

# Guthrie Cancer Support and Resource Directory

Guthrie is pleased to provide this list of resources available to cancer Patients and their families. This list may not be inclusive of all services in a category or area and does not imply Guthrie endorsement of the business or service.

We recommend calling the business to inquire about services, hours of operation or for additional information. If you encounter a business or service no longer operating, please let us know by calling 570-887-4566 or e mail [Corporate\\_Communications@guthrie.org](mailto:Corporate_Communications@guthrie.org)

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## **Cardiac Rehabilitation**

### **Guthrie HealthWorks Wellness & Fitness Center**

9768 Liberty Drive  
Painted Post, NY  
607-937-4723

### **Guthrie Robert Packer Hospital**

One Guthrie Square  
Sayre, PA  
570-887-4890

### **Guthrie Towanda Memorial Hospital**

91 Hospital Drive  
Towanda, PA  
570-268-2365

### **Guthrie Troy Community Hospital**

275 Guthrie Drive  
Troy, PA  
570-297-9262

## **Pulmonary Rehabilitation**

### **Guthrie Robert Packer Hospital**

One Guthrie Square  
Sayre, PA  
570-887-4514

### **Guthrie Towanda Memorial Hospital**

91 Hospital Drive  
Towanda, PA  
570-268-2243

## **Occupational Therapy**

### **Guthrie Robert Packer Hospital**

One Guthrie Square  
Sayre, PA  
570-888-6666

### **Guthrie Troy Community Hospital**

275 Guthrie Drive  
Troy, PA 16947  
570-297-2121

### **Guthrie Towanda Memorial Hospital**

91 Hospital Drive  
Towanda, PA  
570-265-2209

### **Sayre**

One Guthrie Square  
Sayre, PA 18840  
570-888-5858

### **Towanda Colonial Drive**

132 Colonial Drive  
Towanda, PA 18848  
570-265-6165

## **Speech Therapy**

### **Guthrie Robert Packer Hospital**

One Guthrie Square  
Sayre, PA  
570-888-6666

### **Guthrie Towanda Memorial Hospital**

91 Hospital Drive  
Towanda, PA  
570-268-2385

### **Guthrie Troy Community Hospital**

275 Guthrie Drive  
Troy, PA 16947  
570-297-2121

Healthworks Wellness and Fitness Center

9768 Liberty Drive  
Painted Post, NY 14870  
607-937-5555

## **Physical Therapy**

### **Elite Therapy NY**

133 N Main St  
Horseheads, NY 14845  
607-739-1700

### **Guthrie Robert Packer Hospital**

One Guthrie Square  
Sayre, PA 18840  
570-888-6666

### **Guthrie Towanda Memorial Hospital**

91 Hospital Drive  
Towanda, PA 18848  
570-265-2209

### **Guthrie Troy Community Hospital**

275 Guthrie Drive  
Troy, PA 16947  
570-297-2121

### **Guthrie Ithaca**

1780 Hanshaw Road  
Ithaca, NY 14850  
607-257-5858

### **Guthrie Sayre**

One Guthrie Square  
Sayre, PA 18840  
570-888-5858

### **Guthrie Towanda Colonial Drive**

132 Colonial Drive  
Towanda, PA 18848  
570-265-6165

### **Peak Performance Physical Therapy**

115 Hickories Park Rd  
Owego, NY 13827  
607-687-7645  
[www.peakptandfitness.com](http://www.peakptandfitness.com)

### **Phoenix Rehabilitation**

127 North Main St  
Mansfield PA 16933  
570-662-3269

### **Pivot Physical Therapy**

Athens, PA  
570-888-0818  
[www.pivotphysicaltherapy.com](http://www.pivotphysicaltherapy.com)

### **Pivot Physical Therapy**

Towanda, PA  
570-265-7688

### **Pivot Physical Therapy**

Wyalusing, PA  
570-746-0504

### **Pivot Physical Therapy**

Troy, PA  
570-297-2774

### **Pivot Physical Therapy**

Montrose, PA  
570-278-1101

### **Pivot Physical Therapy**

25 West Street  
Tunkhannock, PA 18657  
570-996-6200  
Fax:570-996-6201

### **Pivot Physical Therapy**

298 West South Avenue  
Canton, PA 17724  
Phone:570-673-5551  
Fax:570-673-5552

### **Pro Rehabilitation Services**

66 East Tioga St Suite  
Tunkhannock PA 18657  
570-836-1078  
Fax: 570-836-4158  
Additional locations:  
Plains, PA  
Hanover Township, PA  
Moosic, PA  
Hazleton, PA  
Berwick, PA  
Clarks Summit, PA  
Mountain Top, PA

