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## Linganore Wellness Center brings health alternatives to town

by Chris Brown | Staff Writer

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Mary Holzinger, a licensed clinical social worker, said she had always wanted to offer her community a team-approach to mental and physical health, sharing the benefits of a variety of practitioners at one location.

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Her dream came true last year when she and co-owner Jill Barbagli opened the Linganore Counseling and Wellness Center on Main Street in New Market.

The center began with a focus on mental health, but has since expanded to a second suite that features pediatric physical therapy, acupuncture, herbal medicine, neuromuscular massage, yoga and pilates.

“Overall, Linganore Counseling and Wellness is a collaborative team of practitioners committed to reducing stress and maintaining physical and mental health,” Holzinger said.

The center offers services to clients ages 2 and older, and for all ranges of abilities, she said.

Holzinger said one of the benefits of the team approach to wellness at the center is that different specialists could share ideas, refer their patients to each other should the need arise, or even go to each other for advice.

If a counselor or therapist goes to another for advice, Holzinger said the patient’s confidentiality would be maintained. “I always wanted to have a team approach,” she said.

Holzinger and Barbagli used to work as counselors on Old National Pike in New Market, but they wanted to open their own center.

She said that at first it was a “scary operation,” and that she only moved to the present location on the hunch that other specialists would want to join her. Their gamble paid off.

Holzinger is a student of the yoga classes at the center, which she attends with yoga instructor Michelle Marzullo, and this is common for other providers at the center, who partake of each other’s services.



Tom Fedor/The Gazette

Barb Trojecki, massage therapist and pro Counseling and Wellness Center, works in Main Street offices in New Market on Tue

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Nancy Smith, who has been an acupuncturist for about four years, has been with the center since March. She said that the atmosphere at the center is one of team work that enables the practitioners to work together and share their expertise, while still maintaining the confidentiality of their clients. “I think that there is that sense of team work, but a separation between disciplines. There is nothing to breach confidentiality,” she said.

Bill Getz, who is a neuro-muscular massage therapist, has been with the center since June 2006. He has been practicing as a therapist for almost 15 years, and he said the environment at the center is conducive to his work. “I think they’ve got a real variety of professional holistic offerings,” Getz said.

Liz Bartlett, an herbalist who has been with the center since it opened as well, said she was attracted to Holzinger because both of the women’s daughters were friends. She said Holzinger’s opening a wellness center had intrigued her, and she felt the center’s holistic approach was an asset to the community.

“Being able to bring my skills back to the town that I live in is really cool,” Bartlett said.

Christen Lindung has been at the center since January. She said the environment is helpful to her work, as the clientele generally needs help in more than one area and she could freely refer clients to other specialists.

“It is fabulous. The atmosphere is conducive to everything that we do,” she said. She frequently availed herself of the other specialists, and said she had been there to receive a massage.

The Linganore Counseling and Wellness Center serves primarily the New Market and Airy communities, but Holzinger said that there are also clients from Urbana, Frederick, Walkersville, and other communities in the region.

For information on the Linganore Counseling and Wellness Center call 301-866-1111 or visit that center’s Web site at [linganorecandw.com](http://linganorecandw.com).

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