gomez, her mother, a daughter and a granddaughter all have been infected with COVID-19, with her mother and daughter passing away from the virus earlier this year. She believes the city’s residents have the resources to help each other get through the pandemic together.

“I’d like to get a group together to talk about how we deal with the loss we’ve had, recovery, prevention, all those issues,” she said. “I would love to have a registered nurse or a doctor from the area come to educate us about COVID and the vaccines. I believe there are a lot of people in Maricopa besides me who could benefit from something like this.”

Anyone interested in joining such a group can contact Gomez at 520-518-2015 or GomezFamily901@gmail.com. The group will meet at the InMaricopa office, 44400 W. Honeycutt Road, Suite 101, with the date and time of the initial meeting to be determined.

Gomez believes such a group will be helpful not just in today’s climate, but for the future.

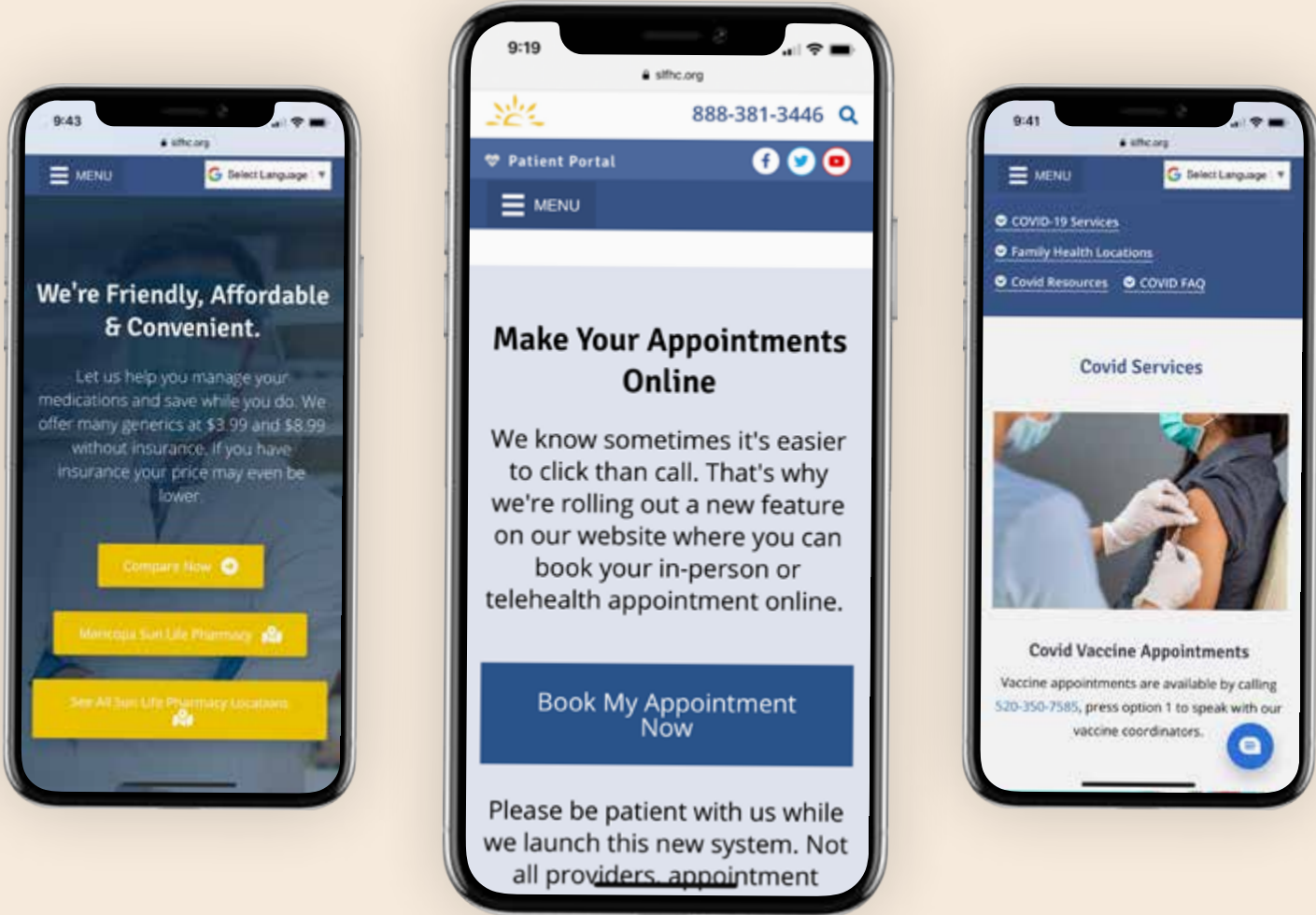
“This is not going to be the last time we’re going to have a pandemic,” she said. “We need to learn how to cope with them.”

