

NSMC Classes

Classes

Program	Date	Time	Name	Phone	Price	Location
ACUPUNCTURE SERVICES	Please call for dates and times			1-866-NSMC-BEWELL	\$85 initial appointment \$65 follow up appointment	NSMC Wellness and Integrative Medicine Center 400 Highland Avenue Suite 13 Salem, MA
ACUPUNCTURE CLINIC	Please call for dates and times			1-866-NSMC-BEWELL	\$35 for a half hour session	NSMC Wellness and Integrative Medicine Center 400 Highland Avenue Suite 13 Salem, MA
PREPARED CHILDBIRTH CLASS	4 Weeks. Begins Monday, November 16 or January 6	7-9 p.m.		781-429-1500 Isismaternity.com	\$179	NSMC Salem Hospital 81 Highland Avenue Salem, MA
PREPARED CHILDBIRTH CLASS	Saturday, December 5	9-5 p.m.		781-429-1500 Isismaternity.com	\$179	NSMC Salem Hospital 81 Highland Avenue Salem, MA
BREASTFEEDING BASICS	Monday, December 14	6-9 p.m.		781-429-1500 Isismaternity.com	\$59	NSMC Salem Hospital 81 Highland Avenue Salem, MA
NEWBORN ESSENTIALS	Monday December 21	6-9 p.m.		781-429-1500 Isismaternity.com	\$59	NSMC Salem Hospital 81 Highland Avenue Salem, MA
PERSONAL TRAINING	Call for Appointments			1-866-NSMC-BEWELL	\$50 per hour.	NSMC Wellness and Integrative Medicine Center 400 Highland Avenue Suite 13 Salem, MA

Pre-registration is required for all classes. Online registration available. Please visit nsmc.partners.org

NSMC Classes

GYM MEMBERSHIP	Monday thru Saturday			1-866-NSMC- BEWELL	\$45 per month or \$420 per year.	NSMC Wellness and Integrative Medicine Center 400 Highland Avenue Suite 13 Salem, MA
GENTLE YOGA	Sundays beginning January 10	10 a.m.		1-866-NSMC- BEWELL	\$110 for 10 weeks.	NSMC Union Hospital 500 Lynnfield St. Lynn, MA
GENTLE YOGA	Mondays beginning January 11	6 p.m. or 7:30 p.m.		1-866-NSMC- BEWELL	\$110 for 10 weeks.	NSMC Union Hospital 500 Lynnfield St. Lynn, MA
GENTLE YOGA	Tuesdays beginning January 12	5 p.m.		1-866-NSMC- BEWELL	\$110 for 10 weeks.	NSMC Union Hospital 500 Lynnfield St. Lynn, MA
GENTLE YOGA	Wednesdays beginning January 13	4:30 or 7:30 p.m.		1-866-NSMC- BEWELL	\$110 for 10 weeks.	NSMC Union Hospital 500 Lynnfield St. Lynn, MA
GENTLE YOGA	Thursdays beginning January 14	5 p.m.		1-866-NSMC- BEWELL	\$110 for 10 weeks.	NSMC Union Hospital 500 Lynnfield St. Lynn, MA
GENTLE YOGA	Tuesdays beginning January 12	6 p.m.		1-866-NSMC- BEWELL	\$110 for 10 weeks.	NSMC Salem Hospital 81 Highland Avenue Salem, MA
GENTLE YOGA	Thursdays beginning January 14	7:15 p.m.		1-866-NSMC- BOWELL	\$110 for 10 weeks.	NSMC Salem Hospital 81 Highland Avenue Salem, MA

Pre-registration is required for all classes. Online registration available. Please visit nsmc.partners.org

