

## Optimal Health and Wellness - Cumberland

cumberland

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## *Optimal Health and Wellness - Cumberland*

### Welcome to Optimal Health and Wellness

Located in **Cumberland, Maryland**, Optimal Health and Wellness is a premier medical spa dedicated to providing a transformative experience for individuals on their health journeys. The spa is committed to addressing various health concerns with personalized care and a holistic approach.

### Accessibility and Amenities

Optimal Health and Wellness prioritizes accessibility for all clients. The facility features a **wheelchair-accessible entrance**, ensuring that everyone can access our services with ease. Additional amenities include:

**Wheelchair-accessible seating Gender-neutral toilets On-site services** that cater to diverse needs A **wheelchair-accessible car park** for convenient parking

## **The Team at Optimal Health and Wellness**

Identifying as a **women-owned** business, Optimal Health and Wellness prides itself on offering a supportive and encouraging environment. Clients rave about the expertise and compassion of **Tammy Collette** and her staff. Many have shared their success stories regarding significant weight loss and improved overall health.

One client mentioned, "Tammy is helping me to have a lifestyle change and avoid becoming a diabetic." This level of personalized care is what sets Optimal Health apart.

## **Service Options and Recommendations**

Planning your visit is easy, and **appointments are recommended** to ensure you receive the attention and care you deserve. The service options available at Optimal Health include:

Weight loss management Nutritional counseling Wellness programs tailored to individual needs

## **Client Experiences**

Clients consistently express their satisfaction with the welcoming atmosphere and the dedication of the staff. One testimonial states, "I absolutely love Tammy and the entire staff at Optimal Health and Wellness. From day one I felt very comfortable coming here." Another added, "Their goals are your goals," highlighting the personalized approach taken by the team.

The positive feedback emphasizes not just weight loss but also a journey towards a healthier and happier self. One client noted, "I love feeling HEALTHY again!" indicating the profound impact the services have on individuals' lives.

## **Conclusion**

If you're in **Cumberland, Maryland**, and seeking a supportive environment to embark on your health journey, look no further than Optimal Health and Wellness. With its commitment to accessibility, expert staff, and personalized care options, it stands out as a beacon of hope for those looking to improve their well-being. Visit us today to start your transformation!

## The business is situated at

178 N Mechanic St, 21502 Cumberland, Maryland - United States (US)

The phone of the respective **Medical spa** is +1240-362-7033

And if you want to send a WhatsApp, you can do so at +1240-362-7033

## We look forward to seeing you at:

Day Hours  
Monday  
Closed  
Tuesday  
8:30?AM–5:30?PM  
Wednesday  
8:30?AM–5:30?PM  
Thursday  
8:30?AM–5:30?PM  
Friday  
8:30?AM–5:30?PM  
Saturday  
Closed  
Sunday  
Closed

The website is Optimal Health and Wellness

If you require to modify any data that you believe is not precise about this portal, please send us a message so that we will adjust it at the earliest convenience. Thanks beforehand thanks for your cooperation.

