

NSMC Classes

Classes

Program	Date	Time	Name	Phone	Price	Location
INTRODUCTION TO ACUPUNCTURE	January 14	6 p.m.		978-739-6908 or 1-866-NSMC-BEWELL	Please call for fees	NSMC Wellness and Integrative Medicine Center 400 Highland Avenue Suite 13 Salem, MA
ACUPUNCTURE SERVICES	Please call for dates and times			978-739-6908 or 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		4:30-6:30 p.m.		978-739-6908 or 1-866-NSMC-BEWELL	\$35 for a half hour session	NSMC Wellness and Integrative Medicine Center 400 Highland Avenue Suite 13 Salem, MA
BREAST FEEDING	Please call for dates and times			978-739-6908	Please call for fees	NSMC Salem Hospital 81 Highland Avenue Salem, MA
CHILD BIRTH CLASSES	Please call for dates and times			978-739-6908	Please call for fees	NSMC Wellness and Integrative Medicine Center 400 Highland Avenue Suite 13 Salem, MA
SIBLINGS CLASSES	Please call for dates and times			978-739-6908	Please call for fees	NSMC Wellness and Integrative Medicine Center 400 Highland Avenue Suite 13 Salem, MA
BABYSITTING CLASSES	Please call for dates and times			978-739-6908	Please call for fees	NSMC Wellness and Integrative Medicine Center 400 Highland Avenue Suite 13 Salem, MA

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DIABETES MANAGEMENT PROGRAM	Please call for dates and times			Salem-978-741-4151 Lynn and Cape Ann-781-477-4151	Please call for fees	NSMC Union Hospital ,NSMC Salem Hospital and Cape Ann Medical Associates
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
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	January 4th	10 a.m.		1-866-NSMC-BEWELL	\$110 for 10 weeks	NSMC Union Hospital 500 Lynnfield St. Lynn, MA
GENTLE YOGA	January 5th	6 or 7:30 p.m.		1-866-NSMC-BEWELL	\$110 for 10 weeks	NSMC Union Hospital 500 Lynnfield St. Lynn, MA
GENTLE YOGA	January 6th	2:30 or 5 p.m.		1-866-NSMC-BEWELL	\$110 for 10 weeks	NSMC Union Hospital 500 Lynnfield St. Lynn, MA
GENTLE YOGA	January 7th	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	January 8th	5 p.m.		1-866-NSMC-BEWELL	\$110 for 10 weeks	NSMC Union Hospital 500 Lynnfield St. Lynn, MA
GENTLE YOGA	January 6th	6:45 p.m.		1-866-NSMC-BEWELL	\$110 for 10 weeks	NSMC Salem Hospital 81 Highland Avenue Salem, MA

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GENTLE YOGA	January 8th	7:15 p.m.		1-866-NSMC-BEWELL	\$110 for 10 weeks	NSMC Salem Hospital 81 Highland Avenue Salem, MA
GENTLE YOGA	January 4th	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	January 6th	11:30 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	January 10th	10:30 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	January 15th	5:30 p.m.		1-866-NSMC-BEWELL	\$110 for 10 weeks Pre-registration required	NSMC Salem Hospital 81 Highland Avenue Salem, MA
INTRODUCTION TO BACK CARE YOGA	Saturday, December 13	9 a.m. - Noon		1-866-NSMC-BEWELL	\$50	NSMC Union Hospital 500 Lynnfield St. Lynn, MA
BACK CARE YOGA	January 15th	5:30 p.m.		1-866-NSMC-BEWELL	\$110 for 10 weeks	NSMC Salem Hospital 81 Highland Avenue Salem, MA

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YOGA FOR CHRONIC PAIN	January 9th	3:30 p.m.		1-866-NSMC-BEWELL	\$110 for 10 weeks	NSMC Wellness and Integrative Medicine Center 400 Highland Avenue Suite 13 Salem, MA
POSTPARTUM YOGA	January 13th	11 a.m.		978-739-6908	\$66 for 6 weeks	NSMC Salem Hospital 81 Highland Avenue Salem, MA
PRENATAL YOGA	January 8th	6:30 p.m.		978-739-6908	\$65 for 6 weeks	NSMC Salem Hospital 81 Highland Avenue Salem, MA
YOGALITES	January 9th	5 p.m.		1-866-NSMC-BEWELL	\$110 for 10 weeks	NSMC Wellness and Integrative Medicine Center 400 Highland Avenue Suite 13 Salem, MA
TAI CHI CHUN (ADVANCED BEGINNER CLASSES)	January 7th	6 p.m.		1-866-NSMC-BEWELL	\$110 for 10 weeks	NSMC Union Hospital 500 Lynnfield St., Lynn, MA
CHI GONG	January 6th	6:30 p.m.		1-866-NSMC-BEWELL	\$110 for 10 weeks	NSMC Union Hospital 500 Lynnfield St., Lynn, MA
TAI CHI CHUAN (BEGINNER CLASS)	January 7th	7:15 p.m.		1-866-NSMC-BEWELL	\$110 for 10 weeks	NSMC Union Hospital 500 Lynnfield St., Lynn, MA
PILATES STRONG BODY COMBO	January 6th	6 p.m.		1-866-NSMC-BEWELL	\$120 for 10 weeks	NSMC Wellness and Integrative Medicine Center 400 Highland Avenue Suite 13 Salem, MA

