

NSMC Wellness & Integrative Medicine SPRING 2017

Locations:

NSMC Salem Hospital, 81 Highland Ave., Salem
NSMC Union Hospital, 500 Lynnfield St., Lynn
NSMC Outpatient Services, 1 Hutchinson Dr., Danvers

Online registration available at nsmc.partners.org
(click Health & Wellness).

To register by phone, please call **978-739-6906**.

To sign up for early notification of classes, please
e-mail nsmcwellness@partners.org.

Wellness Services

NSMC Outpatient Services, Danvers

• **Acupuncture**

\$85 Initial appointment

\$70 Follow-up appointment

• **Massage Therapy**

\$70 one hour

• **Reiki**

\$70 one hour

Wellness Classes

LEARN Program for Weight Control with Pat Moore

Learn how to read nutrition labels, control your portion sizes and incorporate exercise into a daily routine. Each class consists of a confidential weigh-in, a lesson on how to live a healthy life and group discussion.

Twelve weeks, 60 minutes

Location: NSMC Salem Hospital

New student, \$210, Tues., April 11 at 5:30 p.m.

Follow up, \$145, Tues., April 11 at 6:45 p.m.

Tai Chi with Lisa Kirshon

Tai Chi is a gentle, therapeutic, low-impact exercise for any age and varying physical ability to help increase mobility, flexibility and balance. This class is suitable for beginners and advanced students. Train at your own level, seated or standing.

\$60, Four weeks, 75 minutes

Location: NSMC Union Hospital

Wed., March 29 at 6 p.m.

Yoga Classes

NSMC Union Hospital

Yoga with Marilyn Whalen

\$130, Ten weeks, 75 minutes

Sun., March 26 at 10 a.m.

Yoga with Nancy Long

\$130, Ten weeks, 75 minutes

Tues., March 21 at 5 p.m.

Wed., March 22 at 4:30 p.m. and 7:30 p.m.

Thurs., March 23 at 5 p.m.

Yoga for Chronic Pain with Dot McKeen

This gentle yoga class is geared toward improving flexibility through a focus on strength, stretching and stress reduction for individuals with chronic pain syndrome.

\$120, Ten weeks, 60 minutes

Mon., April 3 at 3:30 p.m.

Yogalates with Dot McKeen

A combination of yoga and pilates. This class includes meditation, stretching, posture, alignment, balance, and core strengthening exercises.

\$130, Ten weeks, 75 minutes

Fri., March 31 at 5 p.m.

Yoga for Cancer Care with Judy Beals

\$108, Nine weeks, 60 minutes

Mon., May 1 at 5 p.m.

Yoga for Seniors with Judy Beals

This gentle yoga class focuses on stretching and strengthening, calming the mind, releasing stress, inner happiness, accepting yourself as you are, and living fully in the moment.

\$108, Nine weeks, 60 minutes

Mon., May 1 at 2 p.m.

NSMC Salem Hospital

Yoga with Dot McKeen

\$120, Ten weeks, 60 minutes

Wed., March 29 at 5 p.m.

Workshops

Beginners Tai Chi Workshop

Tai Chi is a gentle, therapeutic, low-impact exercise for any age and varying physical ability to help increase mobility, flexibility and balance. This workshop is for beginners only. Train at your own level, seated or standing.

Location: NSMC Union Hospital

\$30, Sun., March 19, noon - 1:30 p.m.

Yoga & Meditation Retreat

Nurture yourself - mind, body and spirit. Join us for mindful and gentle yoga which includes stretching and strengthening movements, postures, conscious deep breathing, deep relaxation, sitting and walking meditation, and simple chants. No previous yoga or meditation experience necessary.

Location: NSMC Union Hospital

\$40, Sat., April 1, 9:30 a.m. - 12:30 p.m.

Restorative Yoga Workshop

Restorative yoga works to heal your body physically, emotionally, and spiritually. This gentle style of yoga focuses on the use of restful postures supported by props to experience relaxation in a wakeful state.

Location: NSMC Union Hospital

\$35, Sun., April 23, 4 - 6 p.m.



**NORTH SHORE
MEDICAL CENTER**