## Images



*Optimal health and wellness street view 360deg*



*Optimal health and wellness reviews*



*Optimal health and wellness prices*



*Optimal health and wellness phone*

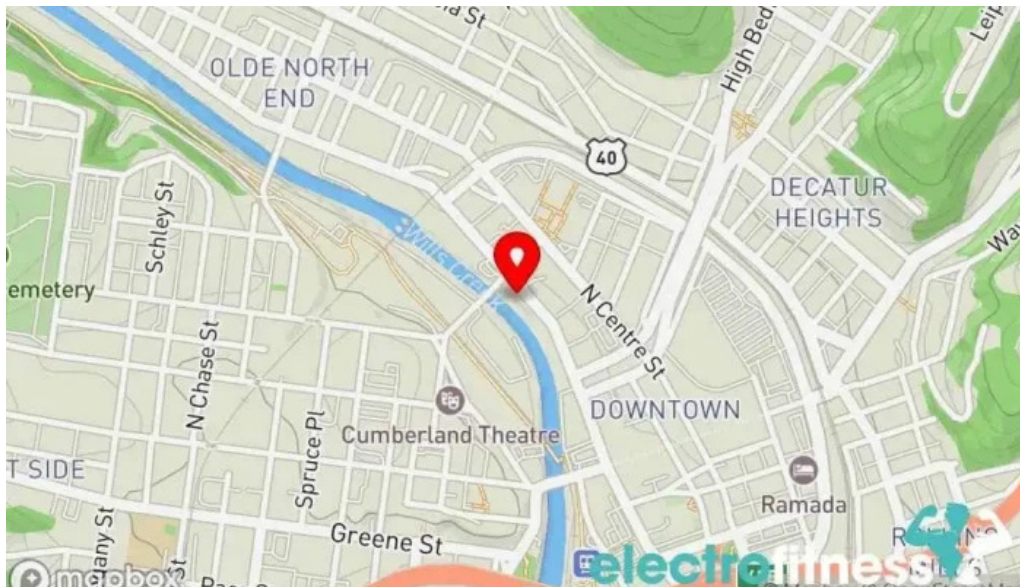




*Optimal health and wellness number*



*Optimal health and wellness medical spa*



*Optimal health and wellness map*



*Optimal health and wellness cumberland*



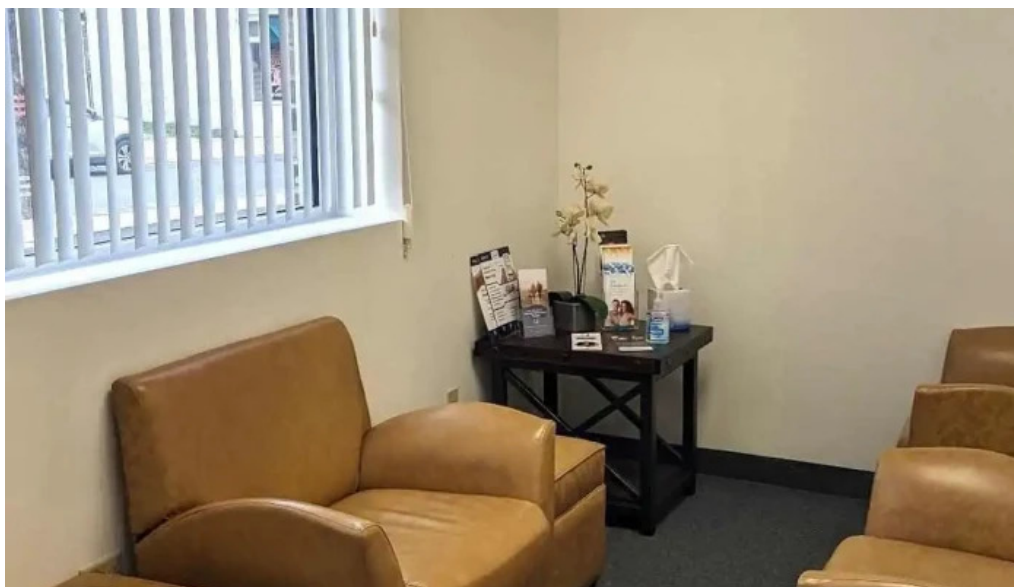


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## Tags

*Wheelchair-accessible entrance, Wheelchair-accessible car park, Amenities, Service options, Gender-neutral toilets, Planning, Toilet, Appointments recommended, On-site services, Accessibility, From the business, Wheelchair-accessible seating, Identifies as women-owned*

## Related content

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**4.4 \*** *Cumberland Ymca (Riverside) - Cumberland*

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**5.0 \*** *Neurologic Optimal Wellness - Agawam*

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**4.7 \*** *Elements Wellness Spa and Fitness Center - Cumberland*

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**4.6 \*** *Mountain Massage Wellness Spa - Cumberland*

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**5.0 \*** *Optimal - Victorville*

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**4.8 \*** *Doll's Fitness - Cumberland*

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**5.0 \*** *Bam Fitness and Nutrition, Llc - Cumberland*

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**3.7 \*** *Wmga - Cumberland*

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**4.8 \*** *Planet Fitness - Cumberland*

## Comments

*I haven't felt this great in a long time, and it's all thanks to Tammy and her team at Optimal Health & Wellness! Tammy played a crucial role in identifying my Hashimoto's disease. I was experiencing high blood pressure and carrying an extra 100 pounds, feeling unwell and unhappy with my appearance. Seeking help from Tammy was a game-changer for me. She educated me on making better food choices and adopting healthier habits. Tammy and her team are simply fantastic! They genuinely care about your well-being. I wholeheartedly recommend Tammy to anyone facing similar struggles. If she helped me shed 100 pounds and feel healthy again, I'm confident she can do the same for you too! Thank you, Optimal Health & Wellness, for helping me feel amazing once more! ??*

## Categories

academic department
acupuncture clinic
after school program
amusement center
amusement park ride
animal feed store
apartment complex
aquatic centre
arena
association / organization
athletic club
auditorium
bar
basketball club
basketball court
batting cage center
body shaping class
boot camp
boxing club
boxing gym
boxing ring
children's party service
chiropractor
church
club
coffee shop
community center
convenience store
counselor

country club
coworking space
cultural center
dance company
dance school
day spa
disc golf course
dollar store
educational institution
elementary school
exercise equipment store
facial spa
firearms academy
fitness
fitness center
fitness equipment wholesaler
food producer
foot care
gated community
golf club
golf course
golf instructor
grocery store
gym
gymnasium school
gymnastics center
hair salon
health consultant
health food restaurant
health food store
health spa
hiking area
hospital
hotel
indoor cycling
jujitsu school
karate club
karate school
kennel
kickboxing school
kinesiologist
kinesiotherapist



martial arts club
martial arts school
massage spa
massage therapist
medical group
medical spa
meditation center
metaphysical supply store
muay thai boxing gym
non-profit organization
nutritionist
park
parking lot
parkour spot
personal trainer
pharmacy
physical fitness program
physical therapist
physical therapy clinic
pickleball court
pilates studio
private golf course
public educational institution
public swimming pool
recreation center
rehabilitation center
resort hotel
rock climbing
rock climbing gym
rv park
sauna
school
school district office
self defense school
senior citizen center
shooting range
shopping mall
soccer club
software company
spa
spa and health club
sporting goods store

sports club
sports complex
sports massage therapist
sports medicine clinic
sports nutrition store
sports school
summer camp organizer
supermarket
swimming facility
swimming instructor
swimming pool
swimming school
tennis club
thrift store
training centre
vitamin & supplements store
weight loss service
weightlifting area
wellness center
wellness program
women's organization
women's personal trainer
wrestling school
yoga instructor
yoga studio
youth organization