Pinal County among lowest in Arizona for COVID-19 case fatality ratio.

By county as of Sept. 14

	Cases	Deaths	Deaths/Cases
Graham	6,647	97	1.46%
Pinal	65,274	961	1.47%
Maricopa	666,798	11,016	1.65%
Coconino	20,514	342	1.67%
Greenlee	826	14	1.69%
Pima	130,914	2,541	1.94%
Yuma	40,039	871	2.18%
Santa Cruz	8,626	188	2.18%
Cochise	13,591	308	2.27%
Yavapai	24,746	603	2.44%
Gila	8,626	250	2.90%
Mohave	29,655	875	2.95%
La Paz	2,809	85	3.03%
Navajo	19,020	580	3.05%
Apache	12,793	457	3.57%

Source: CDC. Case fatality ratio, the proportion of diagnosed individuals who die from that disease, is a measure of severity among detected cases.



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ON THE COVER: Sun Life Family Health Center staff members Vanessa Moreno, MA, Scott Thompson, FNP, and Bridsenia Zuniga, MA.



Exceptional Community Hospital is under construction along John Wayne Parkway just south of the railroad overpass.

CITY TO FINALLY HAVE ITS OWN HOSPITAL(S)

Maricopa's booming growth brings lots of things — new stores, more traffic, rising home prices — and soon, two new hospitals for a city that has survived for a century without one.

Texas-based Exceptional Healthcare will open the city's first hospital in December at the southwest end of the overpass on John Wayne Parkway. The \$20 million facility's initial phase will bring a 24-hour emergency department to the city, eliminating the need for patients to travel 20-plus miles to receive emergency care in Chandler or Casa Grande.

The hospital will be a single story and have 10 private rooms, 10 emergency department rooms and space for radiology. The state-of-the-art facility also will feature a digital-imaging suite including CT Scan, X-Ray, mobile MRI and ultrasound, an in-house lab, and inpatient and outpatient hospital beds for acute admissions and overnight observation of patients.

The operation is expected to create 60 to 100 jobs.

Exceptional Healthcare also will feature a landing area for air ambulances to ensure the fastest possible transfer of patients needing a higher level of care.

Bruce McVeigh, the chief operating officer of Exceptional Healthcare, said his company is excited to be part of the Maricopa community.

"For one thing, we get to build a relationship with the community," McVeigh said. "We've been saying that since the groundbreaking — we are all about the community. We want to make a difference in the lives of people in the community. Clearly, in Maricopa it was an access-to-need problem. Our company is doing the ERs we do so well and putting them in areas where there's a need."

Mayor Christian Price said Exceptional Healthcare's hospital fills a vital need for the city.

"For over a decade now, the City of Maricopa has been working diligently to assist healthcare options to locate here," Price said.

Opening December 2021



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HOSPITALS

“We are extremely excited to see Exceptional open the city of Maricopa's first 24/7 ER and hospital. This new facility will provide desperately needed medical services to our ever-increasing population, and we are so very appreciative for their large investment in our city.”

Price said the hospital will be the catalyst for bringing in doctors, nurses, physician assistants and other highly skilled professionals to the city.

“It sends the message that this is a great place to do business,” Price said. “Everywhere you go, people are finding they need more and more health care, and I think we are on the way to having many more options here in town. They will all find their niche. We’ll need all that health care and more, as we continue to grow.”

McVeigh said the initial phase of Exceptional’s campus may not be the final product.

“We’ve got quite a bit of land we purchased at that spot, and we have phase 2 and phase 3 plans at that site that include imaging, medical office space, family practice space for clinical space,” he said. “We’ll see what the market wants over the first six months. Now we can grow with the community.”

If the market wants more, it is going to get it. The city’s appetite for hospitals was underscored in June when S3 BioTech LLC announced before the city’s first hospital was complete, a second was on the way.

S3 BioTech initially bought a 4-acre parcel along Bowlin Road between John Wayne Parkway and North Graythorn Drive, near Copper Sky, for a hospital to be operated by Nutex Healthcare of Houston. In August, S3 BioTech announced plans to more than double its concept with the purchase of 4.7 more acres at the southeast corner of West Bowlin Road and John Wayne Parkway.

The initial plans include a medical campus with a “specialty ER hospital” of at least 100,000 square feet and 25 beds along Bowlin Road. Other services could include an ambulatory surgery center, a catheterization lab, and offices to house additional medical services and physicians’ practices.

City Manager Rick Horst said the developers of the initial parcel came back to the city almost immediately to ask to buy 12 adjoining acres for further expansion of the project.

The expansion is more of a mixed-use development that includes a hotel and condominiums. A conceptual sketch presented to the city council showed a hotel with about 125 beds and a seven-story condominium tower sitting atop a smart parking structure.

