

# NSMC Wellness & Integrative Medicine

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



## Wellness Services

### Acupuncture

Danvers & Salem 400 Highland Ave.: \$85 Initial appointment, \$65 Follow-up appointment. \$40 for a half hour.

### Diabetes Management Program

Lynn, Salem, and Cape Ann Medical. Call 978-741-4151 for Salem dates and times. Call 781-477-3409 for Lynn and Cape Ann.

### Hypnotherapy

One on one sessions offered for smoking cessation, weight management, stress reduction and pain management. Salem 400 Highland Ave., \$130 Initial appointment, \$120 Follow-up appointment.

### Surgical Support Services

Make an appointment before your surgical date with our certified hypnotherapist/reiki practitioner to promote a more relaxed surgical experience and to aid in your healing process.

### Massage Therapy

Cranio Sacral, Deep Tissue, Hawaiian Lomi Lomi, Hot Stone Therapy, Massage for Chronic Pain and Illness, Massage with Spa Treatment, Polarity, Prenatal, Reflexology, Swedish and Therapeutic. Danvers, Salem 400 Highland Ave. and Lynn: \$65 for 1 hour, \$40 for a half hour.

### Reiki

Danvers, Salem 400 Highland Ave.: \$65 for 1 hour, \$40 for a half hour.

### Reiki Clinic

Lynn: Tues. evening appointments available. Call 978-777-5732  
Salem 400 Highland Ave.: Tues. afternoon appointments available. Call 781-631-6333. \$15 suggested donation.

### Reiki Certification Class - Level I

Lynn: Sat., Oct. 3 and Sun., Oct. 4, 9 a.m. to 5 p.m. \$195

### Smoking Cessation

#### Quit and Quit for Good

Eight sessions. \$140. Salem 81 Highland: Mon. Sept 21, 7-8:30 p.m. Lynn: Tues., Oct. 20, 7-8:30 p.m.

### Therapeutic Touch

Salem 400 Highland Ave.: \$65 for 1 hour, \$40 for a half hour.

### Childbirth and Care

Call 781-429-1500 for details.

- Childbirth Classes
- Prenatal Breast feeding Classes
- Siblings Classes
- Babysitting Classes

## Workshops

### Yoga for Golfers **NEW**

Lynn: Sat., Sept. 12, 9 a.m. – noon. \$40

### Yoga for Neck & Shoulders

Lynn: Sat., Oct. 17, 12, 9 a.m. – noon. \$40

### Yoga for Osteoporosis

Lynn: Sat., Nov. 14. 9 a.m. – noon. \$40

### Yoga for Hip Flexibility **NEW**

Lynn: Sat., Dec. 12, 9 a.m. – noon. \$40

### Chi Gong for Breast Health **NEW**

Lynn: Sat., Dec. 5, 10 a.m. – noon. \$30

## Wellness Classes

### Gentle Yoga

10 weeks. 75 minutes, \$110.

Lynn: Begins Sun., Sept. 13 at 10 a.m. or Mon., Sept. 14 at 6 p.m. or 7:30 p.m. or Tues., Sept. 15 at 5 p.m., or Wed., Sept. 16 at 4:30 p.m. or 7:30 p.m., or Thurs., Sept. 17 at 5 p.m.  
Salem 81 Highland: Begins Tues., Sept. 8 at 6 p.m. or Thurs., Sept. 10 at 7:15 p.m.  
Salem 400 Highland Ave.: Begins Sun., Sept. 13 at 10 a.m.

### Back Care Yoga

Ten weeks, 75 minutes, \$110. Salem 81 Highland Ave.: Begins Thurs, Sept. 10 at 5:30 p.m.

### Prenatal Yoga

Six weeks, 60 minutes, \$72. Salem 81 Highland Ave.: Begins Thurs., Sept. 17 at 6:30 p.m.

### Postpartum Yoga

Six weeks. 60 minutes, \$72. Salem 81 Highland Ave.: Begins Wed., Sept. 23.

### Yoga for Chronic Pain

Ten weeks. 60 minutes, \$110.  
Salem 400 Highland Ave.: Begins Fri., Sept. 11 at 3:30p.m.

### Yogalates

A combination of yoga and pilates. Ten weeks. 75 minutes, \$110. Salem 400 Highland Ave.: Begins Fri., Sept. 11 at 5 p.m.

### Relaxation, Meditation & Mindfulness

Six weeks, 60 minutes, \$75.  
Salem 81 Highland Ave.: Begins Wed., Sept. 23 at 6:30 p.m.

### Tai Chi Chuan

Ten weeks, 60 minutes, \$110. Lynn: Begins Wed., Sept. 9 at 6 p.m.

### Tai Chi for Parkinson's **NEW**

Six weeks, 60 minutes, \$75. Salem 400 Highland Ave.: Begins Thurs. Sept. 10 at 3:30 p.m.

### Chi Gong

Ten weeks, 60 minutes. \$110. Lynn: Begins Wed., Sept. 9 at 7:15 p.m.

