



November - December 2017

Classes and Events

Call to Schedule: 570-283-0111



ESSENTIAL OILS CLASSES

Essential Oils 101: Learn the Basics

Thursdays, Nov. 9, Dec. 14, 6:30-8:00pm, \$10

Holiday Essential Oils Make and Take

Thursday, Nov. 30, 6:30-8:00pm, \$20

NUTRITION~WEIGHT LOSS~ HOLISTIC CARE

Gentle Massage Techniques for Caregivers and Family of Those Living with Cancer

Saturday, Nov. 11, 12:30-2:30pm, \$20

4-Week Metabolic Reboot Class: Reduce Inflammation and Lose Weight for Good

Mondays: Classes run Nov. 27 – Dec. 18, 6:30-7:30pm, \$40 for 4 weeks

Healthy Eating for Life

Mondays, 6:30-7:30pm, \$10/week

PEMF Open House

Try PEMF for only \$15! APPOINTMENT REQUIRED

Thursdays, Nov. 9, Dec. 14, 9am-8pm.

An Introduction to the Metabolic Reboot

Tuesday, Nov. 14 and Wednesday, Dec. 27, 6:30-7:30pm, FREE ONLINE WEBINAR!

Thursdays, Nov. 16, Dec. 28, 6:30-7:30pm, FREE AT THRIVE!

Friday Facial Happy Hour

Fridays, Nov. 17, Dec. 29, 6:00pm, \$15

Body Scans at Thrive with Dynamic Thermal Imaging

Friday, Dec. 8, Call for details!

TAI CHI, YOGA, REIKI, & MEDITATION

Weekly Tai Chi Classes with Wayne Wolfe

Wednesdays, 5:30 (50 min.) and Saturdays, 11:00am (50 min.), \$18/class or \$100/8 series

Beginner Tai Chi Principles: Eight Class Series with John Bucha, V.M.D.

Tuesday Nights, 6:30-7:30pm, \$18/class or \$100/8 series

Weekly Gentle Yoga

Tuesday Nights, 4:30-5:30pm, \$15/class or \$120/10 series

HOLISTIC CERTIFICATION CLASSES

Master Herbalist Level 3: Phytochemistry and Research

Sunday, Nov. 26, 9:30am-5:30pm, \$325

Master Herbalist Certification Level 4: Herbal Medicine from Eastern Traditions

Sunday, Dec. 17, 9:30am-5:30pm, \$325

We are taking registrations for the 2018 Holistic Healthcare Practitioner and Holistic Nutrition Consultant Certification Classes!

Thrive Wellness Center, LLC ~ 647 Wyoming Avenue, Kingston, PA 18704
www.ThriveWellnessKingston.com

**Purchase \$150 in gift cards and get a
Detox Ionic Foot Bath (\$45 Value)
or
30 min. Neck and Back Massage for Yourself!**



Valid through December 31, 2017 / Not Valid with Other Specials or Discounts

**Organic Skincare and Essential Oil Special
\$149.00 (plus tax and shipping) for over \$400.00 worth of
product!**

**The perfect holiday gift for someone you love!
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For first time massage clients only.**



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