S3 BioTech’s initial expansion plans also call for an Innovation Center along the east side of John Wayne Parkway, between La Quinta Inn & Suites and Palo Brea.

In Horst’s presentation to the city council – in which he emphasized that the plans were preliminary and conceptual only – the Nutex hospital and Innovation Center campus could include:

- Research labs, coworking space and startup office space of about 100,000 square feet.
- Behavioral health and sports-psychology facility with about 120 beds.
- Academic classroom, fitness center and multipurpose gymnasium building of about 100,000 square feet.
- Student/staff housing, auditorium and cafeteria building of about 80,000 square feet.
- A 350-unit, rent-to-own condo/apartment building with a pool.
- A film production studio integrated with a maker’s shop.

Dr. Ed Johnson, member of the S3 BioTech board of directors, said his group is an ideal fit for Maricopa – and vice versa.

“Maricopa gives us the opportunity to grow with the community, and the types of hospital-related services (S3 BioTech) offers and want to scale seem to fit perfectly with what the city is looking for,” he said.

The timing on the Nutex hospital is a little less clear, but Johnson said it should be underway soon.

“It will be sooner than later,” he said about breaking ground on the new facility. “Because the city is being so helpful, we’re pushing each other in a positive way. But it’s going to be this calendar year. We’re going to turn a shovel as soon as it’s humanly possible.”

One city council member said when it comes to health care and hospitals, more is better.

“Just a year ago having one hospital in the city of Maricopa was a dream,” Councilmember Vincent Manfredi said. “But today, we’re on the verge of having two. I could not be happier with this news.”



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We've all been to the doctor, and they're all pretty much the same, right? You go in, they look you over for 5-10 minutes, write a prescription, tell you to get more rest and start exercising, and send you on your way.

If that's your idea of a doctor's visit, you need to switch to Sun Life Family Health Center.

At Sun Life, the focus is on the whole patient and making sure the treatment programs developed for each patient have the best chance for success. They do this by involving the patient in their care.

How is that different from other doctors' offices? According to Samantha Reinhard, Sun Life's director of community outreach, it starts by including things in an office visit for which Sun Life may not be able to bill your insurance, such as a visit with a clinical pharmacist about medication management.

"We have programs that insurance doesn't always consider as billable, but we feel like they are valuable to patients for their care. Those items are included as patient perks," Reinhard said.

From infants to seniors, Sun Life offers a full continuum of care, often referred to as integrated care as opposed to the traditional models of healthcare silos.

Reinhard said that is Sun Life's biggest advantage over other healthcare providers.

"We don't work in silos," she said. "The care team can look at a chart from each service line. If one of the doctors wants to know what our OB team did, they can just look at the chart instead of relying on the patient to remember what happened at their OB appointment, or the OB's office sending the records. We don't have to spend time going through siloed systems or dealing with a medical office phone system, so our patients get whole care, not siloed care."

Most patients newly diagnosed with diabetes, for example, are reluctant to change the behaviors that affect their condition, like their diet, exercise habits or glucose monitoring.

Sun Life offers the ability to address all those needs in its Maricopa location. The lab work can be done on site, and the prescriptions filled at the pharmacy just down the hall. Diabetes counselors work with patients to help determine effective treatments, and in-office, integrated, behavioral health professionals help develop strategies for making the lifestyle changes needed to achieve the patient's health goals.

One patient said consolidation of her medical needs was exactly why she chose Sun Life for her healthcare.

"It's just so convenient," she said. "They have the labs and pharmacy here in the office, and that's very practical; I can fill my prescriptions here and everything is at the same place. I should have looked up Sun Life about seven years ago. I'm one happy camper."

As part of its unique approach, Sun Life also teaches patients about nutrition, exercise and medication management to give patients an understanding of how each aspect of care works, how they interact and what their benefits are. The staff also talks with patients about their habits and listens for red flags that could impede the patient's ability to manage their condition.

At Sun Life, the medical providers and staff want to make the whole patient better, not just one aspect.

"We are affecting the whole patient, the whole you," Reinhard said. "We look for things you might not be looking for. If we're talking about nutrition, we don't just talk about eating better, we make sure you have access to good food. We want to treat people the way we would expect someone to treat our mom or grandma; we take that level of care."



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Maricopa boasts Pinal's best of growing med-spa industry

BY KRISTINA DONNAY, FNP-C



IF YOU ARE LOOKING FOR NONSURGICAL treatments to rejuvenate your skin and body, you're not the only one. Countless Americans are, too, and with the increasing demand for less-invasive cosmetic options the past 20 years, there has been an increase in the number of med spas.

A med spa is a combination of an aesthetic medical center and a day spa that provides nonsurgical aesthetic medical services under the supervision of a licensed medical provider known as a medical director. Who you trust with your face and body are important.

