

Participating Businesses

A Higher Balance Healing Center

201-203 Washington St.
The Hawthorne Building,
2nd Floor
781-639-1236 or 617-240-3671
AHigherBalance.com

A Sacred Place Wellness Center

Museum Place Mall #112
Salem, MA 01970
978-744-1600
Asacredplacesalem.com

B&S Fitness B&S Sport Science

45 Congress St. Dock 19/20
Salem, MA 01970
978-204-8588
BnSFitness.com
BnSSportScience.com
NorthShoreBootCamp.com

Body & Soul Massage & Wellness Center

60 Washington St.
Salem, MA 01970
978-825-0040
Bodysoulsalem.com

The City of Salem, Park Recreation & Community Services Department

Senior Center, 5 Broad St.
Salem, MA 01970
978-744-0180
Salem.com

Get In Shape For Women

281 Essex St.
Salem, MA 01970
978-910-0472
Getinshapeforwomen.com

Green Tea Yoga

7 Colonial Rd.
Salem, MA 01970
978-740-9749
GreenTeaYoga.com

Laura Lanes Skin Care

242 Essex St.
Salem, MA 01970
978-741-8777
Lauralanes.com

LivingWell

207 Washington St.
Salem, MA 01970
978-740-WELL (9355)
LivingWellSalem.com

Radiance AVEDA Lifestyle Salon & Spa

316 Derby St.
Salem, MA 01970
978-741-8110
Radianceaveda.com

Salem Fitness

38 Swampscott Rd
Salem, MA 01970
978-745-4007
Salem-fitness.com

Urban Elements

230 Essex St.
Salem, MA 01970
978-666-4408
Urbanelementshome.com

The Wicked Running Club

Annie Rose Willis
Annika729@aol.com
WickedRunningClub.com



Event organized by
Salem Main Streets

Brochure designed by
Dianna Passanisi

Promotions All Week

11:30 — 1:30, 4:30 — 6:30 or by appointment 1 footbath or a half hour life reading all week for \$15 each [A Sacred Place Wellness Center](#)

FREE Week Trial for all Fitness Programs Offered by B&S Fitness. Please see website to view your options. [B&S Fitness Programs](#)

FREE Week Trial for all Fitness Programs Offered by B&S Sport Science. Please see website to view your options. [B&S Sport Science](#)

Free trial! Try one of the many classes offered by the [City of Salem Park, Recreation & Community Services Department](#). A full list of classes can be found at [www.salem.com](#). Some restrictions apply. Please call (978) 744-0180 to sign-up.

Free Week Trial. Includes a total body fitness assessment, three training sessions, & nutrition coaching. Call to schedule your first session and fitness assessment. We look forward to helping you reach your health & fitness goals! [Get in Shape for Women](#)

**NEW MEMBERS signing up between April 12th & April 17th will receive \$100 off any of our packages! [Get in Shape for Women](#)

Children's Yoga afterschool classes are FREE to all children for that week, but parent must call the studio to reserve a spot. [Green Tea Yoga](#)

[Green Tea Yoga](#) is offering Unlimited Yoga & Nia classes on our regular schedule \$25 for UNLIMITED classes for the entire week, includes Mommy & Baby and Prenatal. New & current students are welcome to participate.

[Green Tea Yoga](#) is offering \$10 off any 60 or 90 massage with Nicole or Debra-Jean all week.

Complimentary Skin Care consultations and samples. Free Aromatherapy with any Massage, & a Free V-neck treatment with any Facial (\$10 value) V-neck treatment is designed to instantly firm, tighten & brighten the skin on the neck and upper chest area. [Laura Lanes Skin Care](#) (Offers valid Tuesday-Friday only).

With the purchase of a 60 minute Massage or Facial Treatment (\$85) receive an additional 30 minutes FREE (\$21 savings) — treatment time will be 90 minutes. [LivingWell](#)

FREE 15 minute consultation with Dr. Al Costanza, Doctor of Natural Medicine. [LivingWell](#)

FREE 15 minute Skin Analysis and Consultation. [LivingWell](#)

Complimentary Brow or Lip Wax with the booking of a 60-minute Elemental Nature Facial™ (Off-Peak Pricing of \$55.00 offered all week on 60-minute facials) (Valid Tuesday — Friday only) [Radiance AVEDA Lifestyle Salon & Spa](#)

ONE DAY FREE WORKOUT, INCLUDING CLASSES. Must be 18 years or older. Bring license or State ID. [Salem Fitness](#)

10% off all bodycare, aromatherapy incense, candles and oils. Mention: "Live In Love". [Urban Elements](#)

Salem Health & Wellness Week

April 12 – 17, 2010



Come sample what Salem businesses have to offer!

