

PLENA

Integrative Health Center

Compassionate Care for Mind, Body, & Soul

Celebrating the Strength of Women Entrepreneurs

We offer annual and gynecological exams for preventative care, as well as personalized approaches to mental health, heart disease, thyroid issues, and hormone therapies for menopause.



119-B University Blvd, Harrisonburg, VA 22801

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www.plena-ihc.com | Online scheduling available!