



November 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 Holiday Make and Take

Wednesday, November 28, 6:00-7:30pm, \$15

NUTRITION ~ WEIGHT LOSS ~ HOLISTIC CARE

Wellness Webinar - Introduction to the Metabolic Reboot: Choosing Foods to Support Gut Health, Healthy Blood Sugar, and Weight Loss.

Wednesday, November 14, 6:30pm, FREE

PEMF Magnetic Therapy Open House

Try PEMF for only \$20! APPOINTMENT REQUIRED

Thursday, November 15, 9am-8pm

5-Week Metabolic Reboot Workshop: Reboot Your Health!

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

Mondays: Classes start November 26, 6:00pm, \$50 for 5 weeks

Dynamic Thermal Imaging Body Scans

Friday, December 7, 9am – 5:30pm

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

HOLISTIC CERTIFICATION CLASSES AND APPOINTMENTS

Registration is accepted on a rolling basis for the 2019 Holistic Healthcare Practitioner and Holistic Nutrition Consultant Certification Classes. Call today to register!

Holistic Nutrition Consultant Certification Level 5: Meal Planning Guidelines

Sunday, November 4, 9:30-5:30pm, \$325

Holistic Health Practitioner Student Clinical Appointments Available

Only \$25 per appointment - Regularly \$150

Saturday, December 1

Holistic Nutrition Student Clinical Appointments Available

Only \$25 per appointment - Regularly \$90.00

Sunday, December 2

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

Call 570-283-0111 or Visit www.ThriveWellnessKingston.com

1-hr Ashiatsu Deep Tissue Massage

Save \$15.00

Excellent for deep/chronic discomfort.



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



Visit our Essential Oils mixing bar and make your own warming massage oil blend from our selection of over 100 oils including organic ginger essential oil! Price \$10 and up.

Warming Ginger Massage

Therapeutic Massage with Organic Essential Oil of Ginger

To support relief of discomfort associated with neuropathy and arthritis, and to support healthy lymphatic flow.

\$75.00

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

HEALING HEAD TO TOE

FACIAL and REFLEXOLOGY Special

Only \$115

Receive a relaxing organic facial with scalp massage followed by a reflexology session for both feet. End with heated towels to refresh and revitalize.



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