

Our Allied Professionals

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Westwood Family Chiropractic is comprised of individuals and families desiring to improve their wellbeing. The cornerstone of Westwood Family Chiropractic is our chiropractic practice. We are honored to also have a number of professionals who use our space to share their gifts and services.



Cindi Zach: Massage Therapist

Cindi is a 2002 graduate of Spa Tech, formerly known as the Polarity Realization Institute. She is Licensed Massage Therapist, Craniosacral Therapist and Reiki Master. She provides unique, personalized sessions based on your individual needs incorporating a combination of Swedish massage, deep tissue massage, craniosacral therapy, positional

release therapy, reiki, and myofascial release. Appointments are available in 1 hour or 1 ½ hour blocks on Wednesdays, Fridays and every other Monday. A discount is applied for practice members of Westwood Family Chiropractic.

To book an appointment please call 508-954-2554.



Peg Doyle: Nutritional Counselor & Coach

Peg is an author, sought after speaker and coach who brings her expertise in nutrition, stress management and lifestyle into every client encounter. She takes a holistic approach to mind body wellness, providing both shiatsu and acupressure treatments and nutrition coaching. You can find out more about her nutrition programs and sample speaking topics on her [website](#).

For more information please [contact](#) Peg directly.



Pamela Anderson: Yoga Master & Instructor

Pam is a certified [Iyengar](#) yoga teacher who has been teaching yoga for over 15 years. Through asanas (postures) and pranayama (breath work), yoga addresses our physical, emotional, and spiritual bodies. Pam creates a supportive environment for personal exploration for each of her students. In addition to her yoga classes and private sessions, Pam is a [Craniosacral Therapy](#) practitioner who received her training at the Upledger Institute.

Yoga is offered on Tuesdays and Thursdays, [click here](#) for an updated schedule.

To schedule a class please call 508-873-8184 or [email](#) Pam directly.



Jennifer Jaques: T'ai Chi Instructor

Tai Chi is an ancient Chinese martial art form often referred to as the practice of "meditation in motion". The gentle, flowing movements in Tai Chi promote relaxation, stress relief and conscious awareness of the present moment. Tai Chi may help reduce stress, depression and anxiety, improve your balance and coordination, lower your blood pressure and promote better sleep, among many other benefits. It is a gentle, low-impact exercise, Tai Chi is generally suitable for people of any level of physical fitness.

Instructor Jennifer Jaques, teaches the Yang 24 short form, the mostly widely practiced routine world-wide. Each session starts at the beginning, these classes work for people of all levels of experience. Jennifer comes to WFC with over 35 years teaching experience. Jennifer is a graduate of the Boston Conservatory with a specialization in dance and has teaching certifications in dance, exercise physiology, and physical education. T'ai Chi is offered every Monday from 7-8 pm. To sign up for a class please email jennifer.gardens@verizon.net