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TOTAL BODY CONDITIONING	January 10th	9 a.m.		1-866-NSMC-BEWELL	\$120 for 10 weeks	NSMC Wellness and Integrative Medicine Center 400 Highland Avenue Suite 13 Salem, MA
WOMEN LIVING WITH BREAST CANCER: MIND/BODY PROGRAM	January 16th, must register by December 25	12 p.m.		1-866-NSMC-BEWELL	\$40 for 10 weeks	NSMC Wellness and Integrative Medicine Center 400 Highland Avenue Suite 13 Salem, MA
SMOKING CESSATION PROGRAM "Quit and Quit for Good!"	January 12th	7 to 8:30 p.m.		1-866-NSMC-BEWELL or email lmking@partners.org	\$140 for 8 sessions *Covered by many insurance policies *100% reimbursable for NSMC employees	NSMC Salem Hospital 81 Highland Avenue Salem, MA
SMOKING CESSATION PROGRAM "Quit and Quit for Good!"	January 27th	7 to 8:30 p.m.		1-866-NSMC-BEWELL or email lmking@partners.org	\$140 for 8 sessions *Covered by many insurance policies *100% reimbursable for NSMC employees	NSMC Salem Hospital 81 Highland Avenue Salem, MA
SPORTS NUTRITION COUNSELING	Please call for dates and times			1-866-NSMC-BEWELL		NSMC Salem Hospital 81 Highland Avenue Salem, MA
STRONG WOMEN PROGRAM	Please call for dates and times			1-866-NSMC-BEWELL	\$168 for 12 weeks	NSMC Wellness and Integrative Medicine Center 400 Highland Avenue Suite 13 Salem, MA

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CHI GONG FOR BREAST HEALTH	Saturday, January 17th	9 a.m.-12 p.m.		1-866-NSMC-BEWELL		NSMC Union Hospital 500 Lynnfield St., Lynn, MA
INTRODUCTION TO REIKI	February 17th or March 31st	7 p.m.		1-866-NSMC-BEWELL	Free	NSMC Wellness and Integrative Medicine Center 400 Highland Avenue Suite 13 Salem, MA
REIKI CERTIFICATION LEVEL 1	January 17th and January 18th	10 a.m.- 6 p.m.		1-866-NSMC-BEWELL	\$195, pre-registration required	NSMC Wellness and Integrative Medicine Center 400 Highland Avenue Suite 13 Salem, MA
MAKE POSITIVE CHANGES EASIER WITH HYPNOTHERAPY	January 7th	6 p.m.		1-866-NSMC-BEWELL	Free	NSMC Salem Hospital 81 Highland Avenue Salem, MA
LEARN PROGRAM FOR WEIGHT LOSS (FOLLOW-UP PROGRAM)	January 6th	5:30 p.m.		1-866-NSMC-BEWELL	\$130 for 12 weeks	NSMC Salem Hospital 81 Highland Avenue Salem, MA
LEARN PROGRAM FOR WEIGHT LOSS (NEW STUDENT PROGRAM)	Tuesday, January 6th	6:45 p.m.		1-866-NSMC-BEWELL	\$205 for 12 weeks	NSMC Salem Hospital 81 Highland Avenue Salem, MA
BEYOND DIETING CONCEPTS	Please call for next start date	6:30 p.m. - 8 p.m.		1-866-NSMC-BEWELL	\$155 for 8 weeks 20% off if you pay in full	NSMC Women's Center 1 Hutchinson Drive Danvers, MA
INTRODUCTION TO THERAPEUTIC TOUCH FOR YOUR HEALTH	Tuesday, March 10th	6:30 p.m. - 7:30 p.m.		1-866-NSMC-BEWELL	Free	NSMC Wellness and Integrative Medicine Center 400 Highland Avenue Suite 13 Salem, MA

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MASSAGE, HEALING, & HYPNOTHERAPY	Please call for dates and times			1-866-NSMC-BEWELL		NSMC Salem Hospital ,NSMC Women's Center, Danvers, NSMC Union Hospital and 400 Highland Avenue
REIKI CLINIC	Tuesday, day and evening appointments available	Please call for dates and times		978-777-5732 Salem 781-631-6333 Danvers		NSMC Wellness and Integrative Medicine Center 400 Highland Avenue Suite 13 Salem, MA
CHAIR STRENGTH TRAINING FOR SENIORS	Monday, January 12th	8:30 a.m.		1-866-NSMC-BEWELL	\$75 for 8 weeks	NSMC Wellness and Integrative Medicine Center 400 Highland Avenue Suite 13 Salem, MA
INFANT SAVER/ CHILD CPR	January 13 or February 12 or March 10	6:30-9:30 p.m.		978-354-3013	\$45 for individuals or \$80 for couples	NSMC Salem Hospital 81 Highland Avenue Salem, MA
BASIC LIFE SUPPORT HEALTHCARE PROVIDER CERTIFICATION	January 12 & 14 or March 11&13	6:30-9 p.m.		978-354-3013	\$65	NSMC Salem Hospital 81 Highland Avenue Salem, MA
BASIC LIFE SUPPORT HEART SAVER-ADULT, INFANT, CHILD	February 8	6:30-9 p.m.		978-354-3013	\$45	NSMC Salem Hospital 81 Highland Avenue Salem, MA
BASIC LIFE SUPPORT HEALTH CARE PROVIDER RECERTIFICATION	February 4	6:30-9 p.m.		978-354-3013	\$45	NSMC Salem Hospital 81 Highland Avenue Salem, MA

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