NSMC Classes

GENTLE YOGA	Sundays beginning January 10	10 a.m.		1-866-NSMC- BEWELL	\$110 for 10 weeks.	NSMC Wellness and Integrative Medicine Center 400 Highland Avenue Suite 13 Salem, MA
GENTLE YOGA	Fridays beginning January 8	8:30 a.m.		1-866-NSMC- BEWELL	\$110 for 10 weeks.	NSMC Wellness and Integrative Medicine Center 400 Highland Avenue Suite 13 Salem, MA
BACK CARE YOGA	Thursdays beginning January 14	5:30 p.m.		1-866-NSMC- BEWELL	\$110 for 10 weeks 75 minutes each session.	NSMC Salem Hospital 81 Highland Avenue Salem, MA
YOGA FOR CHRONIC PAIN	Fridays beginning January 15	3:30 p.m.		1-866-NSMC- BEWELL	\$110 for 10 weeks 60 minutes each session	NSMC Wellness and Integrative Medicine Center 400 Highland Avenue Suite 13 Salem, MA
PRENATAL YOGA	Thursdays beginning January 7 or February 25	Please call for times		1-866-NSMC- BEWELL	\$72 for 6 weeks.	NSMC Salem Hospital 81 Highland Avenue Salem, MA
POSTPARTUM YOGA	Wednesdays beginning January 6 or February 25	Please call for times		1-866-NSMC- BEWELL	\$72 for 6 weeks.	NSMC Salem Hospital 81 Highland Avenue Salem, MA
YOGALATES	Fridays beginning January 15	5 p.m.		1-866-NSMC- BEWELL	\$110 for 10 weeks .	NSMC Wellness and Integrative Medicine Center 400 Highland Avenue Suite 13 Salem, MA

Pre-registration is required for all classes. Online registration available. Please visit nsmc.partners.org

NSMC Classes

INTRODUCTION TO ACUPUNCTURE	Wednesdays January 13	6 p.m.		1-866-NSMC-BEWELL	Free Lecture	NSMC Salem Hospital 81 Highland Avenue Salem, MA
TAI CHI CHUAN	Wednesdays beginning on January 13	6 p.m.		1-866-NSMC-BEWELL	\$110 for 10 weeks.	NSMC Union Hospital 500 Lynnfield St., Lynn, MA
TAI CHI FOR ARTHRITIS	Wednesdays beginning January 14	3:30 p.m.		1-866-NSMC-BEWELL	\$75 for 6 weeks.	
CHI GONG	Wednesdays beginning January 13	7:15 p.m.		1-866-NSMC-BEWELL	\$110 for 10 weeks 60 minutes each session	NSMC Union Hospital 500 Lynnfield St., Lynn, MA
YOGA FOR						
PILATES	Thursdays beginning January 14	6 p.m.		1-866-NSMC-BEWELL	\$120 for 10 weeks 60 minutes sessions.	NSMC Wellness and Integrative Medicine Center 400 Highland Avenue Suite 13 Salem, MA
TOTAL BODY CONDITIONING	Tuesdays beginning January 12	6 p.m.		1-866-NSMC-BEWELL	\$120 for 10 weeks 60 minutes sessions.	NSMC Wellness and Integrative Medicine Center 400 Highland Avenue Suite 13 Salem, MA

Pre-registration is required for all classes. Online registration available. Please visit nsmc.partners.org

NSMC Classes

TOTAL BODY CONDITIONING	Saturdays beginning January 16	9 .a.m.		1-866-NSMC- BEWELL	\$120 for 10 weeks 60 minutes sessions	NSMC Wellness and Integrative Medicine Center 400 Highland Avenue Suite 13 Salem, MA
SMOKING CESSATION PROGRAM "Quit and Quit for Good!"	Mondays beginning February 8			1-866-NSMC- BEWELL or email lmking@partners.org	\$140 for 8 sessions *Covered by many insurance policies *100% reimbursable for	NSMC Salem Hospital 81 Highland Avenue Salem, MA
SMOKING CESSATION PROGRAM "Quit and Quit for Good!"	Tuesdays beginning January 12			1-866-NSMC- BEWELL or email lmking@partners.org	\$140 for 8 sessions *Covered by many insurance policies *100% reimbursable for NSMC employees	NSMC Union Hospital 500 Lynnfield St., Lynn, MA
SPORTS NUTRITION COUNSELING	Please call for dates and times			1-866-NSMC- BEWELL	\$90 per hour Follow up appointments \$40.	NSMC Salem Hospital 81 Highland Avenue Salem, MA
STRONG WOMEN PROGRAM	Please call for dates and times. Class begins in February			1-866-NSMC- BEWELL	\$168 for 12 weeks meets twice per week.	NSMC Wellness and Integrative Medicine Center 400 Highland Avenue Suite 13 Salem, MA
FUN AND FIT-Exercise program for overweight teens	Wednesdays beginning January 20	3:15 p.m.		1-866-NSMC- BEWELL	95 for 8 weeks.	NSMC Wellness and Integrative Medicine Center 400 Highland Avenue Suite 13 Salem, MA

