



Ruscombe Mansion Holistic Health Center News

Issue #59 December 2010 · Editor: Laura Cortner. Founder and Executive Director: Zohara M. Hieronimus

Next Open House is 9/18/2011

Dear Friends,

Welcome to the December Newsletter from Ruscombe Mansion. We hope you will find our semi-monthly update useful and welcome any feedback you may have.



You can always keep up with us on Facebook:
www.Facebook/RuscombeMansion

Best Wishes for Your Holidays from All of Us at Ruscombe!

Give Truly Caring Holiday Gifts
Ruscombe Gift Certificates
Anytime is the right time to give the gift of health!



Give A Ruscombe Gift Certificate

Show someone you care with a Gift Certificate from a Ruscombe Practitioner. You may purchase gift certificates at any time of year in any amount from practitioners of massage, acupuncture, holistic health, and many more modalities. What a great way to say Thank You, Happy Birthday, Happy Holidays, or simply to say "I care about your health."

Please [email](#) or call Helen our Central Office Coordinator at 410-367-7300 to find out how to purchase, or ask your Ruscombe Practitioner!

Make a Tax-Deductible Year-End Gift to Support Ruscombe Mansion

Help us stay open another 25 years by becoming an official "Friend of Ruscombe" today.

Please contact Marina if you would like to discuss how treatment can benefit you, or if you are ready to schedule an appointment.

Contact: 443-739-5100 ganmarina@gmail.com

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Meet Our Practitioners

Marina Gan, M.Ac, L.Ac



Marina Gan
Acupuncturist at Ruscombe

"My charge is to use the modalities I practice to serve in the healing and transformation of others.

Acupuncture originated in China about 5000 years ago. It is a complex, powerful system of medicine for treating many conditions of the body, mind, and spirit. Treatment is designed to uproot the imbalances that manifest as illness and affect change at the deepest level for each individual. I will partner with you to explore the root cause of the symptoms and disease you are experiencing. Acupuncture treatment will then be tailored to your individual needs to address this root cause, treat the deepest source of the illness, and restore balance to the whole of your mind, body, and spirit. "

Rental Spaces Available

In addition to full- and part-time private practice office the Ruscombe Mansion has several comfortable conference rooms with seating from 10 to 50 and spacious rooms for movement classes or workshops. Attached kitchens, audio visual equipment for additional rental fees, and free parking. Daily and hourly rates available. Conveniently located near Interstate 83, several fine hotels, a natural foods market and grocery stores. Reservations, downpayment and security deposit required.



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[More about Rental Spaces...](#)

Cancer Study

The Johns Hopkins University School of Medicine Department of Psychiatry and Behavioral Sciences' Behavioral Pharmacology Research Unit (BPRU) is an internationally recognized center of excellence in research on psychoactive drugs.

They are seeking volunteers with a diagnosis of cancer to participate in a scientific study of states of consciousness brought about by psilocybin, and their impact on psychological distress and spirituality. Other studies need volunteers who want to quit smoking or practice meditation facilitated with psilocybin and counseling in a controlled environment. **For more information: Telephone: 410-550-5990 or E-Mail: Cancer@bpru.org**

About Ruscombe Mansion Community Health Center



At the Ruscombe Mansion we address the unique needs of each individual by focusing on the whole person, not simply the physical symptom of disease. Dozens of certified, licensed holistic professionals in private practice provide an integrative approach to health care. It is a

unique healing oasis where clients appreciate feeling listened to, and where practitioners naturally gain from each others' experiences.

410-367-7300 · wellness@ruscombe.org · www.Ruscombe.org

Ruscombe's AUM Center is the non-profit that works to keep this transformative property safe and comfortable so that trust and healing can occur. We rely on tax-deductible donations to sustain this healing oasis.

Cooking at the Ruscombe Co-op Café



Healthy Lunches at the Ruscombe Co-op Vegetarian Café

We have a new eMail list, one just for our friends who would like a weekly update on our menu emailed right to their own Inbox! You can also check our website for the latest in upcoming menus at our Co-Op Café.

Enhance Your Wellness: Attend these classes at Ruscombe

Ongoing Goldspring Meditation Group

Every Wednesday at 7:00 PM - 8:00 PM

Friday Morning Slow/Mo + Restorative Yoga

Every Friday at 10:30 AM - 12:00 PM

Complete listing and updates on Ruscombe classes www.Ruscombe.org. Subscribe to our email list for updates and special discount offers.