



February 2019

Happy Valentine's Day!

Call to Schedule: 570-283-0111

REGISTER ONLINE at
ThriveWellnessKingston.com



ESSENTIAL OILS CLASSES

Essential Oils 101: Learn the Basics

Wednesday, February 20, 6:00-7:30pm, \$10

NUTRITION~WEIGHT LOSS~ HOLISTIC CARE

PEMF Open House: Improve Circulation and Reduce Pain

Try PEMF for only \$20! APPOINTMENT REQUIRED

Saturday, February 16, 11am-5pm

An Introduction to the Metabolic Reboot:

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

AT THRIVE: Monday, February 25, 6:00pm, FREE

ONLINE WEBINAR: Tuesday, February 26, 6:30pm FREE

Spring Cleansing 28-Day Metabolic Reboot Workshop:

Reduce Inflammation and Lose Weight Sustainably. Focus on Liver and Immune Support.

Mondays: March 4 – April 1, 6:00-7:00pm, \$50 for 5 weeks

INSPIRATION/PERSONAL GROWTH

Law of Attraction Workshop: Setting Intentions and Manifesting for 2019

Tuesday, February 26, 6:00-8:30pm, \$75

WEEKLY TAI CHI & YOGA

Tai Chi with Wayne Wolfe

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

Small Group Vinyasa Yoga Classes 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**

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

Holistic Nutrition Certification Level 3: Aromatherapy and Herbal Medicine

Sunday, March 3, 9:30am – 5:30pm

Integrative Wellness Exams

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

Save \$50.00

Or Save \$30 on Children's Exams



Valid through February 28, 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 February 28, 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 decolete massage with this service.



Valid through February 28, 2019 / Not Valid with Other Discounts

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