THE
WELLNESS HUB
NYC

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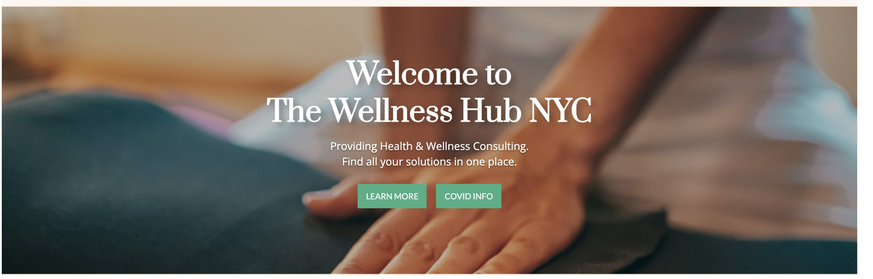

Welcome to The Wellness Hub NYC

Providing Health & Wellness Consulting.
Find all your solutions in one place.

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About

— 25 years experience in the healing arts

Deidre Ann Johnson – founder of The Wellness Hub NYC, has been working in the healing arts as both a physical therapist and massage therapist for 25 years.

Deidre took her previous experience working in hospitals, private practices and nursing homes to set up The Wellness Hub NYC, to provide care in an alternative way by taking a mind-body approach. We will discuss all possible stressors that may be contributing to your physical pain and offer possible solutions.

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Services

MASSAGE THERAPY

Massage therapy has long been thought of as a luxury but no longer. The daily stressors of life reside in our bodies and can cause long term ill-effects. Call us for relief.

LEARN MORE

ERGONOMIC ASSESSMENTS

Once upon a time, ergonomics was relegated to brick and mortar office environments. Now, we consider the home office in addition to other areas where ergonomics is important. Let us set you up for success.

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PHYSICAL THERAPY

We specialize in resolving musculoskeletal pain syndromes caused by poor alignment and restoring muscular imbalances. Call us today.

LEARN MORE

Reviews

"I had been having problems with falling asleep or waking upafter falling asleep and not being able to get back to sleep. I tried prescription sleep medications but that did not help. Deidre talked with me at length and asked me very specific questions about my lifestyle. She then designed specific steps for me to take to help improve my quality of sleep. Her recommendations have been very helpful."

- KEN B.
Cary, NC

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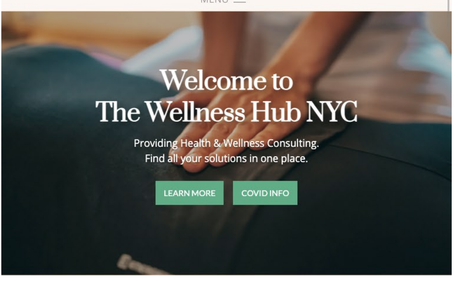

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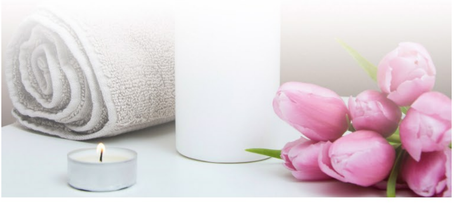

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Reviews

"I'm a producer/musician and called Deidre out of desperation--my neck pain was getting prohibitive and my back. I have a herniated disc, began to act up. She came, made a few physical adjustments to my space and showed me exercises to do. She's tough love so I did what she told me to do and now I'm pain free!"

- P. HUCEY
FulleeLoaded Productions

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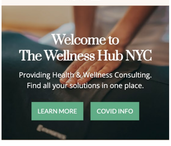

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Reviews

"I've been a massage therapy client of Deidre's for many years and I can tell you, no one has better hands and intuition about the body than she does. She helped me through a running injury years ago and I've been great ever since."

- D. KAZAKOVA
Singer, Borkestra

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