

THE AILEY SCHOOL HEALTH RESOURCES LIST

**Please call location before visiting for their updated Services, Cost,
Schedule times and Locations.**

MEDICAL GROUPS, CLINICS, AND WALK-IN FACILITIES

This first section offers resources on alternatives to private doctors and medical practitioners at low costs

Duane Reade Walk-In Medical Care

The following **Duane Reade** locations have walk-in medical services. Most insurance is accepted. Non-insured patients receive a small discount on their regular fees. Toll Free number: (888) 535-6963 Website: www.drwalkin.com for info on services and locations offered.

Murray Hill / Midtown East
155 East 34th Street @ 3rd Ave.
Hours: Mon-Sat 10am-6pm
Sun - Closed

Upper East Side
125 E. 86th Street (at Lexington Ave.)
Hours: Mon-Fri 11am-7pm
Sat 9am-5pm / Sun - Closed

Times Square Area
1627 Broadway (at 50th St.)
Hours: Mon-Sat 8am-8pm
Sun 10am-6pm

Herald Square
1350 Broadway (at 35th St.)
Hours: Mon-Sat 10am-6pm
Sun - Closed

City MD Walk-In Urgent Care

City MD is New York's premier urgent care practice, with convenient locations across the City and without the need for an appointment or referral. Most major insurance accepted. For Insured patients, pay only your standard copay. Non-insured patients pay only \$125 for regular visit. For General Inquiries: 212-772-3627 or you can email us at info@citymd.net Website: www.citymd.net for more information on services and locations offered.

Upper East Side Urgent Care
336 East 86th Street
New York, NY 10028
(212) 772 - 3627

Upper West Side Urgent Care
2465 Broadway
New York, NY 10025
(212) 721 - 2111

Columbus Circle Urgent Care
315 West 57th Street (between 9th and 8th Ave.)
New York, NY 10019
(212) 315 - 2330

Flatiron District Urgent Care
37 West 23rd Street
New York, NY 10010
(646) 596 - 9267

AMG Medical Group

AMG Medical Group offers monthly membership plans for different levels of medical services. Plans start at \$49 per month. Several locations offer services such as, medical, office-based surgical care, gynecological care, pediatrics, lab work, imaging, and physical therapy. Eighty percent of emergency visits can be taken care of in their facilities. Urgent care is available during office hours and on weekends at certain locations.

Brooklyn, Bay Ridge
408 77th Street at 4th Avenue,
Brooklyn, NY 11209
Phone: (718) 238-2040
Fax: (718) 238-1397

Monday: 9AM - 5PM
Tuesday: 11AM - 7PM
Wed.- Fri.: 9AM - 5PM

Manhattan, Mid-Town
535 8th Avenue
(At 37th-St. 6th Fl.)
NY, New York 10018
Phone: (646) 473-0870
Fax: (646) 473-0123

Monday: 9 AM - 7 PM
Tues.- Fri.: 9 AM - 5 PM
Sat.- Sun.: 9 AM - 3 PM

Queens, Kew Gardens
80-02 Kew Gardens Road
Kew Gardens, NY 11415
Phone: (718) 896-2920
Fax: (718) 896-0509

Monday- Tuesday: 9AM - 5PM
Wednesday: 11AM - 7PM
Thursday- Friday: 9AM - 5PM

Bronx
2826 Westchester Ave.
Suite 204/ Bronx, NY 10461
Phone: (718) 823-1489
Fax: (718) 823-1574

Monday- Friday: 9AM - 5PM

PRIVATE MEDICAL PRACTITIONERS AND HOSPITALS

The following is a list of private practitioners and hospitals by category.

Acupuncturists

Turning Point Acupuncturists
E. Shane Hoffman, DAOM, LAc
1841 Broadway (W.60th ST)
New York, NY 10023
(212)-489-5038
www.nycacupuncture.com

Teresa Palazzo, MS, LAc
1841 Broadway (W.60th ST)
New York, NY 10023
(917) 715-1857
tp@underpinningstcm.com
www.underpinningsttcm.com
**this practitioner offers reduced fees*

Pacific College of Oriental Medicine
915 Broadway 3rd floor
New York, NY 10010
(212)-982-3456
http://www.pacificcollege.edu/contact_us/index.html
**this clinic offers reduced fees*

Tri-state College of Acupuncture
80 Eighth Ave. (& W. 14 St.), Suite 400
New York, NY
(212)-242-2254
<http://www.tsca.edu/h1-6.htm>
**this clinic offers reduced fees*