Top med spas have experienced aesthetic professionals who work closely with the supervising medical director to develop the treatment menu, oversee operations and even consult directly on certain cases. There are good reasons why states require the involvement of a medical director in a med spa's operations.

With more and more med spas opening as less-invasive procedures are gaining popularity, how do you know which one is best for your skin and beauty needs? Searching for a top-quality med spa doesn't have to be a luck-of-the-

draw affair. Taking the time to do your research upfront will save you money, avoid hassle and help you find for the right provider.

Maricopa Wellness Center has been voted Best Med Spa in Pinal County for 2021 and Kristina Donnay, FNP-C, has been voted Best Medical Provider in Pinal County. The staff at Maricopa Wellness Center is honored to be so recognized.

Maricopa Wellness Center opened in April of 2019 and has won numerous awards.

Maricopa Wellness Center has won Maricopa Small Business of the year 2019, Best New Med Spa in the West of 2019 and Kristina was voted Local Businessperson of the Year 2020-2021. Maricopa Wellness Center was also the first Head to Toe Body Contouring by InMode facility in Arizona.

Maricopa Wellness Center is a licensed medical facility specializing as a full-service med spa utilizing cutting edge technology for comfort offering patients the latest treatment options for their bodies and skin.

Maricopa Wellness Center is run by a father-daughter team and strives to provide top quality care. Kristina Donnay FNP-C is a

family nurse practitioner and board-certified in aesthetics, board-certified in anti-aging and a Certified Master Injector. Kristina is the onsite medical director and her father Bill Day is the office manager. Their focus is helping people look and feel better in their own bodies combining medical-grade services in a relaxing spa-like setting.

Maricopa Wellness Center's treatment menu includes laser services, laser hair removal, skin tightening, body contouring, acne treatments, Morpheus 8, micro-needling, Botox, fillers, chemical peels, IPL, dermaplaning, Oxygeneo facials, customizable facials, rejuvenation services, medical weight loss, IV therapy, Lipo MIC B-12 shots, bio-identical hormone replacement and much more.

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Sam Oviawe - Nurse

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ZUWA FAMILY CARE: WHERE MODERN AND HOLISTIC MEDICINE MEET

An ounce of prevention is worth a pound of cure.

Ben Franklin's bit of wisdom seems to be a guiding principle for Ashley Hanners, the provider at Zuwa Family Care, an integrative medical practice in Maricopa.

Both Hanners and her husband, Sam Oviawe, who opened their practice in August in the Shops at Maricopa Village, have extensive health care experience. While earning her degree as a certified family nurse practitioner, she was an ER nurse at Chandler Medical Center. He ran several different divisions for nursing and rehabilitative care centers.

Hanners grew up in Oregon, while Oviawe was born in Nigeria. They met working as nurses for the same Arizona-based home health company.

The couple has a desire to not only treat illnesses, but to work with patients to prevent the occurrence of problems in the first place.



Zuwa Family Care owners Sam Oviawe and Ashley Hanners with daughters Osayame, 4, Adanya, 8, and 3-year-old twins Obosa and Ivie.

DEFINING INTEGRATIVE MEDICINE

The Andrew Weil Center for Integrative Medicine at the University of Arizona describes integrative medicine as “healing-oriented medicine that takes account of the whole person, including all aspects of lifestyle. It emphasizes the therapeutic relationship between practitioner and patient and is formed by evidence and makes use of all appropriate therapies.”

In a sense, it's an approach combining the best of advanced medical treatments and holistic medicine. While Western medicine is practiced, there's an emphasis on finding the root cause of an ailment, instead of focusing just on the symptoms.

Hanners said a driving force in her desire to open a practice was to find the cause and cure of illnesses and ailments, instead of managing them.

“We're in the position to do things the right way, the holistic way. Not just to make profit, but to make an impact in that person's life.”

SAM OVIawe

“You don't learn a lot about preventative medicine while you are in school,” Hanners said. “There is definitely a flaw, in my opinion, in our health care system, where we focus very much on a disease process and what medications we can give for that process. There's not a lot taught on the underlying cause and how we treat that underlying cause.”

Still, Hanners is quick to point out that modern medicine is a blessing.

“I've worked in an emergency room where many lives have been saved by Western medicine,” Hanners said. “But what I also saw were patients who would come in with several comorbidities. They are on medications to counteract the side effects from the other medications they were on.”

There's not enough of a focus on educating patients – not enough of a proactive approach to health care,

according to Hanners. In effect, it's sometimes waiting for bad things to happen before any action occurs.

“We are managing, instead of treating the disease process,” she added. “I felt like there had to be a better option. People didn't know why they were taking all of the medications they were on.”

