

NSMC Wellness & Integrative Medicine WINTER 2018

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., Jan. 9 at 5:30 p.m.

Follow up, \$145, Tues., Jan. 9 at 6:45 p.m.

Yoga Classes

NSMC Union Hospital

Yoga with Nancy Long

\$130, Ten weeks, 75 minutes

Tues., Jan. 9 at 5 p.m.

Wed., Jan. 10 at 4:30 p.m. and 7:30 p.m.

Thurs., Jan. 11 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., Jan. 8 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., Jan. 12 at 5 p.m.

NSMC Salem Hospital

Yoga with Dot McKeen

\$120, Ten weeks, 60 minutes

Wed., Jan. 10 at 5 p.m.

Workshops

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., Feb. 25, 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., March 3, 9:30 a.m. - 12:30 p.m.

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.



**NORTH SHORE
MEDICAL CENTER**