

# NSMC Wellness & Integrative Medicine WINTER 2019

## 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. 8 at 5:30 p.m.

Follow up, \$145, Tues., Jan. 8 at 6:45 p.m.

\$145, Tues., Jan. 8 at 5:30 p.m.

### **Tai-Chi Chuan with Nicanor Snow**

This class is a multi-level basic program constructed to guide you through all aspects of traditional Tai-Chi Chuan including balance, posture and body control. Tai-Chi Chuan is effective in treating balance and flexibility, body strengthening, anxiety, COPD and arthritis.

#### **Location: NSMC Union Hospital**

\$120, Ten weeks, 60 minutes

Wed., Jan. 3 at 6 p.m.

### **Ultimate Walking Class for Hips and Knees with Nicanor Snow**

This program is a mindfulness class that supports balance, posture and progress in your walk. Includes basic core foundation of Tai-Chi, Qigong movements and mediation.

#### **Location: NSMC Union Hospital**

\$120, Ten weeks, 60 minutes

Wed., Jan. 7 at 2 p.m.

## Yoga Classes

### *NSMC Union Hospital*

#### **Yoga with Nancy Long**

\$130, Ten weeks, 75 minutes

Tues., Jan. 8 at 5 p.m.

Wed., Jan. 9 at 4:30 p.m.

Thurs., Jan. 10 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. 7 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. 11 at 5 p.m.

## Workshops

### **Celebration of the Spring Equinox**

Welcome spring by celebrating the Spring Equinox. Join us to share in the power of connectivity with a meditation. With a simple ritual we will also share in affirming peace for all the countries in the world.

Facilitator: Nancy Long

Saturday, March 16, from 1:00- 3:00 p.m.

in the Healing Atrium at NSMC Union Hospital, Lynn.

Free event.

#### **Locations:**

NSMC Salem Hospital, 55 Highland Ave., Salem

NSMC Union Hospital, 500 Lynnfield St., Lynn

NSMC Outpatient Services, 1 Hutchinson Dr., Danvers

#### **Online registration available at:**

[nsmc.partners.org/class](http://nsmc.partners.org/class)

#### **To register by phone, please call 978-825-6557.**

To sign up for early notification of classes, please

e-mail [nsmcwellness@partners.org](mailto:nsmcwellness@partners.org).



**NORTH SHORE  
MEDICAL CENTER**