Chiropractors

**All chiropractors work regularly with dancers*

Howard R. Adelglass DC
614 Second Ave.
New York, NY 10016
(212)-725-6122

Errol Toran DC
130 West 42 St.
New York, NY / (212)-944-0611

Better Health Chiropractic, P.C.; Alex Eingorn DC
825 7th Ave.
New York, NY 10019
(212)-956-5920; www.dreingorn.com

Loren Marks DC
233 West 72nd St.
New York, NY
(212)-877-3777

Richard Klein DC
515 Madison Ave., 6th fl.
New York, NY 10022 / (212)-713-0180

Richard Nunziata DC
2 West 86 St. 7th Floor
New York, NY 10024 / (212)-496-2110

Ronald Levine DC
928 Broadway #804
New York, NY 10010 / (212)-420-0572

Stephen F. Oswald DC
80 Fifth Ave. Suite 1205
New York, NY 10011 / (212)-924-2121

Roy Siegal DC
8 West 65th St.
New York, NY 10023 / (212)-769-8911

Simpson Chiropractic & Physical Rehabilitation - Dr. David Simpson

415 West 57th Street Apartment B
New York, NY 10019
(212)-246-0030 / (212)-246-1088(fax)
drdsimpson@earthlink.com / <http://dsimpson.chiroweb.com>

Dentists

John Holbrook DDS
111 West 57th Street Room 1012
New York, NY 10013
(212)-582-0123

Joseph Levy DDS
120 Central Park South #1
New York, NY 10019
(212)-582-5808
**this clinic offers reduced fees*

**Columbia University Dental Clinic
Columbia University Medical Center
Vanderbilt Clinic**
622 West 168 Street (Broadway) 7th floor
New York, NY
(212)-305-6726
<http://dental.columbia.edu/patients/sdosclinics.html>
**this clinic offers reduced fees*

NYU College of Dentistry Clinic
345 East 24 Street/ 1st Avenue
New York, NY 10010
212-998-9800
<http://www.nyu.edu/dental/patientinfo/index.html>
**this clinic offers reduced fees*

General Practitioners

Martin Beitler, MD
161 Sixth Avenue 13th Floor
New York, NY
(212)-627-1222

Miller Institute
Katherine & Gilbert Miller Health Care
Institute for Performing Artists
172 Amsterdam #2F
New York, NY

Gynecologists/ Obstetricians

Michelle Warren MD
Columbia Presbyterian Eastside
134 East 73 Street
New York, NY 10021
(212)-737-4664

Columbia Presbyterian Medical Center
622 West 168 Street PH16-126
New York, NY 10032
(212)-326-8548
www.center-for-menopause.com

Rebecca A. DuPont MD
408 East 76 Street
New York, NY 10021
(212)-249-0900

Planned Parenthood
Women's Health Services
Multiple Locations in the 5 boroughs
www.plannedparenthood.org

Masseurs

Dana Hash LMT
101 Danhill Road
Brooklyn, NY
(718)-437-5118
**former AAADT company member*

Terry Rose LMT
8 Spring Street
New York, NY 10012
(212)-226-0520
**works with dancers*

Michael Alicia
121 West 27th Street Suite 305
New York, NY 10001
(212)-229-1529
www.massagespacenyc.com

Peter Vaillencourt LMT
1841 Broadway 11th Floor
(212)-977-8894
**Works with dancers, also offers semi-private Pilates classes*

Mental Health Services and Counseling

Fieve Clinical Services
952 5th Avenue, Suite 7B
New York, NY 10021
(212)-772-3570
www.depression-md.com
www.fieveclinical.com

Washington Square Institution for Psychotherapy and Mental Health
41-51 East 11th Street
New York, NY 10003
(212)-477-2600
www.wsi.org / info@wsi.org

Institute for Contemporary Psychotherapy
1841 Broadway 4th Floor
New York, NY 10023
(212)-333-3444
www.icpnyc.org

Mental Health Association Referral Service
(212)-254-0333

Nutritionists

Catherine Petrillo, R.N
202 Sixth Avenue
New York, NY 10013
(212)-925-6612

Marie Scioscia
Licensed Clinical Nutritionist
sciosciam@aol.com

Jackie Storm, Nutritionist/ Health Educator
26 East 13 Street Apartment 3C
New York, NY 10003
(212)-787-0050

Ophthalmologists

Michael B. Starr MD
1165 Park Avenue
New York, NY 10128
(212)-289-1955

Ruth Weichsel MD
820 Park Avenue
New York, NY 10021
(212)-861-6638

Orthopedists

Phillip Bauman MD
345 West 58th Street
New York, NY 10019
(212)-765-2260

**Dr. Hamilton's partner. Specializes in dancer's hip, knee and foot injuries. Affiliated with Roosevelt Hospital.*

Donald Rose MD
1095 Park Avenue
New York, NY 10021
(212)-427-7750

**Specializes in dancer's knee and shoulder injuries. Ailey company orthopedist, Director of Harkness Center and affiliated with Hospital for Joint Disease.*