### **Susquehanna Health**

416 South Main St  
Mansfield PA 16933  
570-662-1900

## **Fitness Centers**

### **Court Jester - East**

67 Robinson St  
Binghamton NY 13901  
607-723-2522

### **Court Jester - West**

216 Reynolds RD  
Johnson City NY 13790  
607-729-3332

### **Crossfit 29:11**

93 Ellistown Rd  
Waverly NY 14895  
607-857-5713

### **Elite Therapy NY**

133 N Main St  
Horseheads, NY 14845  
607-739-1700

### **Elmira Fitness Center**

192 Daniel Zenker Dr  
Big Flats NY  
607-733-0145  
[www.elmirafitness.com](http://www.elmirafitness.com)

### **Fitness With Friends**

211 Desmond St  
Sayre PA 18840  
570-260-6800  
[www.fitnesswithfriendsgym.com](http://www.fitnesswithfriendsgym.com)

### **GSR Fit**

220 Stage Rd  
Vestal NY 13850  
607-341-0296

### **Healthworks Wellness & Fitness Center**

9768 Liberty Drive  
Painted Post, NY 14870  
607-937-5555

### **Jim's Gym/Crossfit 607**

828 Erie St  
Elmira NY 14904  
607-735-7989

### **Journey Fitness**

2084 College Ave  
Elmira NY 14903  
607-735-0333

### **Journey Fitness Corning**

32 Bridge St  
Corning, NY 14830  
(607) 973-2187

### **Journey Fitness Sayre**

114 Desmond St  
Sayre, Pennsylvania 18840  
(570) 731-4587

### **Journey Fitness Ithaca**

15 Catherwood Road  
Lansing, NY 14850  
607-257-2700

### **New Image**

307 Broad St  
Waverly, NY 14892  
(607) 565-4439

### **Planet Fitness**

3339 Chambers Rd  
Horseheads NY 14845  
607-846-3130

### **Planet Fitness**

43 Catherwood Rd  
Ithaca NY 14850  
607-319-0763

### **Planet Fitness**

4700 Vestal Parkway East  
Vestal NY  
607-644-9089

### **RTG Training and Performance**

423 South Main St  
Athens, PA 18810  
607-228-8980  
[www.rtgtraining.com](http://www.rtgtraining.com)

### **Tioga Tae Kwon Do**

210 Broad St  
Waverly NY 14892  
607-565-2973

### **Waverly Fitness Center**

70 Broad St  
Waverly NY 14892  
607-742-8838

### **Bone Builders**

ProAction of Steuben and Yates, Inc  
800-553-2033  
607-776-2125

### **Bone Builder Locations:**

Addison Place Community Room  
43 William St.

