



**March April 2020**

**Classes and Events**  
Call to Schedule: 570-283-0111  
REGISTER ONLINE at  
ThriveWellnessKingston.com



WELLNESS TOPICS

**\*\*REGISTRATION REQUIRED\*\***

Magnetic Therapy

**PEMF Open House: FIRST TIME PEMF VISITS ONLY**  
**Saturday March 21<sup>st</sup> & April 18<sup>th</sup>**  
**11a-5p Cost: \$25**

Medical Marijuana Clinic  
**PA Medical Marijuana Card**

A medical Dr. will be at Thrive to help those who suffer from a qualified medical condition(s), receive an evaluation and certification for medical marijuana.

*Please call for pricing and instructions.*

**Saturday April 4<sup>th</sup> 11a-5p**  
**Sunday April 19<sup>th</sup> 10a-4p**

Dynamic Thermal Imaging  
**Body and Breast Scans**

*Please call for pricing and instructions.*

**Friday March 6th**

Additional Certifications **NEW**  
**Reflexology Certification**

*Please call for pricing and instructions.*

**Sunday March 15<sup>th</sup> Level 1 9:30a-5:30p**  
**Sunday April 5<sup>th</sup> Level 2 9:30a-5:30p**

**COMING MAY 19TH**  
CAWLEY PHYSICAL  
THERAPY TALKS  
LOWER BACK PAIN &  
SIATICA 6P-7P FREE

Kombucha Making Class **NEW**

**Starter Kit Included!**

Rob will be teaching about the benefits of kombucha, as well as giving you the step by step on how to make it. You will receive your own starter kit along with your own scoby!

*Please call for pricing and time.*

**Tuesday April 28<sup>th</sup>**

Hypnotherapy Class

**Connecting With Your Subconscious**

Damian Miller, CCH, from New Hope Hypnosis in Philadelphia, will be offering a workshop on the power of connecting with your subconscious. Learn how to take your life back!

**Friday April 17<sup>th</sup> 6p-9pm FREE**

Essential Oils 101

**Learn all about the benefits and effects of using essential oils.**

**Tuesday April 7<sup>th</sup> 6p-7p \$15**

Yoga and Sound Therapy Event **NEW**  
**A Vinyasa Yoga Class with a twist**

Rob and Tom will be teaming up for a special yoga class with sound therapy during the class.

**Monday March 30th 6p-7p \$30**

WEEKLY TAI CHI & YOGA

**Tai Chi with Wayne Wolfe**

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

**Small Group Vinyasa Classes with Tom Gilmore**

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

HOLISTIC CERTIFICATION CLASSES

We are taking registrations for the 2020 **Holistic Practitioner (HHP)**, **Nutrition Consultant (HNC)**, & **Master Herbalist Certification (MHC)** Classes!

**Master of Herbal Medicine Level 3 (MHC)**

Sunday, March 8<sup>th</sup> 9:30a-5:30p \$425

**Nutrition and Body Chemistry (HNC)**

Sunday, March 15<sup>th</sup> 9:30a-5:30p \$425

**Traditional Chinese Medicine (TCM), Philosophy and Meridian Theory (HHP)**

Sunday, March 29<sup>th</sup> 9:30a-5:30p \$425

**Carbohydrates and Fats (HNC)**

Sunday, April 19<sup>th</sup> 9:30a-5:30p \$425

**Traditional Chinese Medicine, Tongue and Pulse Analysis (HHP)**

Sunday, April 26<sup>th</sup> 9:30a-5:30p \$425

**Master of Herbal Medicine Level 4 (MHC)**

Sunday, April 26<sup>th</sup> 9:30a-5:30p \$425

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

www.ThriveWellnessKingston.com

## **Student Reflexologist Special\***

**\$30 for a 30minute Reflexology appointment and 3 pack for \$75 with a Student Reflexologist available.**

**\*Excludes Senior Reflexologists and must have appointment(s) by April 30<sup>th</sup> 2020.**



Valid through April 30, 2020 / Not Valid with Other Specials or Discounts

## **Detox Ionic Footbath 4-Session**

**Relax and Detox with a Series of Footbaths**

**Value \$180 (Save \$20!)**



Valid through April 30, 2020 / Not Valid with Other Specials or Discounts

## **Free 30min Wellness Exam**

**Come by for a free 30minute wellness exam with one of our Practitioners. Let us show you what we can do for you!**



Valid through April 30, 2020 / Not Valid with Other Specials or Discounts