FORGING A DIFFERENT PATH

As a unit manager for a team of nurses at a large facility in Scottsdale, Oviawe gained a lot of valuable experience in the field. While successful, he longed for a situation where he could make more of an impact.

“When you work for someone else, you don't always have a lot of control,” he said. “The good thing about our situation now is that we can focus our decisions on how to provide the best health care for the citizens of Maricopa and anyone who comes to our practice.”

Zuwa?

The namesake of the practice, Zuwa, is a phrase from the Edo language that means to choose the path of wealth through one's health. While English is the official language, there are many different dialects in Nigeria. Edo is spoken in Benin, Nigeria, Oviawe's hometown.

Oviawe pointed out that with ownership of their practice, he and Hanners get to hone in on what they find to be most important.

“We're in the position to do things the right way, the holistic way,” he said. “Not just to make profit, but to make an impact in that person's life.”

The best way to have that impact is taking time to listen to patients and to become personally invested in their health and wellbeing.

“I'm excited that we have time to

answer their questions, encourage and point them in the direction they need to go,” Oviawe said. “One of the greatest satisfactions is when someone in the community who we have helped tells someone else, ‘Try this, I did it and it's working for me.’”

ENHANCING CARE

At Zuwa, even a basic medical test is being enhanced to elevate care.

At most practices, a patient's bloodwork – and its levels of cholesterol, glucose, vitamin D, testosterone and estrogen, for example – are graded on a pass/fail basis. There's a reference point for each value. A patient is considered fine if the levels fall within accepted levels, until one day, your levels fall out of the prescribed range.

Such a process feels counterintuitive to Hanners.

“Do you wait until you fail an exam to study for it?” She asked. “It seems like a silly question to ask. People study before they take the exam. Why in health care are we waiting for patients to fail in order to do anything about the symptoms they are experiencing?”

“Just because you are not failing, it doesn't mean that you are necessarily doing well.”

Instead, Hanners grades bloodwork on an A-B-C-D scale and works with patients to improve any C or D levels.

Hanners' approach can identify potential issues with patients' health before they become problems. She looks for imbalances in hormones like testosterone and estrogen, which can show up in unexpected places.

“People think that testosterone levels are just a concern for men,” Hanners said. “But women need it also and can have problems there, too. And the same for men with estrogen.”

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FAMILY CARE

If patients need hormone therapy replacement, Zuwa has the treatment available on site.

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For people experiencing pain that isn't responding to therapy or other modes of pain management, there may be an answer.

Zuwa offers perineural injection therapy, a series of injections of an alkaline dextrose solution just under the skin that offers relief to superficial nerves, which in turn communicate with deeper nerves and muscles. Dextrose is a naturally occurring glucose that feeds and hydrates the injured nerves, providing an environment for nerves to heal themselves.

Brian French said he has benefited greatly from the therapy at Zuwa. He broke his foot while coaching a soccer match, sustaining serious nerve damage.

"I've had this foot injury for the last five years," French said. "I've had multiple operations and been to doctor after doctor and haven't been able to get any relief."

French, an active young man of 42, said the injury had slowed him down to the point where he'd gained nearly 60 pounds. After getting the treatment in August, he's been able to return to a physically active lifestyle and lose nearly 20 pounds.

"It's made a real difference in my life," he said.

The treatment isn't covered by his insurance, but French said he gladly pays for it out of pocket.

Kristan Boardman, another Zuwa patient, had similar results. A pinched nerve in her lower back was so painful she found it difficult to stand or walk. She tried adjustments by a chiropractor and massages and took Tylenol in an attempt to alleviate the pain.

"Nothing was really working," she said

Boardman said she underwent the treatment of about 20 injections and despite some tenderness at the injection site, the results were impressive.

"It wasn't 100%, but I felt relief immediately," she said. "At first, I would say that it cut my pain in half, and a week later, I felt no pain. It was awesome."

In the second week of September, the practice put up a sign to let people know it was open for business. In the six weeks before the sign went up, however, the practice had amassed 140 patients through word of mouth, Hanners said.

"Once we launched, it's been nonstop," Oviawe said. "The community has been supportive. The people who come, seem to tell their friends, their neighbors and spouses about the services we have to offer."