Visit any participating business for a chance to win. **OVER \$2000 IN RAFFLE PRIZES TO BE GIVEN AWAY!**



For more information visit [www.SalemMainStreets.org](#)

Visit any participating business and fill out a free raffle ticket to be eligible to win one of these fantastic RAFFLE ITEMS: (one raffle ticket per business visited)

Grand Prize (valued over \$1,300!!)

- 2 private Qi Gong lessons with Dr. Anne Kelty, ND or 5 sessions of Qi Gong classes with Dr. Anne Kelty. - [ASPWC](#)
- 45 minute Nutritional Reiki Session with Ann Naughton - [ASPWC](#)
- A 3-hour Soul Collage class. - [AHBHC](#)
- One Free Boot Camp Session - [B & S F](#)
- 3 Free Personal Training Sessions - [B & S SS](#)
- Reusable Tote Bag. Gift Certificate for 30 minute Reflexology. - [B & S M&W](#)
- Two-Week Jump Start, six training sessions, total body fitness assessment, nutrition coaching and a great step towards reaching your health & fitness goals - [GISEFW](#)
- 5 yoga/Nia class card - [GTU](#)
- One 60 Minute Facial Treatments - [LW](#)
- A Bioelements skin care travel kit - [LLSK](#)
- Gift Cert. for Aqua Polish Body Treatment *non-transferable towards Retail or other Services.- [RLSS](#)
- 3 month membership which includes a one (1)

free personal training session. -[SF](#)

- 2 free rounds of golf at Olde Salem Greens - [SPRCSD](#)
- Gift certificate to shop at UE & FREE 30 minute massage at Sankofa Massage & Bodywork. -[UE](#)
- One free membership into the Wicked Running Club. - [TWRC](#)

2nd Place (valued over \$500)

- 1/2 hr. psychic reading with Donna Lee Caramello - [ASPWC](#)
- 1/2 hr. Body Work Session with Kathryn Bradford. -[ASPWC](#)
- A 60 minute private healing session. -[AHBHC](#)
- 1 Free Triathlon Training Group Entry. - [B & S F](#)
- One Free 30 minute Stretching Session - [B & S SS](#)
- Gift Certificate for 30 minute Polarity or Body & Soul T-shirt. [B & S M&W](#)
- One 60 Minute Massage Treatment - [LW](#)
- Gift Certificate for Elemental Nature Facial *non-transferable towards Retail or other Services. -[RLSS](#)
- 2 free entries into the Derby Street Mile. -[SPRCSD](#)

3rd Place (valued over \$200)

- A 30-minute angel card reading. - [AHBHC](#)
- 1 Free Wicked 1/2 Marathon Entry [B & S F](#)
- Coupon for Free Paraffin with 1 hour or more session. - [B & S M&W](#)
- 1/2 hr. Massage with Julianne Tutty - [ASPWC](#)
- 1 hr. Reiki with Daryl Bennett. - [ASPWC](#)
- 1 hr. Holistic Nutrition Coaching Consult with Fiona Barrett - [ASPWC](#)

4th Place (valued over \$150)

- Free Weekend Warrior Workout - [B & S SS](#)
- One Free Devil's Chase Entry - [B & S F](#)
- Ion cleanse foot bath with Donna Lee Caramello - [ASPWC](#)
- 1 hr. Massage @ 50% off 30 with Daryl Bennett. - [ASPWC](#)
- 1 hr. Cranial Sacral Session \$60 with Daryl Bennett. - [ASPWC](#)
- 2 night stay in a tent site at Winter Island (subject to availability) - [SPRCSD](#)

Note: In the raffle section above the donating business names are abbreviated & underlined.

Monday - April 12

6 - 7am FREE Boot Camp at the Salem Common
Contact: Brandi Dion of [B&S Fitness & Sport Science](#) for Waiver and One Week Registration Form.

9:30 - 10:30 am Nia Yoga Dance Fusion
- [Green Tea Yoga](#) included in \$25 week promotion.

2 - 5 pm Free 15 min Chair Massage with Anne Marie
- [Body & Soul Massage and Wellness](#).

2 - 6 pm Free Hand Paraffin and Sugar Scrub with Bo
- [Body & Soul Massage & Wellness](#)

4:30 - 5:45 pm Kripalu Yoga - [Green Tea Yoga](#) included in \$25 week promotion.