Pre-registration is required for all classes. Online registration available. Please visit nsmc.partners.org

NSMC Classes

REIKI	Please call for dates and times			1-866-NSMC-BEWELL	\$65 for 60 minutes \$40 for 30 minutes.	NSMC Wellness and Integrative Medicine Center 400 Highland Avenue Suite 13 Salem, MA
THERAPEUTIC TOUCH	Please call for dates and times			1-866-NSMC-BEWELL	\$65 for 60 minutes. \$40 for 30 minutes.	NSMC Wellness and Integrative Medicine Center 400 Highland Avenue Suite 13 Salem, MA
HYPNOTHERAPY	Please call for dates and times			1-866-NSMC-BEWELL	\$130 initial appointment. \$120 follow-up.	NSMC Wellness and Integrative Medicine Center 400 Highland Avenue Suite 13 Salem, MA
LEARN PROGRAM FOR WEIGHT LOSS (FOLLOW-UP)	Tuesdays beginning January 12	6:45 p.m.		1-866-NSMC-BEWELL	\$205 for 12 weeks.	NSMC Salem Hospital 81 Highland Avenue Salem, MA
LEARN PROGRAM FOR WEIGHT LOSS (NEW STUDENT PROGRAM)	Tuesdays beginning January 12	5:30 p.m.		1-866-NSMC-BEWELL	\$140 for 12 weeks	NSMC Salem Hospital 81 Highland Avenue Salem, MA
MASSAGE THERAPY	Please call for dates and times			1-866-NSMC-BEWELL	\$65 for 60 minutes \$40 for 30 minutes	NSMC Wellness and Integrative Medicine Center 400 Highland Avenue Suite 13 Salem, MA

NSMC Classes

REIKI CLINIC	Tuesday afternoons appointments available	Please call for dates and times		781-631-6333	Please call for fees.	NSMC Wellness and Integrative Medicine Center 400 Highland Avenue Suite 13 Salem, MA
REIKI CLINIC	Tuesday evening appointments available	Please call for dates and times		978-777-5732	Please call for fees.	NSMC Union Hospital 500 Lynnfield St., Lynn, MA
BASIC LIFE SUPPORT HEALTHCARE RE- CERTIFICATION CLASS	Wednesday, December 9	6:30-9 p.m.		978-354-3013	\$45 for course. Preregistration required.	NSMC Salem Hospital Highland Hall 55 Highland Ave. Salem, MA
BASIC LIFE SUPPORT/HEART SAVE/ADULT, INFANT, CHILD	Monday, December 14	6:30-9 p.m.		978-354-3013	\$45 for course. Preregistration required.	NSMC Salem Hospital Highland Hall 55 Highland Ave. Salem, MA
CPR PEDIATRIC LIFE SUPPORT: INFANT/CHILD	Thursday, December 17	6:30-9 p.m.		978-354-3013	\$45 for course. Preregistration required.	NSMC Salem Hospital Highland Hall 55 Highland Ave. Salem, MA

Pre-registration is required for all classes. Online registration available. Please visit nsmc.partners.org