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21300 N. John Wayne Parkway
Suite 109
520-494-7788
MaricopaChiropractor.com

Happy Clam Chiropractic
44574 Copper Trail
520-350-1337

Harshe Chiropractic
20800 N. John Wayne Parkway
Suite 116
520-350-0074

Sonora Spine Care
44870 W. Hathaway Ave.
Suite 5
520-428-4772

CLEANING – RESIDENTIAL

The Maids in Maricopa
602-805-0300
800-843-6243 Text
Maids.com
See ad on page HG15

DENTISTRY/ORTHODONTISTRY

Arizona Associates in Dentistry
21300 N. John Wayne Parkway
Suite 128
520-568-5959

Cobblestone Dental
44600 W. Smith-Enke Road
Suite 103
520-494-7333

Dentistry at Maricopa
20046 N. John Wayne Parkway
Suite 105
520-316-6100

East West Dental
21300 N. John Wayne Parkway
Suite 104
520-868-6998

Edison Family Dental Care
44555 W. Edison Road
Suite A
520-463-4067

Maricopa Family Dentistry & Orthodontics
44480 W. Honeycutt Road
Suite 110
520-568-9100

Maricopa Kids' Dentist & Orthodontics
41940 W. Maricopa-Casa Grande Hwy.
Suite 120
520-589-2919

Maricopa Smiles Dentistry and Orthodontics
41620 W. Maricopa-Casa Grande Hwy.
Suite 110
520-568-2800

Oasis Oral & Facial Surgery
21300 N. John Wayne Parkway
Suite 114
520-231-6700

PM Dental
20800 N. John Wayne Parkway
Suite 105
520-568-7880

3 Premier Orthodontics
21083 N. John Wayne Parkway
Suite C105
480-361-4600
97Braces.com
See ad on page HG20

Smiley Dental
20917 N. John Wayne Parkway
Suite A-105
833-793-7773

Super Smiles 4 Kids
21116 N. John Wayne Parkway
Suite B-7
520-568-3828

4 Treasured Smiles Children's Dentistry
21300 N. John Wayne Parkway
Unit 117
520-316-6111
TreasuredSmilesChildrensDentistry.com
See ad on page HG14

DIAGNOSTIC IMAGING

Arizona Diagnostic Radiology
21300 N. John Wayne Parkway
Suite 113
520-568-6411

SimonMed Imaging
44555 W. Edison Road
520-666-7960

EMERGENCY SERVICES

Maricopa Fire Department
911 or 520-568-3333

Maricopa Police Department
911 or 520-316-6800

Poison Control
800-222-1222

FAMILY

4C Maricopa
21300 N. John Wayne Parkway
Suite 123
520-494-7778

Ak-Chin Health Clinic
48203 W. Farrell Road
520-568-3881

Banner Health Center
17900 N. Porter Road
520-233-2500

Dignity Health Medical Group
21300 N. John Wayne Parkway
Suite 115
520-426-3424

Health Matters
9180 E. Desert Cove
, Suite 105
Scottsdale
480-933-3331
HealthMattersAZ.com

Pinal County Public Health Clinic
41600 W. Smith-Enke Road
Suite 15
866-960-0633

5 Sun Life Family Health Center
44572 W. Bowlin Road
520-568-2245
SLFHC.org
See ad on page HG3, HG8

6 Zuwa Family Care PLLC
20046 N. John Wayne Parkway
Suite 102
520-497-4575
ZuwaFamilyCare.com
See ad on page HG11

FITNESS

Anytime Fitness
21116 N. John Wayne Parkway
Suite B3
520-568-5226

Copper Sky Recreation Complex
44345 W. Martin Luther King Jr. Blvd.
520-316-4600
PlayMaricopa.com

Longevity Athletics
20924 N. John Wayne Parkway
Suite D2-A
520-261-4661

Pacana Park
19000 N. Porter Road

Planet Fitness
20595 N. John Wayne Parkway
Suite 400
520-666-2300
PlanetFitness.com/Gyms/Maricopa-Az

FUNERALS

7 J. Warren Funeral Services
44400 W. Honeycutt Road
Suite 102-G
520-836-8041
JWarrenFuneral.com
See ad on page HG13

HEARING AIDS

HearingLife
21300 N. John Wayne Parkway
Suite 116
866-872-6311

Priority Hearing and Tinnitus
41664 W. Smith Enke Road, Suite 110
480-331-6521

HOSPITALS

Banner Casa Grande Medical Center
1800 E. Florence Blvd.
Casa Grande
520-381-6300

8 Exceptional Community Hospital
OPENS December 2021
19060 N. John Wayne Parkway
ECHMaricopa.com
See ad on page HG5

Phoenix ER Medical Hospital
3050 S. Dobson Road
Chandler
480-284-5867
PhoenixERHospital.com

INSURANCE

9 Insurance and Consulting Services
41704 W. Smith Enke
Suite 100
520-568-6750
GloriaDSmith.com
See ad on page HG9

Allstate - Mauser Agency
14620 W. Maricopa-Casa Grande Hwy.
Suite 105
520-568-2270

