

NSMC Wellness & Integrative Medicine

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

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

Hypnotherapy

One-on-one sessions offered for smoking cessation, weight management, stress reduction and pain management. Salem 400 Highland Ave.: \$140 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, 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.

Smoking Cessation Quit and Quit for Good

Eight sessions. \$140. Salem 81 Highland: Mon. Feb. 8, 7-8:30 p.m. Lynn: Tues., Jan. 12, 7-8:30 p.m.

Therapeutic Touch

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

Childbirth and Childcare Classes

Call 781-429-1500 or long on to isismaternity.com.

- Prepared Childbirth
- Breast Feeding Basics
- Newborn Essentials

Workshop

Yoga for Golfers **NEW**

Lynn: Sat., Mar. 13, 9 a.m. – noon. \$40

Wellness Classes

Gentle Yoga

Ten weeks, 75 minutes, \$120. Lynn: Begins Sun., Jan. 10 at 10 a.m., Mon., Jan. 11 at 6 p.m., Tues., Jan. 12 at 5 p.m., Wed., Jan. 13 at 4:30 p.m. or 7:30 p.m., and Thurs., Jan. 14 at 5 p.m. Salem 400 Highland Ave.: Begins Sun., Jan. 10 at 10 a.m. and Fri., Jan. 15 at 8:30 a.m.

Kripalu Yoga **NEW**

Ten weeks, 75 minutes, \$120. Salem 81 Highland Ave.: Begins Tues., Jan. 12 at 5:30 p.m. and Thurs., Jan. 14 at 7:15 p.m.

Back Care Yoga

Ten weeks, 75 minutes, \$120. Salem 81 Highland Ave.: Begins Thurs., Jan. 14 at 5:30 p.m.

Prenatal Yoga

Six weeks, 60 minutes, \$72. Salem 81 Highland Ave.: Begins Thurs., Jan. 28 and Mar. 18 at 6:30 p.m.

Postpartum Yoga

Six weeks, 60 minutes, \$72. Salem 81 Highland Ave.: Begins Wed., Jan. 27 at 3 p.m.

Yoga for Chronic Pain

Ten weeks, 60 minutes, \$110. Salem 400 Highland Ave.: Begins Fri., Jan. 15 at 3:30 p.m.

Yogalates

Ten weeks, 75 minutes, \$120. A combination of yoga and pilates. Salem 400 Highland Ave.: Begins Fri., Jan. 15 at 5 p.m.

Relaxation, Meditation & Mindfulness

Six weeks, 60 minutes, \$75. Salem 81 Highland Ave.: Begins Mon., Jan. 11 at 5:30 p.m.

Tai Chi Chuan

Ten weeks, 60 minutes, \$120. Lynn: Begins Wed., Jan. 13 at 6 p.m.

Tai Chi for Arthritis **NEW**

Six weeks, 60 minutes, \$75. Salem 400 Highland Ave.: Begins Thurs. Jan. 14 at 3:30 p.m.

Chi Gong

Ten weeks, 60 minutes, \$120. Lynn: Begins Wed., Jan. 13 at 7:15 p.m.

Pilates

Ten weeks, 60 minutes, \$120. Salem 400 Highland Ave.: Begins on Thurs., Jan. 14 at 6 p.m.

Total Body Conditioning

Ten weeks, 60 minutes, \$120. Salem 400 Highland Ave.: Begins Tues., Jan. 12 at 6 p.m. or Sat., Jan. 16 at 9 a.m.

Strong Women Program

Twelve weeks, meets twice weekly. 75 minutes, \$175. Salem 400 Highland Ave.: Begins, Tues., Jan. 5 at 8:30 a.m., Wed., Jan. 6 at 11:15 a.m., Mon., Jan. 25 at 11:30 a.m., Mon., Feb. 15 at 1 p.m. and Mon., Feb. 15 at 7:30 p.m.

Chair Strength Training for Seniors

Eight weeks, meets Mon. and Wed., 60 minutes, \$75. Salem 400 Highland Ave.: Wed., Feb. 10 at 8:30 a.m.

Personal Training

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

Fun & Fit:

Exercise Program for Overweight Teens (ages 11-15)

Eight weeks, meets Wed. and Fri., 90 minutes, \$95. Salem 400 Highland Ave.: Begins Wed. Jan. 20 at 3:15 p.m. Please call for pre-program medical screening.

Gym Membership

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

Free Introductory Classes

For new students only. Pre-registration required.
Please call 978-740-1022 for details.

Jan. 4 - 5:30 p.m., Meditation, Relaxation & Mindfulness
Jan. 5 - 5:30 p.m., Kripalu Yoga
Jan. 6 - 6:00 p.m., Tai Chi
Jan. 6 - 7:15 p.m., Chi Gong
Jan. 7 - 5:30 p.m., Back Care Yoga
Jan. 8 - 8:30 a.m., Gentle Yoga
Jan. 8 - 3:30 p.m., Yoga for Chronic Pain
Jan. 8 - 5:00 p.m., Yogalates
Jan. 12 - 7:00 p.m., Beyond Dieting Concepts

LEARN Program for Weight Control

Twelve weeks. Salem 81 Highland Ave.: New student program, begins Tues., Jan. 12 at 6:45 p.m., \$205. Follow-up program begins Tues., Jan. 12 at 5:30 p.m., \$140.

Beyond Dieting Concepts

Eight weeks, \$155. Danvers: Begins Tues., Jan. 19 at 7 p.m.

Sports Nutrition Counseling

One-on-one counseling with a registered dietitian for wellness and sports endurance. \$90 for 1 hour. \$40 for a half hour.

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 insurance companies. Please call for dates and times.

Holistic Counseling **NEW**

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

Classes and Services for People Living with Cancer

Yoga for Cancer Care **NEW**

Ten weeks, 60 minutes, \$110. Salem 400 Highland Ave.: Begins Thurs., Jan. 14 at 4:45 p.m.

All wellness classes and services are offered to patients of the Mass General/North Shore Cancer Center at a 20% discounted rate. For patients undergoing active cancer treatment, the following classes are available at no cost: yoga for cancer care, tai chi, chi gong and strong women program. Please call 978-740-1022 for more information.

Free Lectures

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

Introduction to Reiki

CEUs offered. Lynn: Tues., Feb. 9 and Mar. 9 at 7 p.m.

Acupuncture for Allergies **NEW**

Salem 81 Highland Ave.: Thurs., Jan. 28 at 6:30 p.m.

Introduction to Therapeutic Touch For Your Health

Salem 81 Highland Ave.: Tues., Mar. 2 at 7 p.m.

Online registration now available at 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.

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 Street, Danvers
Mass General/North Shore Center for Outpatient Care
102 Endicott Street, Danvers