

NSMC Wellness & Integrative Medicine FALL 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 **978-825-6557**.

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, Highland Hall Auditorium

New student, \$210, Tues., Sept. 12 at 5:30 p.m.

Follow up, \$145, Tues., Sept. 12 at 6:45 p.m.

Yoga Classes

NSMC Union Hospital

Yoga with Marilyn Whalen

\$117, Nine weeks, 75 minutes
Sun., Sept. 10 at 10 a.m.

Yoga with Nancy Long

\$130, Ten weeks, 75 minutes
Tues., Sept. 5 at 5 p.m.
Wed., Sept. 6 at 4:30 p.m. and 7:30 p.m.
Thurs., Sept. 7 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., Sept. 11 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., Sept. 15 at 5 p.m.

Yoga for Cancer Care with Judy Beals

\$120, Ten weeks, 60 minutes
Mon., Sept. 11 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.

\$120, Ten weeks, 60 minutes
Mon., Sept. 11 at 2 p.m.

NSMC Salem Hospital

Yoga with Dot McKeen

\$120, Ten weeks, 60 minutes
Wed., Sept. 13 at 5 p.m.

Workshops

Celebration of International Day of Peace

Join us for this free event that will connect us with people around the world who will be affirming peace.

Location: NSMC Union Hospital

Free, Sat., Sept. 23, 1 - 3 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., Oct. 15, 4 - 6 p.m.

Yoga & Labyrinth 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, and simple chants. We will also explore the labyrinth as a tool for centering and as a walking meditation. No previous yoga experience necessary.

Location: NSMC Union Hospital

\$40, Sat., Nov. 11, 9:30 a.m. - 12:30 p.m.

Chakra Yoga Workshop

Chakra yoga combines various aspects of yogic traditions to activate the energy centers along your spine, also known as your chakras. By activating your lower and higher chakras you allow subtle energy to move more easily through your body. This yoga session will include asanas, meditation, breathing exercises and manta chanting to correspond with your seven major energy centers.

Location: NSMC Union Hospital

\$35, Sat., Nov. 18, 10 a.m. - noon



**NORTH SHORE
MEDICAL CENTER**