

Lourdes Integrative Wellness Center of Burlington County

LINC of
Burlington County



Lourdes Integrative Wellness Center Features:

- ✓ Acupuncture, Cosmetic Acupuncture
- ✓ Massage, Foot Reflexology, Spa Services
- ✓ Yoga, Tai Chi
- ✓ Wellness Classes

For a complete class schedule, please visit www.lourdeswellnesscenter.org.
To book an appointment or to register for a class, please call 1-888-LOURDES.

45B Homestead Road, Columbus, NJ 08022

Take Route 295 North to Exit 52A Columbus.

Make a Right after the Exit. Proceed for 1 Mile.

Turn Right at the Homestead Sign. Turn into the Homestead Plaza.

Basic Yoga - Beginners Welcome!

7:00 pm - 8:30 pm 6-week series \$72
Tuesdays, 9/11—10/16/07;
10/23—11/27/07; 12/4—1/22/08 (No
classes 12/25 and 1/1); 2/5—3/11/08;
3/18—4/22/08
Walk Ins Welcome! \$15 per Walk In
Nancy Wahl, CYT, RYT

Chair Yoga

1:00—2:00 pm 4-week series \$48
FREE CLASS 9/13, 10/25, 12/6, 1/10
Thursdays, 9/20—10/11/07
Nancy Wahl, CYT, RYT

Pre- and Post-Natal Yoga

2:30—3:30 pm 4-week series \$48
FREE CLASS 9/13, 10/25, 12/6, 1/10
Thursdays, 9/20—10/11/07
Nancy Wahl, CYT, RYT

Tai Chi

5:30 - 6:30 pm 10-week series \$70
FREE CLASS 9/4, 11/20, 2/19
Tuesdays, 9/11—11/13/07; 11/27—
2/12/08 (No classes 12/25 and 1/1);
2/26—4/29/08
Walk Ins welcome! \$10 per Walk In
Jim Eastwick

Weight Loss with Hypnosis

7:00 pm - 9:00 pm
\$45 pre-paid \$60 at the door
Thursday, 9/20/07
John Eric Jacobsen, CHy

Law of Attraction

7:00—8:00 pm 4-week series \$40
Thursdays, 10/18—11/8/07
Annie Carricato, CHT

Emotional Freedom Technique (Part I-Basics)

6:30—9:00 pm
\$35 Pre-paid, Walk Ins \$40
Thursday, 10/4/07
Katherine Nuyens, MA, CHT, CBT,
EFT-Advanced

Emotional Freedom Technique (Part II-Abundance)

6:30-9:00 pm \$35 Pre-paid, Walk Ins \$40
Thursday, 10/11/07
Katherine Nuyens, MA, CHT, CBT,
EFT-Advanced

Stop Smoking with Hypnosis

7:00—8:00 pm
\$45 Pre-paid \$60 at door
Thursday, 11/15/07
Annie Carricato, CHT

Foot Reflexology

6:30—8:00 pm
One session \$45 Pre-paid \$60 at door
Thursday, 11/29/07 or Thursday, 2/21/08
Rita Biancosino, CMP

Self Hypnosis - A Tool for Transformation

7:00—8:00 pm 5-week series
One Session \$15 pre-paid \$20 at door
Thursdays, 1/10—2/7/08
Annie Carricato, CHT

Feng Shui

6:30—8:30 pm 4-week series
\$40 pre-paid \$45 at door
Thursdays, 2/28—3/27/08
Roberta DiCriscio, Certified Feng
Shui Consultant

FREE Acupuncture Intros: with: Sheri McLellan-Krauss, Lic. Ac., M.Ac.

Back Pain

Tuesday, 9/25/07 12:00-1:00 pm
Tuesday, 5/6/08 12:00-1:00 pm

Arthritis

Tuesday, 10/23/07 12:00-1:00 pm

Cosmetic Acupuncture

Tuesday, 12/4/07 12:00-1:00 pm

Introduction to Acupuncture

Tuesday, 03/25/08 12:00-1:00 pm
Tuesday, 4/22/08 12:00-1:00 pm

**FREE
Blood Pressure
and
Glucose Screenings
2nd Tuesday of Every Month!
9:30-11:30 am
No Appointment
Needed**