

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, February 28 • 3:30 PM - 4:30 PM

Breathwork: We all breathe! Join us as we learn basic breath techniques and build on our previous Toolbox class to help relax and decrease the effects of stress.

Tuesday, March 14 • 3:30 PM - 4:30 PM

Chair Yoga: Join Claudette Adams, ERYT as we learn some basic chair yoga techniques to help keep us moving and having fun at the same time. No yoga experience necessary, Chair yoga is done sitting in a chair. Wear comfortable clothes and come ready to move, relax and have fun!

Tuesday, March 21 • 3:30 PM - 4:30 PM

EFT/Emotional Freedom Technique: Linda Dayton, RMT, AAMET Certified - EFT Practitioner. Learn how EFT/Emotional Freedom Technique, also known as Tapping, can be used as a self empowering tool to help reduce and manage stress from everyday life situations.

Tuesday, March 28 • 3:30 PM - 4:30 PM

Journaling Part 2: Writing can be helpful to express and clarify thoughts and feelings. Come learn the basics and add to our previous Toolbox class as we learn to care for ourselves through the cancer journey. No previous writing experience needed! Journals 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

 **THE HAROLD LEEVER
REGIONAL CANCER CENTER**

The Right Team. Right Here.