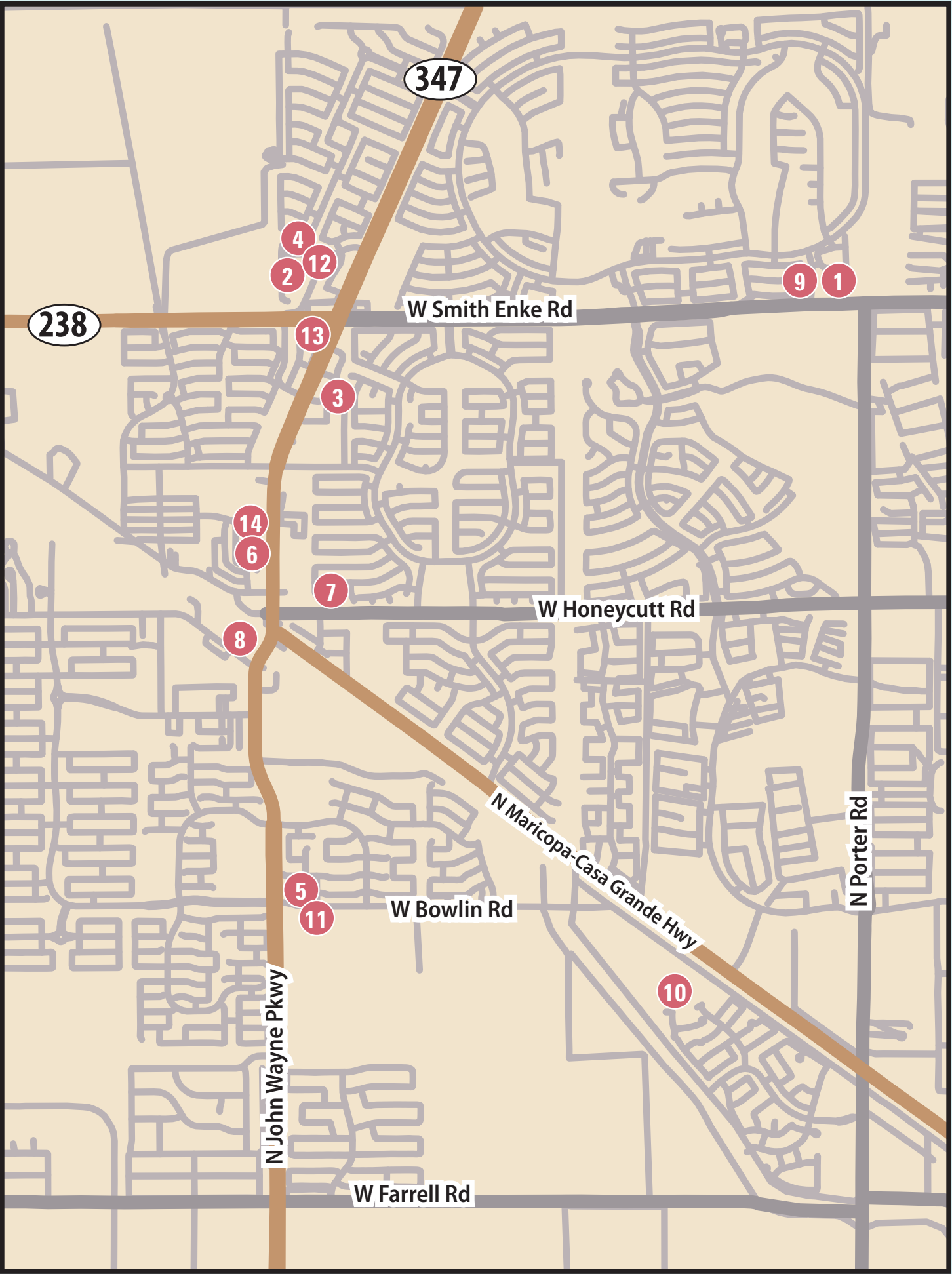


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Jamie Brisbin CPCU – Agent
21300 N. John Wayne Parkway
Suite 103
520-568-0100

State Farm
Insurance Agency, Inc.
Vanessa Rae McDill
20800 N. John Wayne Parkway
Suite 110
520-568-8400

INTERNAL MEDICINE
Banner Health Center
17900 N. Porter Road
520-233-2500

Vidal Medical Office
21300 N. John Wayne Parkway
Suite 116
520-423-9699

LABORATORY
Sonora Quest Laboratories
21300 N. John Wayne Parkway
Bldg. 3, Suite 106
520-568-0627

LICENSED MASSAGE THERAPY
Back and Bodyworks LLC
21300 N. John Wayne Parkway
Suite 109
520-840-2957
BackandBodyworksLLC.com

Heavenly Hands of Maricopa
39910 W. Curtis Way
520-233-0351

Maricopa City Mobile Massage LLC
602-832-0437

Massage Life
480-205-0907

Maricopa Massage
41312 W. Parkhill Road
602-327-9939

Sarah McDonald, LMT
45764 W. Windmill Drive
480-235-9222 Call/Text

MEDICAL SPA
1 Maricopa Wellness Center
41600 W. Smith-Enke Road
Bldg 14, Suite 3
520-464-6193
MaricopaWellnessCenter.com
See ad on page HG10

