

Spring 2020

Building Your Self Care Toolbox



A FREE, ongoing series of programs designed to give patients, caregivers, families and healthcare staff the tools they need to unplug and handle stress effectively using integrative, supportive therapies.

Tuesday, March 31 • 3:30 PM - 4:30 PM

Nutrition: Are you overwhelmed with all of the nutrition news that you read, wondering what is accurate and what is not? Learn the facts about the most recent trends, and what you can do to maximize your health by the food you eat. Join Karen Sabbath, MS, RD, CSO, for an informative presentation.

Tuesday, April 7 • 3:30 PM - 4:30 PM

Sound Healing: Kristina Carey, E-RYT 200, The Om Center
We can all relate to the power of sound and music. It can create a sense of community and overall well being. Come join us as we learn about the benefits of sound that can include pain relief, improved focus and concentration, stress reduction and improved quality of sleep.

Tuesday, April 21 • 3:30 PM - 4:30 PM

Journaling: Diane Lafferty, LCSW, OSW-C
Writing can help us express and clarify our thoughts and feelings. Join us as we learn how to care for ourselves through the cancer journey. No previous writing experience needed! Journals will be provided.

Tuesday, April 28 • 3:30 PM - 4:30 PM

Vision Boards: Diane Lafferty, LCSW, OSW-C
Learn how to create a vision board using photos and affirmations to help clarify and focus on a specific life goal. All supplies will be provided.

A healthy snack will be provided. Facilitated by Diane Lafferty, LCSW, OSW-C.
Please reserve your spot: 203-575-5544 or e-mail dparkinson@leevercancercenter.org

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HL THE HAROLD LEEVER
REGIONAL CANCER CENTER



The Right Team. Right Here.



The Harold Leever Regional Cancer Center is conveniently located off Exit 17.
1075 Chase Parkway, Waterbury, CT 06708 203-575-5555 www.leevercancercenter.org

