

Fall Wellness & Integrative Medicine Classes and Services

wellness@partners.org



MASS GENERAL / NORTH SHORE
CANCER CENTER

Monday

Acupuncture

Dr. He
8 a.m. - 2 p.m.
Wellness Room

Strength & Flexibility

Simone Kaplan
10 a.m. - 11 a.m.
Admin Conference room 1050
Begins Sept. 16th

Tai Chi / Chi Gong

Lisa Kirshon
5 p.m. - 6 p.m.
Admin Conference room 1050
Begins Sept. 14th

Tuesday

Massage

Annie Twiss
9:30 a.m. - 1:30 p.m.
Wellness Room

Wednesday

Massage

Annie Twiss
9:30 a.m. - 12 p.m.
Wellness Room

Strength & Flexibility

Jo-Anne Gibely
10 a.m. - 11 a.m.
Admin Conference room 1050
Begins Sept. 16th

Thursday

Gentle Yoga

Judy Beals
5:30 p.m. - 6:30 p.m.
Admin Conference Room 1050
Begins Sept. 10th

Friday

Reiki

Karen Pischke
12:30 p.m. - 4 p.m.
Wellness Room

All classes are held on the first floor in the Administrative Conference Room of the Mass General/North Shore Center for Outpatient Care in Danvers.

All services are held in the Wellness Room on the L2 level of the Mass General/North Shore Cancer Center

Call 978-740-1022 to schedule an appointment or to register for a class.

See reverse for detailed info.



Call the Wellness and Integrative Medicine Center at 978-740-1022 to schedule an appointment or to register for a class.

The 20% Cancer Center discount can also be applied to any wellness class or service offered at NSMC Salem Hospital, NSMC Union Hospital, NSMC Danvers Women's Center and the NSMC Wellness Center at 400 Highland Ave. Suite #13 in Salem. You can view all other wellness classes online www.nsmc.partners.org

FREE Classes

Tai Chi / Chi Gong

Learn the Chinese art of moving and breathing mindfully with Tai Chi & Chi Gong. Gain mental and physical strength and increase your sense of balance with tai chi movements. Learn Chi Gong techniques to enhance your immune system and end enjoy increased energy.

Gentle Yoga

The essence of yoga is to stretch without risk, to perform dynamic stretching sequences which enhance flexibility and strength, to tone muscles and joints, to improve functioning of the major organs of the body and reduce stress.

Strength & Flexibility Program

Weight training classes to increase your overall strength and flexibility, improve your bone density, tone and firm. Classes held twice weekly.

Patients currently receiving active treatment (i.e. Chemotherapy & Radiation) are welcome to participate in an entire session of one type of class per quarter. Free classes will continue to be offered for up to 6 months beyond active treatment. Those not in active treatment are offered classes at a discounted rate. You are welcome to join a class at any time as long as space permits.

Services

Acupuncture: Acupuncture is being used more often for cancer patients before, in conjunction with, and after conventional treatments. Acupuncture is used to treat symptoms that are associated with the side effects of chemotherapy and radiation (i.e. dry mouth, nausea, and fatigue).

Discounted Rates: \$68 for the initial visit, \$52 for follow-up visits.

Massage: Massage can reduce the level of pain and anxiety patients experience during cancer treatment. Enjoy a massage with Annie Twiss our experienced certified Massage Therapist. Annie specializes in Deep Tissue and myofascial release.

Discounted Rates: \$52 for 1 hour, \$32 for 1/2 hour

Reiki: Reiki can help to provide relaxation, relieve pain and muscle tension, decrease stress, expand one's energy, enhance the immune system, and create a profound sense of inner peace and well-being. Reiki is performed with the client fully clothed, either sitting in a chair or lying down. The practitioner then systematically places their hands at various positions on or slightly above the body. Sessions available with Karen Pischke RN, BSN.

Discounted Rates: \$52 for 1 hour, \$32 for 1/2 hour