NSMC Support Groups

Support Groups						
Program	Date	Time	Name	Phone	Price	Location
BEREAVEMENT Fetal/newborn loss support group	Monthly 2nd Tuesday	7- 8 p.m.	Suzanne Nevins	978-354-3357	No fee	NSMC Salem Hospital 81 Highland Avenue Salem, MA
BEREAVEMENT ALIVE TO LIVE	1st and 3rd Wednesday of the month	5 p.m.	Valerie Parad	978-354-4380	No fee	NSMC Salem Hospital 81 Highland Avenue Salem, MA
CANCER: HEALING WITH HOPE	Ongoing Wednesdays	2 - 4 p.m.	Patty Hanson	781-477-3505	No fee	NSMC Union Hospital Healing Atrium 500 Lynnfield St. Lynn, MA
CANCER 101	Second Wednesday of each month	6-8 p.m.	Patty Hanson	978-882-6060	No fee	Mass General/NSMC Cancer Center 17 Centennial Drive Peabody, MA
BREAST CANCER	Monthly 1 st Tuesday	6:30 - 8 p.m.	Mary Anne Macaulay, LICSW	978-882-6060 mmacaulay@partners.org	No Fee	Mass General/NSMC Cancer Center 17 Centennial Drive Peabody, MA
BREAST CANCER PATIENTS - NEWLY DIAGNOSED	Thursday evenings 7 weeks	6 - 8 p.m.	Mary Anne Macaulay, LICSW	978-882-6060 or mmacaulay@partners.org	No Fee	Mass General/NSMC Cancer Center 17 Centennial Drive Peabody, MA
FIBROMYALGIA	3rd Thursday of the month	5-6 p.m.	Lisa King	1-866-676-2239	No fee	NSMC Salem Hospital 81 Highland Avenue Salem, MA
FOOD ALLERGY	Call for dates and times	7 - 9 p.m.	Asthma & Allergy Foundation	781- 598-5932	No fee	NSMC Salem Hospital 81 Highland Avenue Salem, MA

Online registration available. Please visit nsmc.partners.org

NSMC Support Groups

HAWC HELP FOR ABUSED WOMEN AND CHILDREN	Wednesdays	10-11:30 a.m.		978-744-6841	No Fee	Lynn Community Health Center 269 Union Street Lynn, MA Room 210
HEAD AND NECK CANCER SUPPORT GROUP	2nd Tuesday of the month. Starts in Sept.	5:30-7 p.m.		978-882-6060	No Fee	Mass General/NSMC Cancer Center 17 Centennial Drive Peabody MA
TALKING DIABETES- Diabetes support group	Please call for dates		Anne Abramo	781-477-3409	No Fee	NSMC Union Hospital 500 Lynnfield St. Lynn, MA
LARYNGECTOMY CLUB	Meets in Sept, Nov, Dec, Feb, June. Please call for days and times		Cheryl Stowe	978-236-1455	No fee	NSMC Salem Hospital Davenport Conference Room 102 81 Highland Avenue Salem, MA
OSTOMY SUPPORT GROUP	ONGOING 3rd Sunday of every other month	1 - 3 p.m.	Lisa Scanzillo	508-270-4656	No fee	NSMC Salem Hospital Davenport Conference Room 102 81 Highland Avenue Salem, MA
OVEREATER'S ANONYMOUS 12 Step Program for anyone who wants to stop eating compulsively	Wednesday Evenings and Saturday Mornings	7-8 p.m.; 8:30 a.m.	Carol	978-741-2381	No Registration Required- No Fee Walk In Basis	Shaughnessy Kaplan Rehab Hospital, 1st Flr Conf. Room Dove Avenue Salem, MA

