



Please note - you MUST be receiving Primary Care through Partners
Pre-registration required
For information, please call 781-485-6400

WELLNESS "FITNESS FOR YOU" GROUPS

5th Floor Activity Room - Cost \$24 for 6 sessions

FREE FOR SENIORS - 65 AND OLDER

Qigong

Mondays
12:00 p.m. - 12:50 p.m.

Yoga - Chair & Standing

Mondays
11:00 a.m. - 12:00 p.m.
1:00 p.m. - 2:00 p.m.

Tai Chi for Seniors

Wednesdays
11:00 a.m. - 12:00 p.m.
Fridays
11:00 a.m. - 12:00 p.m.

ACUPUNCTURE & THERAPEUTIC MASSAGE

Acupuncture

Mondays/Wednesdays/Thursdays/Fridays
8:30 a.m. - 5:00 p.m.
Cost - \$40 per visit

Therapeutic Massage

Tuesdays/Wednesdays 9:00 a.m. - 4:00 p.m.
Cost - \$50 per 50 minute session

SPECIALTY GROUPS

NEW CORE Health - Center for Organized Research and Education for Health

*Available Programs: Lose Weight, Lower Blood Pressure, Sleep Better,
Decrease Stress, Diabetes Care.*

Billable to most insurance, co-pays may apply.

For more information please call, 781-485-6400 or 781-485-6300.

Stress Management and Relaxation Training (SMART) - 8 week group

*Helpful for stress related concerns, including anxiety, depression, chronic
pain or illness. Billable to most insurance.*

For more information please call, 781-485-6100.

We are currently accepting only credit/debit cards or check as payments for Wellness Center Services



Acupuncture

Acupuncture involves using hair-thin, sterile, disposable needles that are gently inserted at specific points of the body, stimulating the body's natural healing energy.



Massage : *Therapeutic Massage*

Massage works the muscles and the entire body. It helps to release tension, aches, and stress; improve circulation; and promote relaxation.



Tai Chi: *Chi for Health*

The slow, flowing movements of Tai Chi can help you to feel more relaxed, build flexibility, improve joint health, and can help develop better balance and concentration.



Yoga: *Gentle Chair & Standing Yoga*

A very easy beginner level class, geared for patients who may be dealing with other chronic health issues. It includes gentle breathing and movements which are geared to help you feel stronger, relaxed and more flexible. This class also includes a "reflection and relaxation" portion (We will either sit in chairs or stand. We do not get onto floor).



Qigong:

In Chinese *Qi* is energy and *Gong* is practice. Qigong is the practice, workout, and skill of cultivating energy and vitality. This Qigong form combines structure and well-designed physical movements that exercise the whole body. Developing awareness of deep slow breathing, balanced movement, and body awareness.



CORE Health:

Everyone deserves a good health. Our mission is to bridge gaps between traditional medicine and healthy lifestyles so that good health is just a fact of life. Physician experts lead 1½ hour group visits. Learn about healthy lifestyles that can really make a difference!



SMART: *Stress Management and Relaxation Training*

An eight-week group stress reduction program

Includes tools for reducing stress and increasing relaxation, transforming negative thoughts to positive thoughts, looking at the effects of humor and optimism, and how nutrition, exercise and sleep can affect our health and our mood.