



Thrive = Love

March & April 2019

Springtime is Here!

Call to Schedule: 570-283-0111

REGISTER ONLINE at
ThriveWellnessKingston.com



ESSENTIAL OILS CLASSES

Essential Oils 101: Learn the Basics

Wednesdays, March 20 and April 24 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

Saturdays, March 16 and April 20, 11am-5pm

An Introduction to the Metabolic Reboot:

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

AT THRIVE: Monday, April 29, 6:00pm, FREE

ONLINE WEBINAR: Tuesday, April 30, 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

Introduction to Meditation Workshop

Tuesday, March 5, 6-8pm

Law of Attraction Workshop: Setting Intentions and Manifesting for 2019

Tuesday, March 19, 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 – Get Certified in Holistic Health and Nutrition

Holistic Healthcare Certification Level 3: Aromatherapy and Herbal Medicine

Sunday, March 3, 9:30am – 5:30pm

Holistic Nutrition Certification Level 3: Nutrition & Body Chemistry

Sunday, March 17, 9:30am – 5:30pm

Holistic Healthcare Certification Level 4: Homeopathy and Energy Medicine

Sunday, March 31, 9:30am – 5:30pm

Holistic Nutrition Certification Level 4: Carbohydrates & Fats

Sunday, April 13, 9:30am – 5:30pm

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

www.ThriveWellnessKingston.com

\$25 Detox Footbath Special

Support a Detox or Cleanse, Relax and Rejuvenate, Alkalize Your System
Helps with quitting sugar, coffee, cigarettes, and more...

Save \$20.00



Valid through April 30, 2019 / Not Valid with Other Discounts



Detox & Immune Massage

Support a Healthy Transition to Spring

Including essential oils of Helichrysum, Ledum, and Celery Seed Oil to facilitate cleansing from the liver and support healthy immune function.

\$75.00 or \$70.00 when booking 2

Valid through April 30, 2019 / Not Valid with Other Specials

Reiki Energy Healing Special

Experience the calming and healing energy of Reiki. Balancing physical and emotional energies will help support a healthy seasonal transition to spring.

Only \$50



Valid through April 30, 2019 / Not Valid with Other Discounts