



NEW YORK STATE SENATOR
Monica R. Martinez

Senator Martinez Presents Empire Award to Metamorphosis Wellness Center

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Photo: Senator Monica R. Martinez (left) presents the New York State Senate Empire Award to Cheryl Mchunguzi (right), owner of Metamorphosis Wellness Center, on Tuesday, July 31, 2024.

Wheatley Heights holistic health provider recognized for community contributions

Senator Monica R. Martinez this week presented the New York State Senate Empire Award to the Metamorphosis Wellness Center and its owner, Cheryl Mchunguzi, a licensed social worker and certified Orange Theory coach specializing in psychotherapy and wellness

services for individuals and families. The Wheatley Heights wellness center was chosen for its commitment to personal and community improvement and its role in providing holistic health services. Since its opening last June, Metamorphosis Wellness Center, a certified Minority-Owned Business Enterprise, has become an important mental and physical health resource for the community.

“Metamorphosis Wellness Center is an example of the transformative role local businesses have in our communities,” said Senator Martinez. “Through its holistic approach to physical and mental health, the center has guided many of our neighbors toward improved well-being and personal growth. Cheryl and the wellness center’s practitioners help their clients’ best selves emerge, exemplifying the profound positive change that small businesses can bring to our lives.”

The New York State Senate Empire Award is given to local businesses that exemplify dedication not only to their customers and employees but also to their communities and New York State at large. The award highlights businesses that significantly contribute to the growth and betterment of their communities.

According to Mchunguzi, “The Wellness Center was designed to bridge the gap between the average person’s mind, body, and spirit. We spend so much time trying to navigate and master the outer world, without realizing the importance of centering ourselves and connecting with the divine energy within. Taking a yoga, meditation, or reiki session at the Metamorphosis Wellness Center can help to balance and reset your entire being.”

The Metamorphosis Wellness Center is located at 26 Colonial Springs Road in Wheatley Heights. Please visit: <https://metamorphosispc.com/the-wellness-center/> for more information.