5 - 7 pm Free 15-minute private Reiki healings with Judy Copp at
- [A Higher Balance Healing Center](#)

6 - 7 pm FREE Fitness 101 - [B&S Sport Science](#)

6 - 7 pm Flow Yoga - [Green Tea Yoga](#) included in \$25 week promotion.

6 - 7 pm Feel bloated? Feel tired? Feel stressed?
Find relief & answers to these and more of your common health concerns. Dr. Al Costanza will help guide you to relief through Natural Medicine and Nutrition via this lively workshop. Bring a friend or family member!
Contact: Maureen Bankson - [LivingWell](#)/R. S. V. P. - limited to 20 people.

6:30 pm Health Seminars: In-Home Strength and Conditioning 101
- [B&S Sport Science](#) R. S. V. P. (Space is limited).

6:30 - 7:30 pm FREE Boot Camp. Location: Salem Common
Contact: Brandi Dion of [B&S Fitness & Sport Science](#) for Waiver and One Week Registration Form.

7:30 - 9:30 pm Reiki Healing Clinic
- [Green Tea Yoga](#) Clinic is by donation only \$25.

Tuesday - April 13

6 - 7 am FREE Boot Camp at the Salem Common Contact: Brandi Dion of [B&S Sport Science](#) for Waiver and One Week Registration Form.

9:15 - 10:30 am Forrest Yoga
- [Green Tea Yoga](#) included in \$25 week promotion.

11 - 11:45 am Mommy and Baby Postnatal Yoga
[Green Tea Yoga](#) included in \$25 week promotion.

1 - 3 pm Free 10 minute chair massage with Kathryn.
- [A Sacred Place Wellness Center](#)

Dr. Anne Kelyt, N.D. Naturopathic Doctor will offer complimentary 20 minute consultations - [A Sacred Place Wellness Center](#)

1 - 4 pm 20 minute deep tissue back massage with Joelle \$20
- [Body & Soul Massage and Wellness](#).

2 - 5 pm Free Skin consultation with Mini-Facial with Teresa \$40
- [Body & Soul Massage and Wellness](#).

3:30 - 4:30 pm Kids' Yoga (ages 9-11) - [Green Tea Yoga](#) (free this week)

6 - 7:15 pm Yoga/Pilates Fusion
- [Green Tea Yoga](#) included in \$25 week promotion.

6 - 7 pm Pilates. . . More Than Just a Workout. Learn how to use the world renowned core strengthening techniques of Joe Pilates the way they were intended. With certified instructor, Frank Corcoran LMT as your guide you will work harder and laugh louder than you ever have before. Contact: Maureen Bankson - [LivingWell](#). RSVP- limited to 8 people.

6:30 pm Triathlon 101 and Why It is For You!
- [B&S Sport Science](#) RSVP (Space is limited).

7 - 8 pm Free RYSE evening: a group energy clearing with RYSE (Realizing Your Sublime Energies) with Judy Copp at [A Higher Balance Healing Center](#)

Wednesday - April 14

6 - 7 am FREE Boot Camp at the Salem Common Contact: Brandi Dion of [B&S Fitness & Sport Science](#) for Waiver and One Week Registration Form.

7 - 8 am Flow Yoga - [Green Tea Yoga](#) included in \$30 week promotion.

9:15 - 10:30 am Power Yoga - [Green Tea Yoga](#) included in \$25 week promotion.

12 - 1 pm Fiona is offering a free five minute Chocolate Meditation
- [A Sacred Place Wellness Center](#)

Dr. Anne Kelyt, N.D. Naturopathic Doctor will offer complimentary 20 minute consultations - [A Sacred Place Wellness Center](#)

12 - 1:30 pm Free group energy healing with RYSE (Realizing Your Sublime Energies) with Judy Copp at [A Higher Balance Healing Center](#).

2 - 6 pm Free chair massage. First come first serve - [Urban Elements](#)

3:30 - 4:30 pm Kids' Yoga (ages 5-8) - [Green Tea Yoga](#) Free today.

4 - 6 pm Free 15 min Chair Massage with Joelisa
- [Body & Soul Massage and Wellness](#)

5 - 8 pm 45 min Reiki & Cranial Sacral with Lisette \$25
- [Body & Soul Massage & Wellness](#)

6 - 7 pm FREE Fitness 101 - [B&S Sport Science](#)

6 - 7 pm Your Face Fitness - How to Prepare Your Skin for the Changing Season Learn simple, yet professional spa techniques to insure your skin looks & feels fresh this season. You'll benefit from trouble-free tricks that you can easily maintain at home PLUS our gift to you of internationally acclaimed Phytobiodermie @ skincare samples! Contact: Maureen Bankson - [LivingWell](#). R. S. V. P. - limited to 20 people.

