



Let your light shine!

# January 2019

## Classes and Events

Call to Schedule: 570-283-0111

REGISTER ONLINE at  
ThriveWellnessKingston.com



### ESSENTIAL OILS CLASSES

**Essential Oils 101: Learn the Basics**  
Thursday, January 17, 6:00-7:30pm, \$10

### NUTRITION~WEIGHT LOSS~ HOLISTIC CARE

#### **An Introduction to the Metabolic Reboot:**

**Eating for Healthy Blood Sugar, Inflammation, and Sustainable Weight Loss.**  
Thursday, January 3 - FREE Both at Thrive and for Online Webinar! 6:30pm

**28-Day Metabolic Reboot Class: Reduce Inflammation and Lose Weight Sustainably**  
Mondays: Classes run January 7 – February 4, 6:00-7:00pm, \$50 for 5 weeks

#### **PEMF Open House**

Try PEMF for only \$20! APPOINTMENT REQUIRED  
Saturday, January 19, 11am-5pm

### INSPIRATION/PERSONAL GROWTH

**Law of Attraction Workshop: Setting Intentions and Manifesting for 2019**  
Tuesday, January 22, 6:00-8:30pm, \$75

#### **Beginners Meditation Seminar**

Tuesday, January 29, 6:00-8:00pm, \$35

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

#### **Yoga for Stress and Anxiety Relief**

**Class limited to 8 Students: Advanced Registration Required**  
Wednesdays at 5:30, \$15/class or \$120/10 series

### HOLISTIC CERTIFICATION CLASSES

**REGISTER NOW for the 2019 Holistic Healthcare Practitioner and  
Holistic Nutrition Consultant Certification Classes**

**Certification Course Level 1: Anatomy, Physiology, and Medical Terminology**  
Sunday, January 6, 9:30am – 5:30pm

**Holistic Healthcare Certification Level 2: Detoxification and Pathology**  
Sunday, February 3, 9:30am – 5:30pm

**Holistic Nutrition Certification Level 2: Principles of Nutrition**  
Sunday, February 17, 9:30am – 5:30pm

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

# Integrative Wellness Exams

Iridology, Applied Kinesiology, Tongue & Pulse Analysis, Nutrition & Supplementation Recommendations

## Save \$50.00

### Or Save \$30 on Children's Exams



Valid through January 31, 2019 / 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 January 31, 2019 / Not Valid with Other Specials

# Organic Facial with Scalp Massage

## Only \$65

Receive a relaxing organic facial utilizing the Neal's Yard Remedies skincare line. Enjoy a scalp, arms, hands, and décolleté massage with this service.



Valid through January 31, 2019 / Not Valid with Other Discounts

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