NSMC Support Groups

OVEREATER'S ANONYMOUS 12 Step Program for anyone who wants to stop eating compulsively	Saturdays (two sessions)	8:30 a.m. (South Conf. Rm A); 4 p.m. (South Conf Rm B)	Carol	978-741-2381	No Registration Required- No Fee Walk In Basis	NSMC Union Hospital 500 Lynnfield St. Lynn, MA
PACEMAKER/ ICD SUPPORT GROUP	Call for dates and times			978-354-4507	No Fee	NSMC Salem Hospital 81 Highland Avenue Salem, MA
STROKE SUPPORT GROUP	Monthly 3rd Wednesday	10:30 a.m.- Noon	Dave Millett	781-631-0114	No Fee	NSMC Salem Hospital 81 Highland Avenue Salem, MA
HEALING YOUR HEART: HEART DISEASE SUPPORT GROUP	Please call for dates and times			781-477-3853		NSMC Union Hospital 500 Lynnfield St. Lynn, MA
LEARN TO COPE: PEER SUPPORT FOR PARENTS DEALING WITH DRUG ADDICTION IN THEIR CHILDREN	Thursdays	7-9 p.m.	Family Resource Center	978-354-2660 or mroberts2@partners.org	No Fee Registration Required	NSMC North Shore Children's Hospital Lynch Conference Room 57 Highland Ave. Salem, MA 01970
ADHD SUPPORT GROUP-- For parents of children with ADHD	Ongoing, Thursdays. Registration Required	10-11 a.m.	Family Resource Center	978-354-2660 or mroberts2@partners.org	\$50 per parent for 6 weeks	NSMC North Shore Children's 4th Floor 57 Highland Ave. Salem, MA 01970

NSMC Support Groups

AHDH SUPPORT GROUP-- For parents of children with ADHD	Ongoing, Wednesdays	7-8 p.m.	Family Resource Center	978-354-2660 or mroberts2@partners.org	\$50 per parent for 6 weeks	NSMC North Shore Children's Hospital Lynch Conference Room 57 Highland Ave. Salem, MA 01970
PARENTS OF BIPOLAR CHILDREN SUPPORT GROUP	1st Wednesday of every month	12-1 p.m.	Family Resource Center	978-354-2660 or mroberts2@partners.org	No Fee	NSMC North Shore Children's Hospital Lynch Conference Room 57 Highland Ave. Salem, MA 01970
SIBSHOPS: SIBLING SUPPORT PROGRAM	Thursday, May 28	12-1:30 p.m.	Family Resource Center	978-354-2660 or mroberts2@partners.org	\$20 per child	NSMC North Shore Children's Hospital Lynch Conference Room 57 Highland Ave. Salem, MA 01970

NSMC Clinical Education Programs

Clinical Education Programs						
Program	Date	Time	Name	Phone	Price	Location
DIABETES MANAGEMENT	Please call for dates and times		Anne Abramo	781-477-3409	Covered by most insurances. Call to coordinate medical referral.	NSMC Union Hospital 500 Lynnfield St. Lynn, MA
DIABETES MANAGEMENT	Please call for dates and times		Ellen Nash	978-741-4151	Covered by most insurances. Call to coordinate medical referral.	NSMC Salem Hospital 81 Highland Avenue Salem, MA
DIABETES MANAGEMENT	Please call for dates and times		Anne Abramo	781-477-3409	Covered by most insurances. Call to coordinate medical referral.	Cape Ann Medical Center 2 Blackburn Drive Gloucester, MA
LIVING WELL WITH HEART FAILURE	ONGOING		Lori Judd	978-354-2577	Covered by most insurances. Call to coordinate medical referral.	NSMC Union Hospital 500 Lynnfield St. Lynn, MA NSMC Salem Hospital 81 Highland Avenue Salem, MA
CARDIAC REHABILITATION	ONGOING	Call for schedule	Denise L'Heureux	978-825-8565	Covered by most insurances. Call to coordinate medical referral.	NSMC Salem Hospital 81 Highland Avenue Salem, MA
CARDIAC RISK REDUCTION	Please call for times and dates			978-741-4151	Covered by most insurances. Call to coordinate medical referral.	NSMC Salem Hospital 81 Highland Avenue Salem, MA

NSMC Clinical Education Programs

ORONARY REVERSAL PROGRAM	Please call for times and dates			978-741-4151		NSMC Salem Hospital 81 Highland Avenue Salem, MA
PREVENTION AND REVERSAL OF HEART DISEASE	Mondays	3:30 - 4:30p.m.		978-354-2437	\$60	NSMC Salem Hospital Heart and Wellness Center 81 Highland Avenue Salem, MA
NUTRITION-Wellness Counseling	Appointments Required 30-minute session to discuss questions and needs	Appointments required.	Schedule through Central Scheduling.	978-354-4900	\$20 for 30 minutes	NSMC Salem Hospital 81 Highland Avenue Salem, MA