



Crossings Healing and Wellness

8720 Georgia Ave/ Suite 300

Silver Spring, MD 20910

Eligibility: Anyone struggling to recover their vitality and daily functioning since Covid infection resolved.

Services: Crossings Healing and Wellness provides Post Covid Care in support of full recovery. Our work regulates, balances, and vitalizes physiological, mental/emotional, and structural systems: namely, Immune, Autonomic, Lymph, Craniosacral and organ functioning. Our hands-on complementary approach applies Acupuncture, Physical Therapy and body work to address the root cause of prolonged symptoms. We appreciate the uniqueness of each Post Covid patient and guide you in your choices of western as well as complementary care to bring you an embodied awareness of your healing process.

Appointments: Email jagrissmer@gmail.com

Contact information: Jane Grissmer, M.AC; Dipl.Ac.