6 - 7:15 pm Flow Yoga - [Green Tea Yoga](#) included in \$25 week promotion.

6:30 - 7:30 pm FREE Boot Camp
Contact: Brandi Dion of [B&S Fitness & Sport Science](#) for Waiver and One Week Registration Form.

7:30 - 8:45 pm Hatha Yoga - [Green Tea Yoga](#) included in \$25 week promotion.

Thursday- April 15

6 - 7 am FREE Boot Camp at the Salem Common Contact: Brandi Dion of [B&S Fitness & Sport Science](#) for Waiver & One Week Registration Form.

9 - 10 am Baby Bedtime Massage
Bring your baby to this 60 minute workshop & learn therapeutic massage techniques to calm both of you for bedtime or anytime you wish to enjoy some quiet happiness together. Contact: Maureen Bankson - [LivingWell](#)/R. S. V. P. - limited to 10 adults and 10 infants.

9:15 - 10:30 am Core Yoga - [Green Tea Yoga](#) included in \$25 week promotion.

10 - 1 pm Free 15 minute Myofacial Neck and Shoulder Stretch with Ann
- [Body & Soul Massage and Wellness](#)

12 - 1 pm Fiona is offering a free five minute Chocolate Meditation
- [A Sacred Place Wellness Center](#)

1 - 3 pm Free 10 minute chair massage with Kathryn
- [A Sacred Place Wellness Center](#)

2 - 6 pm Free chair massage. First come first serve - [Urban Elements](#)

45 minute Reiki sessions for \$20 with Ann Naughton
- [A Sacred Place Wellness Center](#)

3 - 7 pm 20 Minute Foot Massage and Chakra Balance with Karen \$25
- [Body & Soul Massage and Wellness](#)

5 - 7 pm Free 10-minute private Angel Readings with Judy Copp at
- [A Higher Balance Healing Center](#)

6 - 7:15 pm Power Yoga - [Green Tea Yoga](#) included in \$25 week promotion

6:30 pm Improving Overall Wellness. At Salem State College
R. S. V. P. to [B&S Fitness](#) (Space is limited).

7:30 - 8:45 pm Prenatal Yoga - [Green Tea Yoga](#) included in \$25 week promotion.



Friday - April 16

9 - 10:15 am Earth Sky Yoga
- [Green Tea Yoga](#) included in \$25 week promotion

10 - 12 pm Free 15 minute Reflexology with Kasey
- [Body & Soul Massage & Wellness](#)

12 - 1 pm Fiona is offering a free five minute Chocolate Meditation
- [A Sacred Place Wellness Center](#)

2 - 6 pm Free chair massage. First come first serve - [Urban Elements](#)
45 minute Reiki sessions for \$20 with Ann Naughton
- [A Sacred Place Wellness Center](#)

4 - 5:30 pm Flow Yoga - [Green Tea Yoga](#) included in \$25 week promotion.

6 - 7 pm Nia Yoga/Dance Fusion - [Green Tea Yoga](#) included in \$25 week promotion.

7 - 9 pm Free Angel Messages Evening with Judy Copp
- [A Higher Balance Healing Center](#)

7 pm [The Wicked Running Club](#), along with The City of Salem Park, Recreation & Community Services Depart., will be showing "Spirit of the Marathon" & "Prefontaine" at the Winter Island Function Hall. 50 Winter Island Road Salem, MA 01970

Saturday - April 17

8 am [The Wicked Running Club](#) will be hosting a group run which will meet at Forest River Park.

9 - 10:30 am Forrest Yoga [Green Tea Yoga](#) included in \$25 week promotion.

10:45 - 11:45 am Flow Yoga
[Green Tea Yoga](#) included in \$25 week promotion.

11 - 2 pm 30 Minute Massage & Energy Balance with Anne Marie \$40
[Body & Soul Massage and Wellness](#)

11 - 3 pm Free Chair Massage with Karen
- [Body & Soul Massage and Wellness](#)

45 minute Reiki sessions for \$20 with Ann Naughton
- [A Sacred Place Wellness Center](#)

12 - 1 pm FREE Zumba class. Class limited to 35 people, first come first serve. - [Salem Fitness](#)

1 - 3 pm Free 10 minute chair massage with Kathryn
- [A Sacred Place Wellness Center](#)

2 - 6 pm 10 minute chair massages with Julianne Tutty
- [A Sacred Place Wellness Center](#)

2 - 5 pm Free Skin Consultation with Mini Facial with Teresa \$40
- [Body & Soul Massage and Wellness](#)

* Schedule subject to changes and availability