William Hamilton MD*
343 58th Street
New York, NY 10019
(212)-765-2262

**Company orthopedist for ABT & NYCB. Specializes in dancer's hip, knee & foot injuries. Affiliated with Roosevelt Hospital.*

David Weiss MD
530 1st Avenue Suite 5D
New York, NY 10016
(212)-263-7743 or 319-6500

**Specializes in dancer's injuries. Affiliated with NYU Medical Center and Harkness Center.*

Harkness Center for Dance Injuries Hospital for Joint Disease

301 East 17th Street
New York, NY 10003
(212)-598-6022
**Appointments only.*

Emergency Dance Injury "I" Care/ Hospital for Joint Disease

301 East 17th Street
(212)-598-6000

**This is like an emergency room for orthopedic injuries- orthopedists are always on call. Less of a wait than regular emergency rooms.*

Osteopath

George Kessler DO
165 West End Avenue
New York, NY 10023
(212)-877-7043

Lillie Rosenthal DO
Katherine & Gilbert Miller Health Care Institute for Performing Artists
172 Amsterdam #2F, New York, NY
(212)-496-4700

Physiatrist

Alex Simotas, MD - Hospital for Special Surgery
(212)-606-1879
**Specializes in backs*

Podiatrists

Lewis Galli DPM
25 Central Park West
New York, NY 10023
(212)-262-4588

Terry Spilken DPM
30 East 40th Street
New York, NY 10017
(212)-686-6605

Thomas Novella DPM
343 West 58th Street
New York, NY 10019
(212)-506-0242
**Specializes in foot injuries*

Physical Therapists

Shaw Bronner PT, PhD, OCS
Director of Physical Therapy Services at Alvin Ailey
(212)-405-9073 or (718)-246-6377

**Specializes in dance injuries and dance research*

Marika Molnar PT
Westside Dance Physical Therapy
53 Columbus Avenue Suite 4
New York, NY 10023
(212)-541-8450
**Specializes in dance injuries*

<p>Jennifer Green PT - PhysioArts 230 West 41st Street (7-8 Avenue), Suite 1807 New York, NY 10036 (212)-997-7490 * Specializes in dance injuries</p>	<p>Sheyi Ojofeitimi PT Physical Therapist at Alvin Ailey (212)-405-9073 or (718)-246-6379 *Specializes in dance injuries and dance research</p>
Body Work, Yoga, Pilates	
<p>Studio Riverside - Leda Franklin (Gyrotonics) 316B West 71st Street (212)-787-9300</p>	<p>Physical Arts - Trey Casimir (Gyrotonics) 594 Broadway #1207 (212)-343-1500</p>
<p>Peter Vaillencourt, LMT (Pilates) 1841 Broadway 11th floor (212)-977-8894</p>	<p>Pilates Center of New York Katherine and Kimberly Corp 501 Fifth Avenue Suite 2200 (212)-687-8885</p>
<p>Susan Foley (Pilates) Mat Certified Pilates Instructor Discounts on private sessions for Ailey students pilateswithsusan@gmail.com</p>	<p>Integral Yoga Institute 227 West 13th Street New York, NY 10023 (212)-929-0586 www.iyiny.org/class_schedule/class_schedule.html</p>
<p>Bikram Yoga 208 West 72nd Street 2nd Floor (212)724-7303 www.bikramyoganyc.com *may have more than one location</p>	<p>OM Yoga 826 Broadway, 6th fl. New York, NY 10003 (212) 254-YOGA www.omyoga.com</p>

Disclaimer : The Ailey School Health-Care Resource Listings are offered as a general reference guide to The Ailey School community. Being on the list does not in any way suggest The Ailey School's or Alvin Ailey Dance Foundation, Inc.'s endorsement or preference for any particular individual or group on the list. The Ailey School does not guarantee the accuracy of the listings. The information included in the listings is general information, t education, and use by students and their parents and is not specific medical advice.

EMERGENCIES In the event of fires, for medical emergencies requiring an ambulance, or for other life-threatening situations, dial **911**.

The nearest Hospital Emergency Room is at **Mount Sinai West** (Used to be St. Luke's Roosevelt Hospital),
10000 10th Avenue, NY, NY 10019 (on West 59th Street), 212-523-4000.