Arkport Village Hall Community Room  
6 Park Ave

**Bone Builders – cont.**

Jacob's Ladder Unite Methodist Church  
8593 Jacob's Ladder Road  
Avoca NY

VA Center Hospital Bldg Room 311  
76 Veterans Ave  
Bath NY

Wildflower Hill Community Center  
7404 E Wildflower Way  
Bath NY

ProAction of Steuben and Yates, Inc  
800-553-2033  
607-776-2125

Buena Vista Wesleyan Church  
6034 County Rt 69  
Canisteo NY

Town Hall  
8529 Main St  
Campbell NY

Galeazzo Building  
10 Maple St  
Canisteo NY

Canisteo Manor  
11 Fifth St  
Canisteo NY

Cohocton Public Library  
8 Maple Ave

Senior Center  
1 Park Lane  
Corning NY

First Congregational United Church of Christ  
171 Pulteney St  
Corning NY

St Gabriel's Church Basement  
78 Shether St  
Hammondsport NY

Hornell First Baptist Church  
28 Church St

New Hope Wesleyan Church  
280 Grand St  
Hornell NY

Senior Center  
20 Broadway Mall  
Hornell NY

Lakeview Apartments Community Room  
105 Geneva St  
Bath NY

United Church of Painted Post  
201 N Hamilton St

Colonial Square Senior Apartments  
110 Creekside Dr  
Painted Post NY

United Methodist Church  
4 Porter St  
Prattsburgh NY

Fire Station Community Hall  
8875 Brown Rd  
Pulteney NY

Library  
101 West Naples St  
Wayland, NY

Seventh Day Adventist Church  
313 Third Ave  
Wayland NY

Town Hall  
1585 Academy St  
Woodhull NY

**YMCA's**

**Bradford County YMCA**

9 College Avenue  
Towanda, PA 18848  
570-268-9622

**West Branch YMCA**

740 Main St  
Johnson City, NY 13790-1744  
607-770-9622

**YMCA of Broome County**

61 Susquehanna St  
Binghamton, NY 13901-3705  
607-772-8984  
607-772-0560

**Corning Community YMCA Branch**

127 Centerway  
Corning, NY 14830-2262  
607-936-4638

**Tioga County Branch YMCA**

40-42 Besanceney Dr  
Mansfield, PA 16933-  
570-662-2999

**Ithaca & Tompkins County YMCA**

50 Graham Road West  
Ithaca, NY 14850-1085  
607-257-0101

**Cortland County Family YMCA**

22 Tompkins St  
Cortland, NY 13045-2541  
607-756-2893

## **Durable Medical Equipment (DME)**

### **Endless Mountains Brace, Mobility, & Respiratory**

6819 Fall Brook,  
Troy, PA 16947  
570-297-2993  
Fax: 570-297-2693  
Email: [embm@epix.net](mailto:embm@epix.net)  
Fax: 570-297-2693

### **Everything Medical**

[www.everything-medical.com](http://www.everything-medical.com)

#### Locations:

7108 East Washington St Extension  
Bath NY 14810  
607-776-8000  
Fax 607-776-5588

109 Chemung St  
Corning NY 14830  
607-936-2044  
Fax 607-962-6609

### **Lourdes Health Support**

1155 Front St  
Binghamton NY 13905  
607-724-0115

### **Maximum Mobility**

117 N Keystone Ave  
Sayre PA 18840  
570-882-7436  
Alternate Phone: [888-372-7222](tel:888-372-7222)  
Fax: 570-882-7438  
[www.maximummobility.net](http://www.maximummobility.net)

### **Med Supply Depot**

360 West Pulteney Street  
Corning, NY 14830  
607-962-5205

### **Med Supply Depot**

1 Guthrie Square  
Sayre, PA 18840  
570-887-2203

### **Med Supply Depot**

402 3rd Street  
Ithaca, NY 14850  
607-273-4727

### **Med Supply Depot**

1393 Elmira Street  
Sayre, PA 18840  
570-888-3488

### **Med Supply Depot**

124 Colonial Drive  
Towanda, PA 18848  
570-268-2140

### **Med Supply Depot**

24 Plaza Lane  
Wellsboro, PA 16901  
570-723-8720

### **UHS Professional Home Care Ithaca**

222 Elmira Road, Suite 4  
Ithaca Shopping Plaza  
Ithaca, NY 14850  
Main: 607-257-1425  
Alternate: 800-361-1376  
Fax: 607-257-1389

### **UHS Home Care**

601 Riverside Drive  
Johnson City, NY 13790  
Main: 607-763-5600  
Fax: 607-763-8949

## **Lymphedema Supplies**

### **Med Supply Depot**

360 West Pulteney Street  
Corning, NY 14830  
607-962-5205

### **Med Supply Depot**

1 Guthrie Square  
Sayre, PA 18840  
570-887-2203

### **Med Supply Depot**

402 3rd Street  
Ithaca, NY 14850  
607-273-4727

### **Med Supply Depot**

1393 Elmira Street  
Sayre, PA 18840  
570-888-3488

### **Med Supply Depot**

124 Colonial Drive  
Towanda, PA 18848  
570-268-2140

### **Med Supply Depot**

24 Plaza Lane  
Wellsboro, PA 16901  
570-723-8720

### **Tactile Medical**

Home Therapy Device  
1331 Tyler St NE, Suite 200  
Minneapolis, MN 55413  
866-435-3948  
Fax: 866-435-3949  
[www.tactilemedical.com](http://www.tactilemedical.com)

