

# HEALTH & WELLNESS

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## **Chiropractors**

### **Perryville Chiropractic Center**

Dr. Armon Bert  
1304 Brenda Ave., Ste. B  
Perryville, MO 63775  
Phone: 573-547-8300  
Fax: 573-547-8329  
Email: [abertdc@msn.com](mailto:abertdc@msn.com)  
Website: [www.perryvillechiropractic.com](http://www.perryvillechiropractic.com)  
~Hours: 9-12pm, 2-6pm Mon-Fri.  
2-6pm Tuesday. Closed Thursdays  
~Full Service Chiropractic Care Clinic  
~Therapeutic Nutrition  
~Massage

## **Hospitals & Physicians**

### **Perry County Memorial Hospital**

434 North West Street  
Perryville, MO 63775  
Phone: 573-547-2536  
Fax: 573-547-3776  
Email: [jkrauss@pchmo.org](mailto:jkrauss@pchmo.org)  
Website: [www.pchmo.org](http://www.pchmo.org)

### **Perryville Family Care Clinic**

212 Hospital Lane, Suite 101  
Perryville, MO 63775  
Phone: 573-547-7888  
Fax: 573-547-5481  
Lab Hours: 7:30-4:30pm  
Phone Hours: 8am-4:30pm

## **Nursing Home**

### **Perry County Nursing Home**

800 S. Kingshighway  
Perryville, MO 63775  
Phone: 573-547-6546  
Fax: 573-547-2823  
Email: [socialservices@ccilink.net](mailto:socialservices@ccilink.net)  
Website: [www.perrycountynursinghome.org](http://www.perrycountynursinghome.org)

~Skilled Nursing and Residential Care Facilities

### **Independence Care Center**

800 S. Kingshighway  
Perryville, MO 63775  
Phone: 573-547-6546  
Email: [bschnur@idd.net](mailto:bschnur@idd.net)  
Website: [www.perrycountynursinghome.org](http://www.perrycountynursinghome.org)

~ Medicare & Medicaid certified. Skilled Nursing and Residential Care Facilities

# HEALTH & WELLNESS

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## Hearing

### **Better Hearing Solutions**

620 N. Kingshighway, Ste.10  
Perryville, MO 63775  
Phone: 573-547-2888  
Fax: 573-547-2858  
Email: [betterhearingsolutions@yahoo.com](mailto:betterhearingsolutions@yahoo.com)  
Website: [www.betterhearingsolutions.net](http://www.betterhearingsolutions.net)

~We provide healthcare to Perry County & surrounding communities. We specialize in hearing instrument, and their care & maintenance. We offer complimentary Hearing Screenings

~HOURS: Mon-Fri. 8:30am-4:30pm  
Saturday and evenings by appointment.

## Massage

### **A Caring Touch**

705 Ridge Drive  
Perryville, MO 63775  
Phone: 573-547-4432  
Email: [mooreoil@sbcglobal.net](mailto:mooreoil@sbcglobal.net)

~Therapeutic massage and aromatherapy. By appointment only. I work with and carry Young Living Essential Oils and Products.

### **Body Treats Therapeutic Massage Plus Fitness, LLC**

9 E. Ste. Maries  
Perryville, MO 63775  
Phone: 573-547-6004  
Email: [bodytreatsmassage@yahoo.com](mailto:bodytreatsmassage@yahoo.com)

## Optometrist

### **Clarkson Eyecare**

100 S. Jackson  
Perryville, MO 63775  
Phone: 573-547-6233  
Fax: 573-547-6765  
Email: [tpeel@clarksoneyecare.com](mailto:tpeel@clarksoneyecare.com)  
Website: [www.clarksoneyecare.com](http://www.clarksoneyecare.com)

~Call us for Treatment of Eye Disease or Injury.  
Most Insurance Accepted!

