



Back to School Wellness!

September 2018

Classes and Events

Call to Schedule: 570-283-0111

Visit our website for descriptions or to book online.



ESSENTIAL OILS and SKINCARE

Essential Oils 101: Learn the Basics

Thursdays, September 20 and October 25, 6:00-7:30pm, \$10

Friday Facial Happy Hour

Friday, September 28, 6:00pm, \$20

NUTRITION ~ WEIGHT LOSS ~ HOLISTIC CARE

Wellness Webinar: Learn how to balance blood sugar, reduce inflammation and lose weight in a sustainable manner

Wednesdays, September 19 and October 17, 6:30pm, FREE

PEMF Magnetic Therapy Open House

Try PEMF for only \$20! APPOINTMENT REQUIRED

Thursdays, September 13 and October 18, 9am-8pm

Introduction to the Metabolic Reboot: Choosing Foods to Support Gut Health and Blood Sugar

Monday, October 15, 6:00pm, FREE

5-Week Metabolic Reboot Workshop: Reboot Your Health!

Lose 5-15 lbs. the healthy way during the Fall Season!

Mondays: Classes start Sept. 10, 6:00pm, \$50 for 5 weeks

How to Change Your Life for the Better: Steps for Lasting Change

Sunday, September 16, 2:00-3:30pm, FREE

Back Pain and Sciatica Workshop Reveals How to Naturally Heal Back Pain & Sciatica For Good

Wednesday, October 24, 6:00-7:00pm, FREE

TAI CHI & YOGA

Vinyasa Yoga with Tom Gilmore

Thursday Nights, 6:30pm, \$15/class or \$120/10 series

Tai Chi Classes with Wayne Wolfe (All Levels Welcome)

Saturdays, 10:00am (50 min.), \$18/class or \$100/8 series

Contemporary Chi Kung (Qi Gong) Class (All Levels Welcome)

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

HOLISTIC CERTIFICATION CLASSES

Registration is accepted on a rolling basis for the 2018 Holistic Healthcare Practitioner and Holistic Nutrition Consultant Certification Classes. Call today to register!

Holistic Nutrition Consultant Certification Level 3: Nutrition & Body Chemistry

Sundays, September 9 and 16, 9:30am-1:30pm, \$325

Holistic Nutrition Consultant Certification Level 4: Carbohydrates & Fats

Sunday, October 7, 9:30-5:30pm, \$325

Thrive Wellness Center, LLC ~ 647 Wyoming Avenue, Kingston, PA 18704

www.ThriveWellnessKingston.com

1-hour massage for \$45

NEW THERAPIST SPECIAL

With Megan Peña



Valid through October 31, 2018 / Not Valid with Other Discounts



Wellness Visit Only \$30!

**Back to School Basic Wellness Visit: Get your immune system
and stress levels in check for school!**

Valid through October 31, 2018 / Not Valid with Other Specials

REFLEX AND DETOX

Only \$65

**Detox and Refresh for Back to School!
Detox Foot Bath and 30 min. Reflexology**



Valid through October 31, 2018 / Not Valid with Other Discounts