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**Cedar Valley Mental Wellness Expands Reach with New Waterloo Clinic Location**

Waterloo, Iowa — Cedar Valley Mental Wellness, a branch of Cedar Valley Medical Specialists (CVMS) and leading provider of mental wellness services, is excited to announce the opening of another new clinic location at 999 Home Plaza, Suite 301 in Waterloo. The Waterloo location comes in addition to the already established Cedar Valley Mental Wellness clinics in Denver, Grundy Center and Parkersburg. The expansion represents a significant milestone in CVMS’ commitment to improving access to quality mental wellness care in the Cedar Valley.

The Waterloo clinic location will serve as the primary clinic location for patients seeking mental health support, counseling and therapy services. "Expanding our presence to this new location allows us to better serve the Cedar Valley community. The Waterloo location is centrally located within the numerous rural communities we currently serve and will continue to serve. We understand the importance of accessible care and this clinic will enable us to reach even more individuals who may need our services" said Kelsie Swisher, mental health nurse practitioner of Cedar Valley Mental Wellness.

Cedar Valley Mental Wellness is known for its compassionate and experienced team of mental health practitioners who provide a wide range of treatment for various mental health conditions including medication management and add on therapy, as well as therapy for patients ages five and up.



The highly dedicated provider team of psychiatric mental health nurse practitioners Megan Heise and Kelsie Swisher and licensed mental health counselor, Carly Pollock, are truly invested in treating the patient’s overall wellness and promoting an environment that nurtures and builds a healthy lifestyle. Megan Heise said, “We’re passionate about creating a wellness space patients choose to come to, not because they have to come but because they want to come.” Patients can schedule appointments at any of their clinic locations by calling 319-299-2864 or visiting the Cedar Valley Medical Specialists’ website at CedarValleyMedical.com. To best accommodate our patient’s schedules, in person or tele-health/virtual appointment options are also available. Walk-in appointments are also an option but dependent upon availability.

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