



HeartSprings Community Healing Center
 2010 N Elm St., Fargo, ND 58102 | 701-261-3142

NOVEMBER 2018

Sun	Mon	Tue.	Wed	Thu.	Fri.	Sat
				1 8:45 - iLS 10:00 -T'ai Chi Chih 1:00 - Art Studio	2	3
4	5	6 8:45 - iLS 10:00 - MindBody 11:00 - Choir 12:00 - Lunch	7	8 8:45 - iLS 10:00 - Free T'ai Chi Chih 1:00 - Art Studio 5:30-7:30pm Arts Fundraiser at VFW	9	10
11	12 5:30-6:30pm Chair Yoga	13 8:45 - iLS 10:00 - MindBody 11:00 - Choir 12:00 - Lunch	14	15 8:45 - iLS 10:00 -T'ai Chi Chih 1:00 - Art Studio	16	17
18	19 5:30-6:30pm Chair Yoga	20 8:45 - iLS 10:00 - MindBody 11:00 - Choir 12:00 - Lunch	21	22 HAPPY THANKSGIVING!	23	24
25	26 5:30-6:30pm Chair Yoga	27 8:45 - iLS 10:00 - MindBody 11:00 - Choir 12:00 - Lunch	28	29 8:45 - iLS 10:00 -T'ai Chi Chih	30	

Packages

Class Drop-in \$15



Heart Pkg. ---\$39/mo.

(1) movement class per week (yoga's, T'ai Chi Chih)



Heart Pkg.---\$79/mo.

Any (2) movement classes/week (yoga's, T'ai Chi Chih)



Heart Pkg.---\$139/mo.

Any (4) movement classes/week (yoga's, T'ai Chi Chih)

OR

Any (2) movement classes/week (yoga's, T'ai Chi Chih)

1 hr. tx./mo. (treatment includes healing touch, integrated imagery, emotion code, or reiki)



Heart Pkg.---\$179/mo.; Drop-in \$40

(2-3) iLs classes/week for PD

Any combination of movement classes/week

Weekly mind body group

Choir

Meet with therapist quarterly

Yearly. Pre & post assessments; 6 mo. assess

Lunch for (1)

Free support group, nordic walking instruction, emotion code, biomat & community ed.



Heart Pkg. (partner, brain injury, or seated, or whole body wellness)--\$192/mo.; Drop-in \$50

Contains the same as 4 heart: 2-3 iLs classes/week, mind/body group, choir, therapist meeting, assessments, free support groups, Biomat usage, emotion code, & community ed. Plus any combination of movement classes/week with client and partner Plus lunch for two

OR

B) 1 hr. treatment/mo. of any type

- Any combination of movement classes/week
- Weekly Mind/body group

Call #701-261-3142 to make an appt.

OR you can schedule at schedulingcity.com and type in HeartSprings

A'la Carte

- **Biomat (thermotherapeutic)**--\$15 for 20-30 min. and \$30 for 30-60 min. Tuesday, Thursday, Fridays. Call for an appt. Can earn time dollars \$10/hr. volunteering
- **Emotion Code**—Jan--\$72/hr.; By appointment only
- **First Step**—free interview (those new to HS)
- **Healing Touch**—Gwen--\$65/hr.; \$90/1.5 hr. Second Tuesday 10am-5pm
- **HeartMath**—Jan- \$288 for 4-part series individual (By appointment only)
- **Imagery**---Gwen--\$50/hr. Second Tuesday 10am-5pm (By appt. only)
- **Lunch—suggested \$7 donation**--Tuesdays
- **Mind/Body Medicine classes**—Jan--\$20 per 1 hour session; \$40 for a monthly series; \$60/couple
- **OT/PT Consultation**—1 hour \$72
- **OT/PT Evaluation** ---\$269/\$282 (Your iLs fee is taken from this for the 1st month) [Write-up for Dr.---\$100]
- **“Penning” for Pain**---Jan--\$1/min. (\$10 min.)
- **Reiki**—Amy--\$60/hr. Evening sessions available Mondays, Tuesdays and Thursdays
- **Tremble Clefs Choir**—Free--help promote and raise funds for HeartSprings choir.