



December 2018

Classes and Events

Call to Schedule: 570-283-0111

REGISTER ONLINE at
ThriveWellnessKingston.com



ESSENTIAL OILS CLASSES

Essential Oils 101: Learn the Basics

Thursday, December 6, 6:00-7:30pm, \$10

NUTRITION~WEIGHT LOSS~ HOLISTIC CARE

28-Day Metabolic Reboot Class: Reduce Inflammation and Lose Weight for Good

Mondays: Classes run Nov. 26 – Dec. 26, 6:00-7:00pm, \$50 for 5 weeks

Body Scans at Thrive with Dynamic Thermal Imaging

Friday, December 7, 9:00am-6:00pm, Call for details!

PEMF Open House

Try PEMF for only \$20! APPOINTMENT REQUIRED

Saturday, December 15, 11am-5pm

An Introduction to the Metabolic Reboot:

Eating for Healthy Blood Sugar, Inflammation, and Sustainable Weight Loss.

Thursday, January 3 - FREE AT THRIVE AND ONLINE WEBINAR! 6:30pm

WEEKLY TAI CHI & YOGA

Tai Chi with Wayne Wolfe

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

Small Group Vinyasa Yoga with Tom Gilmore

Class limited to 5 Students: Advanced Registration Required

Mondays 6:00pm and Thursdays 6:30pm, \$15/class or \$120/10 series

HOLISTIC CERTIFICATION CLASSES

REGISTER NOW for the 2019 Holistic Healthcare Practitioner and

Holistic Nutrition Consultant Certification Classes

ANATOMY / PHYSIOLOGY and MEDICAL TERMINOLOGY

Holistic Healthcare Practitioner (HHP) Certification Level 1

Holistic Nutrition Consultant (HNC) Certification Level 1

Sunday, January 6, 9:30am – 5:30pm

HHP Level 2: Detoxification and Pathology

Sunday, February 3, 9:30am – 5:30pm

HNC Level 2: Principles of Nutrition

Sunday, February 17, 9:30am – 5:30pm

1-hr Ashiatsu Deep Tissue Massage

Save \$15.00

Excellent for Deep/Chronic Discomfort



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



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.



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

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