**Acupuncture**

* Unity Heals: Holistic Community Clinic
  + [www.unityheals.com](http://www.unityheals.com)
  + Has a sliding scale clinic the last Sunday of every month in various Brooklyn locations
  + Includes massage, reiki, acupuncture
* Li Na Zhao, LAc
  + 330 E 85th St Apt C, New York, NY 10018
  + 212-996-2988
  + Takes BCBS, Cigna, Healthfirst 65+ HMO, Emblem Health Dual Eligible, and potentially more, can verify by phone
* Harlem Chi
  + <https://www.harlemchi.com/>
  + 360 West 125th Street
  + Acupuncture, massage, reflexology
  + Do not accept insurance, services range from $40-$60
* Chung Ying (Fred) Tsai, LAc, DPT
  + Multiple offices in midtown and Brooklyn
  + Accepts commercial insurances, Healthfirst Essential, can verify by phone
  + Physical therapy and acupuncture
* New York College of Health Professions
  + <https://www.nycollege.edu/teaching-clinic-fees.php>
  + 161 Madison Avenue, Suite 2W
  + 212-889-1005
  + Acupuncture by supervised students at discounted prices ($30 or less); further discounted for seniors and veterans

**Aquatherapy**

* Hansborough Recreation Center
  + 35 West 134th Street, New York, NY 10037
  + <https://www.nycgovparks.org/facilities/recreationcenters/M131>
  + 212-234-9602 or 212-234-9603
  + Annual membership for all centers for seniors 62+ and people with disabilities is $25
  + Gym, fitness classes, indoor pool, adaptive programs for disabilities
  + Pool has adaptive aquatics, water aerobics, learn-to-swim programs, etc
* Aqua Health Rehabilitation Center
  + Coney Island Office: 2753 Coney Island Ave, Brooklyn, NY 11235, 718-769-8400
  + Ocean Ave Office: 15 Ocean Ave Brooklyn, NY 11225, 718-879-8855
  + [www.aquahealththerapy.com](http://www.aquahealththerapy.com)
  + Accepts insurance

**Gym**

* YMCA harlem
  + <http://www.ymcanyc.org/harlem>
  + 180 West 135th Street, New York, NY 10030
  + 212-912-2100
  + $69 per month, discounted membership for youth, seniors, and families
  + Access to group exercise classes and pool, water exercise for seniors
* Hansborough Recreation Center
  + 35 West 134th Street, New York, NY 10037
  + <https://www.nycgovparks.org/facilities/recreationcenters/M131>
  + 212-234-9602 or 212-234-9603
  + Annual membership for all centers for seniors 62+ and people with disabilities is $25
  + Gym, fitness classes, indoor pool, adaptive programs for disabilities
  + Pool has adaptive aquatics, water aerobics, learn-to-swim programs, etc
* Shape Up NYC
  + <https://www.nycgovparks.org/programs/recreation/shape-up-nyc>
  + Free drop-in fitness classes across five boroughs; do not need to be a member
* Silver Sneakers
  + <https://www.silversneakers.com/>
  + For seniors 65+
  + Partners with more than 60 Medicare plans to provide unlimited access to more than 14,000 fitness locations for free
  + Includes gym memberships, exercises classes, tai chi, yoga, water aerobics, Zumba

**Massage**

* New York College of Health Professions
  + <https://www.nycollege.edu/teaching-clinic-fees.php>
  + Kips Bay Massage Therapy Clinic at 244 East 32nd Street
  + 212-213-8800
  + $30 or less, further discounted for seniors and veterans
* Harlem Chi
  + 360 West 125th Street
  + Acupuncture, massage, reflexology
  + Do not accept insurance, services range from $40-$60

**Reiki**

* Harlem Reiki
  + <http://harlemreiki.com/>
  + $120 for 60 minute session

**Yoga**

* Harlem Yoga Studio
  + 44 W 125th St, 3rd Floor, 917-538-0457
  + Modified classes for patients with health problems/physical disabilities, weekly free outdoor yoga classes, smoking cessation yoga at Harlem Hospital, community classes by suggested donation
* Yoga to the People
  + <https://yogatothepeople.com/>
  + Donation-based yoga classes ($10 suggested donation) at various locations in Manhattan and Brooklyn
* NYC Department of Parks & Recreation
  + <https://www.nycgovparks.org/programs/recreation/shape-up-nyc>
  + Free, drop-in yoga classes through Shape Up NYC Program; do not need to be a member
* Yoga for Mental Wellness (YMW)
  + <https://yogaformentalwellness.org/>
  + 15 West 26th Street, 10th Floor, NYC
  + 551-358-2269
  + Free classes twice a week, specifically geared towards people living with mental illness
  + Must register first
* Urban Yoga Foundation
  + <http://www.urbanyogafoundation.org/>
  + Various locations and some free classes on mindfulness, meditation, and yoga
* Free Online Yoga Videos
  + <https://www.doyogawithme.com/>