



Welcome to Sojourns

We are here to offer you the best in integrative health care services provided by a team of highly qualified and caring professionals.

**Sojourns Community Health Clinic is a nonprofit health center.
Our mission is to be a model for change in health care.**

We serve people of all ages, providing treatment for acute and chronic problems. We recognize that symptoms are not diseases; that a “disease” doesn’t define a person, but is simply a description of a process. Symptoms are signs of the body’s efforts to adapt, to regulate and neutralize the factors that cause disease. Real healing requires strengthening the body by removing blockages, relieving toxic load, and improving metabolism. We work with you to understand and support the wisdom of your body.

We actively collaborate with each other and with you to create a care plan that you can work with.

Our on-site Apothecary is stocked with a full line of highest quality nutritional supplements, homeopathic remedies, essential oils, flower essences, and bulk liquid and dried botanicals. Our Apothecary staff is available to respond to your questions and requests.

The services we offer include:

Acupuncture
Bioelectrical Impedance Analysis
Chiropractic
Craniosacral Therapy
Family Medicine
Fasting & Cleansing Support
Functional Medicine
Herbal Consultations
Homeopathy

Holistic Western Medicine
Infrared Sauna
Lymphatic Drainage Therapy
Massage/Bodywork Therapy
Myofascial Release
Naturopathic Medicine
Neural Therapy
Nutritional Counseling
Physical Therapy
Primary Care

We are twenty-one practitioners:

April Brumson, Nurse Practitioner/Acupuncturist
Claire Venman-Clay Nurse Practitioner/
Women’s Health
Margery McCrum, Medical Physician
Clif Steinberg, Naturopathic Physician
Alexis Chesney, Naturopathic Physician/
Acupuncturist
Susanne Booth, Naturopathic Physician/Physical
Therapist/Certified Professional Midwife
Beth Kamhi, Chiropractic Physician
Chris Hastings, Chiropractic Physician
Jill Marquess, Chiropractic Physician

Cynthia Moore, Acupuncturist/Homeopath
Ruth Goldstein, Registered Dietitian
Carolyn Ingraham, Physical Therapist
Sandra Ladd, Physical Therapist
Catherine Audette, Physical Therapist
Evan Knowlton, Physical Therapist
Wendy Sanctuary, Physical Therapy Assistant
Bruce Souza, Bodywork Therapist
Gaelen Ewald, Registered Nurse
Rebecca Stockwell, Registered Nurse
Brianna Schaefer, Medical Assistant
Tammy Havlir, Licensed Practical Nurse

Our staff consists of: Tracy Laird and Wanda West (Client Services Co-Coordinator), Jan Lund (Client Services), Diane Provost (Client Services), Julia Perks (Client Advocate & Administrative Assistant), Crystal Stevens (Client Services Manager and Billing Coordinator), Courtney Grenier (Patient Accounts), Aliana Bloch (Apothecary Manager), Emily Whistler (Apothecary Staff), Susan Stanton (Apothecary Staff) Cheryl Sanctuary (Chief Operating Officer), and Cynthia Moore (Executive Director)