“THROUGH THE SEASONS … FALL SESSION: RELAX, REJUVENATE & RESTORE”
OCTOBER 15TH IN THE CENTENNIAL ROOM
DROP IN ANYTIME FROM 12NOON -2:00PM

A Spiritual, Holistic Approach To Wellness

Laura Himmelstein, LCSW, CHTP; Coordinator, Caregiver Support Program and Healing Touch Program
Mary Beth Schmidt; MA, BCC, Senior Staff Chaplain
Toyoko Yasui, MSN, RN, OCN, AHN-BC, CCAP; Holistic Nurse Coordinator
Nancy Persely, MS, RN, OCN, HNB-BC; Holistic Nurse
Rabbi Fredda Cohen, MA, JD, BCC; Director, Department of Pastoral Care

Stations will be set up in Self Care, Healing Touch, Aromatherapy, Shoulder & Hand Massage and Meditation

Each station will offer a different variety of relaxation, rejuvenation and restoration skills that will give you a sense of peace, raise your awareness and teach you stress tolerance, coping strategies and relaxation techniques.

Stop by for 10 and we’ll restore your zen!
Drop in anytime from 12:00 noon to 2:00pm

If you have any questions, please send an e-mail to
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Toy at tyasui@wphospital.org, Nancy at NPresley@wphospital.org
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