

NSMC Wellness & Integrative Medicine



* **FREE** * Classes

To help you get back on your feet. Empower yourself with a rejuvenating and stress reducing 10 week class session.



Chi Gong Tuesdays 5:00pm
Strength & Flexibility Mondays & Wednesdays 10:00am
Yoga Thursdays 5:30pm

Classes are held in the Medical Oncology Conference room on the 2nd floor of the Cancer Center

*** Patients currently receiving active treatment (i.e. Chemotherapy & Radiation) are welcome to participate in one free 10 week class session per quarter. Free classes will continue to be offered for up to 6 months beyond active treatment. Those not in active treatment are offered classes at a discounted rate. You are welcome to try a class at any time as long as space permits.**

Services

Acupuncture : Acupuncture is being used more often for Cancer patients before, in conjunction with, and after conventional treatments. Acupuncture is used to treat symptoms that are associated with the side effects of chemotherapy and radiation (i.e. dry mouth, nausea, and fatigue) Appointments available with Dr. Deguang He on **Mondays and Fridays. Rates: \$68 for the initial visit, \$52 for follow-up visits.**



Massage : Enjoy a therapeutic massage with Annie Twiss our experienced certified Massage Therapist. Appointments are offered on **Tuesday and Wednesday mornings. Rates: \$52 for 1 hour, \$32 for 1/2 hour**

Reiki: Reiki can help to provide relaxation, relieve pain and muscle tension, decrease stress, expand one's energy, enhance the immune system, and create a profound sense of inner peace and well-being. Reiki is performed with the client fully clothed, either sitting in a chair or lying down. The practitioner then systematically places their hands at various positions on or slightly above the body. Karen Pischke RN, BSN offers private Reiki sessions on **Friday mornings. Rates: \$52 for 1 hour, \$32 for 1/2 hour**



Call the Wellness office at 978-354-2437 to schedule an appointment or to register for a class.

The 20% Cancer Center discount can also be applied to any wellness class or service offered at other NSMC locations, Salem Hospital, Union Hospital and the Danvers Women's Center. You can view all other wellness options online at www.nsmc.partners.org