Sonoran Wellness Med Spa
21300 N. John Wayne Parkway
Suite 112
520-840-8533

MENTAL HEALTH COUNSELING
Be Awesome Youth Coalition
BeAwesomeYouth.Life

Holistic Mental Health, LLC
41600 W. Smith-Enke Road
Bldg 12, Suite 128
480-653-4051

Northern Lights Therapy, PLLC
21300 N. John Wayne Parkway
Suite 103
623-243-2774

Reflections Counseling
21300 N. John Wayne Parkway
Suite 120
602-717-0497

La Frontera Arizona
EMPACT – Suicide Prevention Center
21476 N. John Wayne Parkway
Suite C101
520-316-6068
480-784-1500 – 24-hour Crisis Hotline

MENTAL HEALTH RESIDENTIAL
10 Sananga Care Homes
41996 W. Quinto Drive
520-510-5057
SanangaCareHomes.com
See ad on page HG19

NUTRITION
Copa Craze
20928 N. John Wayne Parkway
Suite C3
520-316-6153

ONCOLOGY
Alliance Surgery + Cancer Care Arizona
1876 E. Sabin Drive
Suite 10
Casa Grande
520-836-9800
ACCArizona.com

OPTOMETRY
Desert Eye Care
21300 N. John Wayne Parkway
Suite 105
520-201-3937

Maricopa Eye Care
21300 N. John Wayne Parkway
Suite 119
520-568-7538

Nationwide Vision
20928 N. John Wayne Parkway
Suite C-6
520-316-4388

Walmart Vision & Glasses
41650 W. Maricopa-Casa Grande Hwy
520-568-0419

PAIN MANAGEMENT
Health Matters
9180 E. Desert Cove, Suite 105
Scottsdale
480-933-3331
HealthMattersAZ.com

PEDIATRICS
Banner Health Center
17900 N. Porter Road
520-233-2500

Southwestern Pediatrics
21300 N. John Wayne Parkway
Suite 112
520-568-9500

5 Zuwa Family Care PLLC
20046 N. John Wayne Parkway
Suite 102
520-497-4575
ZuwaFamilyCare.com
See ad on page HG11

PHARMACY
Bashas'
21044 N. John Wayne Parkway
520-836-4401

CVS
44274 W. Smith Enke Road
520-568-8290

Fry's Marketplace
20797 N. John Wayne Parkway
520-568-6200

11 Sun Life Pharmacy
Open to the public
44572 W. Bowlin Road
520-350-7646
SLFHC.org
See ad on page HG3, HG8

Walgreens
21274 N. John Wayne Parkway
520-568-0672

Walgreens
41840 W. Maricopa-Casa Grande Hwy.
520-635-2334

Walmart
41650 W. Maricopa-Casa Grande Hwy.
520-568-3302

PHYSICAL THERAPY
360 Physical Therapy & Aquatic
21083 N. John Wayne Parkway
Suite C104
520-233-7555

Empower Physical Therapy
21300 N. John Wayne Parkway
Suite 107
520-868-6100

Petersen Physical Therapy
21300 N. John Wayne Parkway
Suite 125
520-568-2723

PODIATRY
Foot & Ankle Clinics of Arizona
21300 N. John Wayne Parkway
Suite 116
480-917-2300

12 Maricopa Foot & Ankle Center
21300 N. John Wayne Parkway
Suite 126
520-494-1090
MFAAC.com
See ad on page HG7

RESTAURANTS
13 Native Grill & Wings
21164 N. John Wayne Parkway
520-568-6077
NativeGrillAndWings.com
See ad on page HG18

Roots Eatery
20046 N. John Wayne Parkway
Suite 104
520-340-3460
RootsEateryAZ.com

URGENT CARE
Dignity Health Urgent Care
20750 N. John Wayne Parkway
520-233-2468

WOMEN'S HEALTH
Banner Health Center
17900 N. Porter Road
520-233-2500

MomDoc
21300 N. John Wayne Parkway
Suite 121
520-494-7045

14 Sun Life Center for Women
44765 W. Hathaway Ave.
520-788-6100
SLFHC.org
See ad on page HG3, HG8

5 Zuwa Family Care PLLC
20046 N. John Wayne Parkway
Suite 102
520-497-4575
ZuwaFamilyCare.com
See ad on page HG11

VETERINARY
Exceptional Pets
21145 N. John Wayne Parkway
520-568-9900

Maricopa Animal Hospital
20035 N. John Wayne Parkway
520-568-2224
MaricopaAnimalHospital.com

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Grande Hwy.
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