### **YWCA Pink Boutique**

211 Lake St  
Elmira NY  
607-733-5575  
[www.ywcaelmira.org](http://www.ywcaelmira.org)

## **Wigs/Head Coverings**

### **American Cancer Society**

Guthrie Clinic Cancer Center  
1 Guthrie Square  
Sayre PA 18840

### **American Cancer Society**

Guthrie Clinic Cancer Center  
1 Guthrie Dr  
Corning NY 14830

### **Finger Lakes Cancer Resource Center**

612 W State St  
Ithaca, NY 14850  
(607) 277-0960  
[www.crcfl.net](http://www.crcfl.net)

### **YWCA Pink Boutique**

211 Lake St  
Elmira NY  
607-733-5575  
[www.ywcaelmira.org](http://www.ywcaelmira.org)



## Massage

### **Finger Lakes Cancer Resource Center**

612 W State St  
Ithaca, NY 14850  
(607) 277-0960  
[www.crcfl.net](http://www.crcfl.net)

### **Emerge Healing Arts**

28 Central Ave  
Wellsboro PA 16901  
570-360-8180

### **Guthrie Towanda Memorial Hospital**

just off Hospital Drive  
570-268-2386

### **Stiletto's**

150 Broad St Waverly, NY  
(607) 565-2360

## Reflexology

### **Emerge Healing Arts**

28 Central Ave  
Wellsboro PA 16901  
570-360-8180

### **Ginny Mainus**

11 West Main St  
Galeton PA 16922  
607-207-1711

## Yoga

### **Finger Lakes Cancer Resource Center**

612 W State St  
Ithaca, NY 14850  
(607) 277-0960  
[www.crcfl.net](http://www.crcfl.net)

### **Heart to Heart Yoga & Healing**

315 West Water St.  
Elmira, NY 14901  
Phone: 607-742-9682  
[www.yogahearttoheart.com](http://www.yogahearttoheart.com)

### **Yoga 101**

315 South Main St  
Athens PA 18810  
607-425-1340

### **Zen Den Yoga & Wellness Center**

203 South St Suite F  
Athens PA 18810  
570-886-2069

## Nutritional Counseling

### Guthrie Clinic

105 Desmond Street  
Sayre, PA 18840  
570-887-2832

### CancerCare

800-813-4673  
[www.cancercares.org](http://www.cancercares.org)

## Palliative Care

Care First  
11751 East Corning Rd  
Corning NY 14830  
607-962-3100  
Corning NY

Susquehanna Health  
24 Walnut St  
Wellsboro PA  
570-723-3967  
[susquehannahealth.org](http://susquehannahealth.org)

## Smoking Cessation

### Freedom From Smoking (for cancer Patients)

1 Guthrie Sq  
Sayre PA 18840  
570-887-2721

### Freedom From Smoking (for Patients and community members)

1 Guthrie Sq  
Sayre PA 18840  
570-887-4514

### PA Quitline

1-800-QUIT-NOW (784-8669)  
[PAquitlogix.org](http://PAquitlogix.org)

### NY Quitline

1-866-NY-QUITS (1-866-697-8487)  
[www.nysmokefree.com](http://www.nysmokefree.com)

## Support Groups

### Finger Lakes Cancer Resource Center

612 W State St  
Ithaca, NY 14850  
(607) 277-0960  
[www.crcfl.net](http://www.crcfl.net)

### Guthrie Clinic

Cancer Center  
1 Guthrie Sq  
Sayre PA 18840  
570-887-2853

## Transportation

### American Cancer Society

Road to Recovery  
800-227-2345  
Fax: 100-620-3702

### BeST Transit

27824 Route 220  
Athens PA 18810  
570-888-7300  
800-242-3484  
Fax: 570-888-8713  
[www.goBeSTtransit.com](http://www.goBeSTtransit.com)

### BeST Transit

978 South Main St  
Mansfield PA 16933  
570-659-5330  
Fax: 570-659-5324  
[www.goBeSTtransit.com](http://www.goBeSTtransit.com)

### Canyon Country Cabs

11960 Route 6  
Wellsboro PA 16901  
570724-2424  
[info@canyoncountrycabs.com](mailto:info@canyoncountrycabs.com)

### Chemung County Transit

1201 Clemens Center Parkway  
Elmira NY 14901  
607-734-5211

### Ithaca Dispatch Cab Company

607-277-7777  
607-277-8294  
607-277-2227  
607-272-3333

### Totem Taxi

105 West Third St  
Elmira NY 14901  
607-734-6161  
Valley Taxi  
570-888-2365

### Yellow Cab

442 State St  
Binghamton NY 13901  
607-732-2322

### NY Medicaid Transportation Line

Broome County  
855-852-3294

Chemung County  
855-733-9399

Steuben County  
855-733-9401

Tioga County  
855-733-9398

Tompkins County  
866-753-4543

**Additional county numbers can be found at**  
[www.medanswering.com/locations/nys/](http://www.medanswering.com/locations/nys/)

## Ramps

### Hezekiah's Hands

Bradford County PA  
570-265-3767

### First Ward Action Council

Binghamton NY  
607-772-2850

### Ramp It Up – Broome Council of Churches

607-724-9130