### Pilates

Ten weeks, 60 minutes. \$120. Salem 400 Highland Ave.: Beginner Begins on Thurs., Sept. 10 at 5 p.m.  
Intermediate Begins on Thurs., Sept. 10 at 6 p.m.

### Total Body Conditioning

Ten weeks, 60 minutes. \$120. Salem 400 Highland: Begins Tues., Sept. 8 at 6 p.m. or Sat., Sept. 12 at 9 a.m.

### Strong Women Program

Meets twice a week for 12 weeks. \$168. Next session starts in October. Call for days and times.

### Chair Strength Training for Seniors

Eight weeks, meets Mon. and Wed., 60 minutes, \$75. Salem 400 Highland Ave.: Begins Wed., Oct. 7 at 8:30 a.m. or Wed., Dec. 9 at 8:30 a.m.

### Personal Training

Salem 400 Highland Ave.: Day and evening appointments available. \$50/hour.

### Fun & Fit: Exercise Program for Teens **NEW**

Eight weeks, meets Wed. and Fri., 90 minutes, \$95. Salem, 400 Highland Ave. Begins Wed. Sept. 30 at 3:15 p.m. Call for pre-program medical screening.

### Gym Membership

Step aerobic classes, muscle conditioning, strength training, boot camp and various exercise equipment. Salem 400 Highland: Mon. through Sat., \$45/month or \$420/year.

### LEARN Program for Weight Control

Twelve weeks. Salem 81 Highland Ave.: New student program, begins Tues., Sept. 15 at 6:45 p.m., \$205. Follow-up program begins Tues., Sept. 15 at 5:30 p.m., \$140.

### Beyond Dieting Concepts

Eight weeks. \$155. Danvers: Begins Tues., Sept. 22 at 6:30 p.m. Free introductory class, Tues., Sept. 15 at 6:30 p.m.

## Free Introductory Classes

For new students only. Pre-registration required.  
Sun. Aug. 30 - Fri. Sept. 4. Call for details.

Gentle Yoga • Total Body Conditioning • Tai Chi • Chi Gong  
Back Care Yoga • Yogalates • Yoga for Chronic Pain

## Sports Nutrition Counseling

One on one counselling with a registered dietitian for wellness and sports endurance. \$90 for 60 minutes. \$40 for 30 minutes.

## Coaching, Counseling and Therapy **NEW**

Address how your mental health is affecting you in your daily life. Learn how to transform negative health patterns and behaviors. Covered by most insurances.

## Holistic Counseling **NEW**

Conventional psychotherapy tools, body awareness, energy work and mindfulness practices to address mental and physical challenges. \$150 or 90 minutes.

## Classes For People Living with Cancer

**FREE** for Mass General/North Shore Cancer Center and Partners Healthcare patients in active cancer treatment. Call 1-866-676-2239 for details.

### Gentle Yoga

10 weeks. 75 minutes. Begins Thurs., Sept. 10 at 5:30 p.m.

### Tai Chi & Chi Gong

Ten weeks, 60 minutes. Begins Mon., Sept. 14 at 5 p.m.

### Strength & Flexibility Program

Ten weeks, 60 minutes, meets Mon. and Wed. Begins Mon., Sept. 14 at 10 a.m.

**Individual Acupuncture, Massage, and Reiki services also available.**

## Free Lectures

Pre-registration required call 1-866-676-2239

### Introduction to Hypnotherapy

Salem 81 Highland Ave.: Thurs., Sept. 10 at 6 p.m.

### Introduction to Reiki

CEU's offered. Lynn: Tues. Sept. 22, Oct. 20 and Nov. 17 at 7 p.m. Salem 81 Highland Ave.: Thurs. Nov. 12 at 6 p.m.

### Acupuncture for Menopause **NEW**

Salem 81 Highland Ave.: Wed., Sept. 23 at 6:30 p.m.

### Introduction to Therapeutic Touch For Your Health

Salem 81 Highland Ave.: Tues., Oct. 6 at 7 p.m.

Online registration now available at [nsmc.partners.org](http://nsmc.partners.org) (click Classes & Groups).

To register by phone, please call 1-866-NSMC-BEWELL (1-866-676-2239).

To sign up for early notification of classes by e-mail, please e-mail [nsmcwellness@partners.org](mailto:nsmcwellness@partners.org).

### NORTH SHORE MEDICAL CENTER

NSMC Salem Hospital, 81 Highland Avenue, Salem  
NSMC Wellness and Integrative Medicine Center,  
400 Highland Avenue, Suite 13, Salem

NSMC Union Hospital, 500 Lynnfield Street, Lynn,  
NSMC Women's Center, One Hutchinson Drive, Danvers  
Mass General/North Shore Cancer Center, 102 Endicott St., Danvers  
Mass General/North Shore Center for Outpatient Care  
102 Endicott St., Danvers



NORTH SHORE  
MEDICAL CENTER



MASS GENERAL / NORTH SHORE  
CANCER CENTER