## Independent Living Services

### **SEMO Alliance for Disability Independence, Inc.**

1913 Rusmar St.  
Cape Girardeau, MO 63703  
Phone: 573-651-6464  
Email: [miki@sadi.org](mailto:miki@sadi.org)  
Website: [www.sadi.org](http://www.sadi.org)

~Services include, Independent Living, Client assistance, transportation, Personal care, deaf and hard of hearing, employment mentoring, SEMO-Tech assistive technology and G.A.P.S.

# HEALTH & WELLNESS

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## **Pharmacies**

### **Healthcare Pharmacy**

628 N. Old St. Mary's Rd.  
Perryville, MO 63775  
Phone: 573-547-2517  
Email: [kbergman@healthcarerxequip.com](mailto:kbergman@healthcarerxequip.com)  
Website: [www.healthcarerxequip.com](http://www.healthcarerxequip.com)

~Hours: Mon-Fri 9:00am - 6:00pm  
Sat. 9:00am - 1:00pm  
Sun 11:00am - 12:00pm

Free Delivery  
Medical Equipment  
Uniforms  
Cards & Gifts

### **Healthcare Equipment & Supply**

628 N. Old St. Mary's Road  
Perryville, MO 63775  
Phone: 573-547-4526  
Email: [info@healthcarerxequip.com](mailto:info@healthcarerxequip.com)  
Website: [www.healthcarerxequip.com](http://www.healthcarerxequip.com)  
~Home medical supplies, 24 hour on-call service. We also carry Oxygen.

## **Fitness Centers & Physical Therapy**

### **Mid America Rehab**

206 Hospital Lane Ste 100  
Perryville, MO 63775  
Phone: 573-768-3349  
Fax: 573-517-0341  
E-Mail: [rehab@pchmo.org](mailto:rehab@pchmo.org)  
Web Site: [www.midamericarehab.com](http://www.midamericarehab.com)

~Physical Therapy, Occupational Therapy, Speech Therapy, Home Health Sports Medicine.

### **Therapy Solutions**

1506 West St. Joseph St.  
Perryville, MO 63775  
Phone: 573-517-7900  
Fax: 573-517-7969  
Website: [www.therapysolutionsmo.com](http://www.therapysolutionsmo.com)  
~Orthopedic & Neurological Rehabilitation  
Industrial Rehabilitation- Aquatic Therapy- Manual Therapy- Wound Care- Lymphedema Management- Massage Therapy- Workman's Comp.- Sport's Rehabilitation- CPR & First Aid Certification Classes- Pre-Employment & Work Capacity Evaluations- And More...

## **Specialty**

### **Pampered Chef - Joy Best**

73 Richardet St.  
Perryville, MO 63775  
Phone: 573-547-2634  
E-Mail: [pamperedchef4u@sbcglobal.net](mailto:pamperedchef4u@sbcglobal.net)  
Website: [www.pamperedchef.biz/joys4runner.com](http://www.pamperedchef.biz/joys4runner.com)

### **Ultimate Tae Kwon Do and Self Defense MSK, LLC**

340 S. Jackson St.  
Perryville, MO 63775  
Phone: 573-768-2316  
E-Mail: [ultimate.tkdspd@gmail.com](mailto:ultimate.tkdspd@gmail.com)  
Web Site: <http://www.facebook.com/pages/ultimate-tae-kwon-do-and-self-defense>

~Little ninja's class daily. After school TKD Mon-Wed. Transportation provided.

Evening program M, W, TH 5:30-6:30,  
Tues 6:30-7:30pm

# HEALTH & WELLNESS

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## **New Life Mission Inn-MO**

12 N. Kingshighway

Perryville, MO 63775

Phone: 573-768-3405

Email: [dawn@newlifemo.org](mailto:dawn@newlifemo.org)

Website: [www.newlifemo.org](http://www.newlifemo.org)

~Substance abuse & recovery

## **Pam Young W/-Juice Plus**

2224 Old St. Mary's Road

Perryville, MO 63775

Phone: 573-547-513-1363

Fax: 573-547-7873

E-Mail: [jyoung2@att.net](mailto:jyoung2@att.net)

Website: [www.pyoungjuiceplus.com](http://www.pyoungjuiceplus.com)